



oregon news

American Massage Therapy Association - Oregon Chapter
On the web at: www.amta-or.org

1834 SW 58th Ave, Suite 200 • Portland OR 97221

Summer 2016 Edition

“Sternwheeler Social” Highlight of a Busy Summer



Natalie Weintraub (L) and Jessica McGrory at the Registration Desk with Leon Dunham.



Paul Sweany owner of Beaverton's Sage Center and Jessica McGrory



Champagne and Mimosas on a Sunday morning - 'nuff said.



The crowd gathers for the day's program, with introductions, including co-host, Ed Anderson of DevLon NW, who held a drawing for a seated massage chair won by Andrea Montera.

The morning of Sunday, August 14, couldn't have been better: the Providence Bridge Pedal brought hundreds of cyclists to the Portland Waterfront, the Bite of Portland was on, and AMTA-OR held its Summer Family Social, aboard the Oregon Maritime Museum sternwheeler "Portland."

Mimosas, Champagne, and a buffet of finger-food snacks complemented glorious summer weather, as party-goers soaked up the sunshine, toured museum displays, and enjoyed hanging out with old friends and meeting new ones.

Ed Anderson of DevLon NorthWest, who co-hosted the event, held a drawing for a seated-massage chair, pulling the winning ticket held by Andrea Montera of Integrity Bodyworks. Andrea said the chair would be the perfect addition to her brand-new office space in Hillsboro. (see story on Page 7).

This was the AMTA-Oregon's first social event since President Julie Crispin took office in April, and, considering how much everyone enjoyed it, she promised it won't be the last!

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Please contact the Editor for Newsletter submission deadlines

Cannabis Discussion Draws Big Crowd

- See the full report on Page 8



On July 13, more than 80 LMTs heard three producers discuss their work in the medicinal cannabis industry, and Oregon law as it applies to the sale and use of their products.



Panelists (L-R): Erin McClaskey, Sacred Herbs Medicinals; Sally Alworth, Luminous Botanicals; and Trista Okel, Empower Bodycare

PLEASE KEEP YOUR INFO UP-TO-DATE!

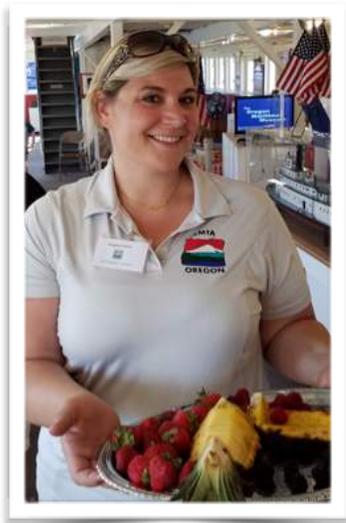
If your mailing address, phone number, or email address has changed since you last renewed your membership in AMTA, please contact AMTA National and provide them with an update so you continue to be included in communications regarding Oregon activities, and to receive your next newsletter.

Thank you!



About this publication

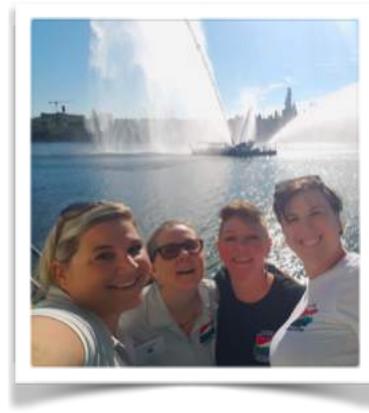
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Service with a smile: Regina Freres, who also serves as AMTA-OR 3rd VP.



A Veteran & a Newbie: Past AMTA National President Glenath Moyle and one of our newest members, Laura Burda



L-R: Regina Freres, Renee Stenbjorn, Willow Hall and Jessica McGrory, the AMTA-OR Board (but not bored) of Directors.

Snapshots from the Summer Social



AMTA-OR President Julie Crispin, with Hand & Stone Managers April Keene (Cedar Hills) and Kacie Shirley (Lake Oswego)



Event Co-Host Ed Anderson of DevLon NW and Andrea Montera, who won a seated massage chair in the drawing he held.

Pain Society of Oregon

September meeting: Ethical Issues in Pain Management

Matthew McGehee, MD, chairman of the Portland Chapter of the Pain Society of Oregon (PSO), will discuss *Ethical Issues in Pain Management* at the the group's meeting, September 20, at the Embassy Suites Hotel in downtown Portland.

PSO is the Oregon chapter of the Western Pain Society, a multidisciplinary network of healthcare providers devoted to pain care and committed to the WPS's mission to advance the standard of care for people in pain, through continuing education, research, advocacy, and patient outreach.

PSO branches are located in Portland, Eugene, and Bend; a separate, but affiliated, branch is based in Vancouver Washington. Dinner meetings are held monthly in Portland and Eugene, except in July, August and December. Bend meetings are held quarterly. Any healthcare provider with an interest in treating pain is welcome, and a presentation at each meeting provides 1.5 hours of continuing education credit. Pre-registration is recommended, as drop-in fees are costly.

For more information, to join PSO, or to reserve for an upcoming meeting, visit the website at: www.painsociety.com/

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READ THIS AND ENTER TO WIN 8 CONTACT CEs

Embedded somewhere in the text of an article in this issue of the Newsletter is a word that appears in RED type. Everyone that emails Leslie Giese the word is put in a drawing for two 4-CE hour (8 contact CEs, valued at \$105.00) AMTA Oregon courses at Face-to-Face meetings.

So read the Newsletter, find the Red Word hiding within one of our articles, and email the word, along with your contact information, to: bodybunch@msn.com.

President's Message - Julie Crispin LMT, President

What a great summer season we've had at AMTA. At our board Retreat we did some long term planning and got to know each other. We really do work well together and I'm lucky as President to have a committed and hard working volunteer board. In July we hosted a hugely successful well attended panel discussion regarding Topical Cannabis. Many of you approached us about doing research. We listened and will be host a 3-part series to help you learn how! First class is in November!

I'm also excited that we'll host an intensive 5 ½ day class in Manual Lymphatic Drainage in February 2017. Nicola McGill's introductory class at our State Convention was a huge hit.

Negotiating with her and Klose Institute, we secured a great deal for AMTA members who wish to add this amazing tool to their belt, but need to schedule a minimum 14 students to hold the class. It's a big time and money commitment, but with certification at the end, it's a heck of a deal. See the class registration and information below! Don't wait, if you're interested. I'll be marketing to the nursing community come November 1st.

NMTAW – National Massage Therapy Awareness Week
October 23 – 29, 2016 There is nothing planned on the State level to celebrate this year (*we do have big ideas for next year*) but we wanted to remind you about this great opportunity to run marketing specials and reach out to your clients. We'll post ideas to Facebook as we draw closer.

Last but not least, I am excited to head to Milwaukee, WI for the National Convention in October. There are some amazing Continuing Education opportunities and National Convention is so fun. I know it's far to travel in the Fall, but if you have always wanted to go to Nationals, fear not: the 2017 convention will be on the West Coast!

We're in the process of creating and upgrading our website so be sure to follow us on Facebook for the most up to date information!

TOPICAL CANNABIS MASSAGE RESEARCH PROJECT

Instructor: Renee Stenbjorn

Join the team. Enroll in our 3-part "how to" class sequence. On completion, you can display your work in a poster session or submit a case report for publication.

CLASS ONE: HOW TO BEGIN

November 6, 2017 10 am–2 pm – Sage Center, Beaverton
Learn how to select a research topic and participant. Understand the basic questions to ask and records to keep.

CLASS TWO: RESEARCH & REPORTING - January TBD

We will explore topics of good measures to use in massage research and reporting. Learn how to report your findings and how to collaborate with other researchers.

CLASS THREE: WRITING AND PRESENTING YOUR RESEARCH - April 2018

A writing seminar to create the final research report – case study or poster.

AMTA OREGON CHAPTER HOSTS: MANUAL LYMPH DRAINAGE

MLD Certification

Instructor:

**Nicola McGill, LLSA, MIFA, LMT, CLT
and Klose Training**

Approved for 45 CEUs by the NCBTMB



Manual Lymph Drainage (MLD) is a very effective yet gentle manual technique that is easy on the therapist's body and well tolerated by even highly-sensitive clients. MLD reduces swelling and detoxifies the skin and superficial fascia by promoting drainage within the superficial and deep systems of the lymph vascular network.

Instructor Nicola McGill establishes a supportive class environment in which you'll learn the anatomy and physiology of the lymphatic system and effective MLD sequences that can reduce swelling and other symptoms associated with: **Post-surgical edema; soft-tissue injuries; rheumatoid arthritis; fibromyalgia; whiplash; migraine headaches; PTSD; anxiety disorders; mild, medically-uncomplicated lymphedema; and more!**

ELIGIBILITY: Licensed/Registered Massage Therapists must have completed at least 500 hours of massage training or be certified by the NCBTMB.

TUITION: \$950

***AMTA Members who register before December 1, 2016 receive a \$100 discount! Total Cost \$850**

JANUARY 31 – FEBRUARY 5, 2017

East West College

525 NE Oregon St Portland, OR 97232

If interested, contact:

- AMTAOR@gmail.com or
- Julie Crispin 503-756-1707

*** Must have a minimum of 14 pre-registered participants by Dec. 1, 2016 for class to be scheduled.**

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Deductibles, Denials and Discrimination - an insurance billing dilemma

By Natalie Weintraub, LMT #17001, AMTA-Oregon Government Relations Chair

Last August, my massage service was unfairly denied by an insurance company, though they had reimbursed a chiropractor who gave a massage to the same client just a few days prior. I went through multiple appeals and got nowhere, and finally in May, took the case to the Oregon Insurance Commissioner.

I felt that I had a pretty solid case. The insurance company's reason for denying my massage was that "massage [was] not a covered service". But whatever you want to call CPT 97140 – manual therapy, therapeutic massage, manipulation and mobilization – it was covered under my client's plan. It didn't matter that I was a massage therapist; I was performing a covered treatment. Anything less than equal coverage was discrimination.

Surprisingly enough, the insurance commissioner's office agreed with me...sort of. They followed up with the insurance company to see what was going on, and the insurance company actually admitted wrongdoing, explaining that most massage therapists are only allowed to bill for CPT 97124 (massage therapy), but because I have "additional training and an expanded license", I'm allowed to bill for CPT 97140, which meant my services should have been covered. What?!

As anyone who has taken an insurance billing course or read a book on the topic will know, all massage therapists in Oregon can bill for their services with either CPT 97124 or CPT 97140. Both codes denote some form of soft tissue manipulation, which is covered in our scope of practice. Whether the insurance

company was truly ignorant of this fact or was just making things up to save face, the result is more deceit and discrimination.

It's easy to counter this claim with the facts, but the rest of the matter gets a bit tricky. Even with my services now covered, I would not get reimbursed. Why not? Because my massage would now be considered a "rehabilitation service" like physical therapy, so the amount I billed would be applied to the deductible.

Is massage strictly for serious rehabilitation? The answer, of course, is no. Even insurance companies know that. When a chiropractor performs massage, it's considered a "chiropractic service," meaning the billed amount is reimbursed without needing to first meet the deductible. The only reason to group my services with physical therapy is for insurance companies to have yet another reason to not reimburse me.

This may be hard to follow, so here is a real life example of how this sort of discrimination plays out. Imagine, a chiropractor and a massage therapist work together (a pretty common occurrence). A client comes in and receives a massage from the LMT and an adjustment from the chiropractor.

(Continued on Page 8)

Branch Out - Perfectly balance your skills with an integrative approach to manual therapy

Upcoming Classes:

TOTAL BODY BALANCING 1 (TBB1)	Portland, OR	Oct 20 - 23, 2016
	Hartford, CT	Mar 23 - 26, 2017
TOTAL BODY BALANCING 2-3 INTENSIVE (TBB23I)	Palm Beach, FL	Dec 1 - 4, 2016
Lymphatic Balancing:		
- Upper Quadrant (LBUQ)	Chicago, IL	Nov 4 - 6, 2016
	Dallas/Ft Worth, TX	Jan 20 - 22, 2017
Lymphatic Balancing:		
- Lower Quadrant (LBLQ)	Portland, OR	Mar 31 - 2, 2017

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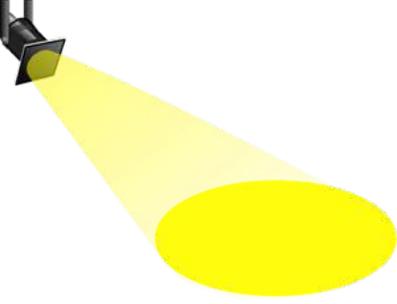
Additional dates and locations at DAmbrogioInstitute.com

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In the Spotlight:
*Ed Anderson and
 DevLon NorthWest Company*



...co-host of the AMTA-OR Summer Social

The AMTA-Oregon Summer Social aboard the Oregon Maritime Museum sternwheeler "Portland," on August 14 - a fun and exciting brunch event - was co-hosted by Ed Anderson and DevLon Northwest Company.

For those unfamiliar with the business, DevLon NorthWest is a massage therapist's veritable candy store, offering tables, tools, linens and supplies, in both its Clackamas showroom and online.

"From a humble beginning in a basement and a garage in 2012," Ed said, recounting the company's history, "we've grown into our current warehouse, where therapists can see and touch every product we offer, so they know exactly what they're getting."

In addition to its massage line of products, DevLon NW also carries equally extensive lines of chiropractic and salon equipment and products..

Ed emphasizes his company's commitment to reasonable pricing and an old-fashion "1960s-style" of service. "We endeavor to pick up the phone whenever a customer calls," he said. "Our goal is to become the #1 seller of massage and chiropractic equipment in the Northwest, and to deliver the best quality at the lowest price.

"We always offer AMTA members a discount above our normal discounted prices," he added, "so be sure to reference your AMTA membership for special special pricing on any item we offer.

"If we can be of assistance in any way to you or your practice please don't hesitate to call," he said, "or you can drop into our showroom or set up a dedicated appointment."

You can phone Ed at 503-344-4475, email him directly at ed@devlonnorthwest.com, or visit the online catalog at www.devlonnorthwest.com.

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Beth Lopez Rosenthal **of Portland, is our** **Red Word Contest Winner . . .** **and here we go again!**

Winner of our Red Word Contest for last issue is Beth Lopez Rosenthal, LMT #21312. This issue, we are doing it again, this time, offering you a chance to win two of the 4-CE AMTA Oregon courses (8 contact-hour CEs) that we offer after several of our in-person Board of Director meeting months. So read the Newsletter, find the Red Word hiding within one of our articles (*BTW, it's not in any of the ads*), and email the word, along with your contact information, to: bodybunch@msn.com.

Enjoy!

Leslie Giese LMT #5975

Deductibles, Denials & Discrimination

(Continued from page 6)

In the first situation, the LMT works for the chiropractor, so the chiropractor does all the billing - for both the massage and the adjustment. Both are reimbursed by insurance.

In the second situation, the LMT is an independent contractor who does her own billing. The massage therapist bills for the massage; the chiropractor bills for the adjustment. Despite who does the billing, the situations are identical - the same services are performed by the same providers. However, in the second case only the adjustment is reimbursed; the massage service is suddenly considered a "rehabilitation service" and is added to the deductible.

The massage didn't change. The provider performing the massage was the same! The only difference between the two scenarios was who billed for the services. That two different outcomes result means discrimination is still present.

While insurance companies are finally starting to cover massage services, it's not enough. If treatment remains trapped behind unreachable deductibles, clients will still struggle to get care they need. As of January next year, Oregon will have its very own version of the Non-Discrimination Provision, and insurance companies will have to start following the law. If we continue pushing for change, and continue showing the insurance commissioner what discrimination looks like, we can make a real difference.

MESSAGE CE SOLUTIONS

Instructor: Debbie DeNardo, BS, LMT, BCTMB
NCBTMB Provider #452031-12



Ethics-Roles & Boundaries - 4 CE contact hours

This course qualifies for 4 CE contact hours for Oregon LMT license renewals

Portland, OR - Sunday, September 18, 2016 - 9:00 am to 1:00 pm
\$60 early registration, \$75 after August 26th

Salem, OR - Saturday, October 22, 2016 - 10:00 am to 2:00 pm
\$65 early registration, \$80 after September 30th

Portland, OR - Sunday, November 13, 2016 - 9:00 pm to 1:00 pm
\$60 early registration, \$75 after October 21st



FOR COURSE DETAILS & TO REGISTER:
www.message-ce-solutions.com
email: debbie@message-ce-solutions.com



Cannabis and Massage Therapy in Oregon

By Jessica McGrory, LMT #17331

In the 2015 election cycle, Oregon voters decided to legalize the use of recreational marijuana, making it the third state behind Colorado and Washington to do so. The legal sale of recreational edibles in Oregon began on January 4 of this year, and the legal sale of recreational topicals began on June 2. Once the general public was able to purchase topical cannabis oils legally, the Oregon Board of Massage Therapists (OBMT) permitted licensed massage therapists to use recreational topicals in their massage practices. Therapists still may not apply any topical obtained by a medical marijuana card (either the therapist's or the client's), as it is not within the scope of practice for a massage therapist to administer any medications or prescriptions. The OBMT allows for the use of topical recreational cannabis provided both the therapist and client are of legal age (21 years and older), the therapist has obtained written consent from the client, and the therapist wears latex gloves or some other barrier to apply the topical. Additionally, as the sale of marijuana is highly regulated by the state, therapists may not charge their clients any additional fees for the use of topical cannabis in a massage, nor can therapists sell cannabis topicals in their offices. The full OBMT policy statement can be found at the following link: <https://www.oregon.gov/OBMT/ActiveContent/Topical%20Ointments%20Policy%20-%20Approved%20May%202016.pdf>.

But what does this change really mean for massage therapists in the state of Oregon? On July 13, the AMTA Oregon Chapter hosted a panel discussion with several suppliers of cannabis topicals to answer therapist questions. Present at the event were Sally Alworth from Luminous Botanicals, Trista Okel from Empower, and Erin McClaskey from Sacred Herbs Medicinals.

Cannabis topicals comprise CBD-only oils and oils that contain both CBD and THC, two of many components found in the marijuana plant. The most therapeutic oils are thought to be those with both CBD and THC. Referred to as the entourage effect, it is believed that these components work better together than in isolation.

Perhaps the most common question from massage clients with regard to cannabis massage is "How high will I get?" The simple answer to that is not at all. CBD is not psychoactive, and although technically, THC is the psychoactive component found in marijuana, it needs to be absorbed into the bloodstream in order to create the "high" feeling. THC is nontransdermal,

meaning it is not absorbed through the skin when applied in topical form, therefore it will not enter the bloodstream. Using a topical with THC can hypothetically have a psychoactive effect if allowed to enter the bloodstream via open wounds or mucus membranes; however, massage therapists are not massaging either of those areas on clients.

Once clients realize they won't be getting high from a cannabis massage, their next question typically is "Then what's the point of cannabis massage?" Although there have not been many large clinical trials using topical cannabis to date, small independent studies and anecdotal evidence points to far-reaching analgesic and anti-inflammatory effects of cannabis topicals. Many people who have used cannabis topicals have experienced relief from conditions like rheumatoid arthritis, bursitis, multiple sclerosis, fibromyalgia, lupus, sciatica, spinal stenosis, skin conditions (such as burns, eczema, psoriasis, and bed sores), asthma, lung inflammation, allergies, cancer, and neuropathy.

For best results, apply cannabis oils more frequently rather than in stronger concentrations. The one exception appears to be neuropathy, which does better with a higher potency oil. Neuropathy also seems to respond better to a THC dominant oil (3THC:1CBD), while CBD-dominant oils seem to be better for skin conditions. The strongest recreational topical available currently has a potency that is less than 6% (60mg/mL); however, in most cases 0.125% to 0.5% is strong enough to be therapeutically effective. A full strength cannabis oil can therefore be diluted quite a bit and still be therapeutically effective. Cannabis oil can be diluted in any carrier oil such as almond or coconut as well as mixed with other essential oils; however, mixing cannabis oils with emu oil or wood oils (such as sandalwood) may chemically alter the cannabinoids making them transdermal.

There are no known contraindications for the use of cannabis topicals. Due to the green chlorophyll in the plant, it is possible that cannabis oils may stain massage sheets.

Massage therapists in Oregon now are now positioned at the forefront of this cutting edge intersection in the alternative and integrative health community. The AMTA Oregon chapter is eager to support therapists who are interested in conducting research studies to help pioneer this burgeoning field. Stay tuned for future announcements on upcoming research workshops.



Veteran Massage Intentions

Regina Freres, LMT #11115
VP Outreach/Volunteer Chair, AMTA-Oregon

As massage therapists we are constantly looking for ways to improve client experience both on and off our tables. Benefits of massage have been studied and proven many times over and the research continues. Today there is a new focus being cultivated in our profession for our growing military, PTSD and veteran clients.

As touch healers we utilize safe spaces, intention, research and our support to provide bodies, minds and spirits with peace and safety to heal. In a recent study healing touch showed significant reductions in PTSD symptoms as well as improvements in mental quality of life. {1}

As healers, knowing these results are real and possible, we are making huge strides in our profession in delivering our message and assisting healing to as many individuals as possible. There is an intention to assist healing for veterans. In fact, NCBTMB just partnered with Crouse Hospital in Syracuse, NY to empower practicing massage therapists with the opportunity to achieve a Specialty Certificate in Military Veteran Massage. This is yet another tool for massage therapists to assist our military population.

“Working with any client, technique is far less important than the therapist's intention. This is especially true in building a safe space with trauma. The massage therapist takes the role of listener, teacher, coach, and surrogate caregiver.”{2} Holding an intention of love and support we are spreading the message of healing to the most honorable service personnel.

1. *Healing Touch With Guided Imagery for PTSD in Returning Active Duty Military: A Randomized Controlled Trial: Military Medicine Sep 2012, Vol. 177, No. 9, pp. 1015-1021*
2. *Recovering Body and Soul from Post-Traumatic Stress Disorder AMTA newsletter March 21, 2000*



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Interoceptive Awareness and Related Skills for Self-Care in Massage Therapy Practice

By Cynthia Price, PhD MA, WA LMP #MA00016899

Research Assoc. Professor, University of WA, Director, Center for Mindful Body Awareness

Interoceptive awareness, or awareness of inner body sensations, can help a client be more aware of health cues and thus facilitate self-care and regulation. Interoception is the perception of all sensations from inside the body and includes the physical sensations related to internal organ function such as heart beat, respiration, satiety, and the autonomic nervous system symptoms related to emotions.¹⁻³

Much of these perceptions remains unconscious; what becomes conscious enters awareness, which involves higher mental processes such as emotions, memories, attitudes, beliefs, and behavior¹. Neuroscience has revealed how and in which areas of the brain interoception is processed and how it relates to emotion, stress and regulation.⁴⁻⁸

What the research on interoception highlights, is that our bodies can give us information that is critical for staying healthy - these involve cues that tell us that we're out of balance and need to adjust in order to better cope with stress. For example, being more aware of internal sensory experiences makes it easier to notice if we are uncomfortable, tired or stressed. By paying attention to thoughts, feelings, sensations – the internal life – we are more aware of internal cues and thus more able to engage in self-care in order to maintain balance and important mind-body-spirit connections.

Interoceptive awareness is very helpful for providing information on sensory cues that can underlie symptoms of stress. Likewise, physical or mental health conditions may be better managed when one is highly sensitized to inner bodily cues that offer information about when, for example, blood sugar is low for someone with diabetes, or when one is on the verge of emotional escalation due to feeling triggered, for someone with post-traumatic stress. Engaging in interoceptive awareness involves the ability to engage in present-moment awareness of bodily experience with an attitude of non-judgement –and is thus a mindfulness skill.⁹

Taking the time to attend to sensory awareness is thus one way that interoception can translate into facilitating self-

awareness and self-care. Massage therapists might already be acquainted with the idea of mindful presence, for example, the practice of taking a few minutes to center yourself before working on a client. However, often our clients do not know how to access interoceptive awareness. Doing so involves active attention to the inner body and requires the ability to turn attention internally and to observe or take note of one's bodily state and sensations. While a simple process, it can take some practice and patience, and is not often explicitly taught.

Massage therapists are in a unique position to teach interoceptive awareness. Touch is extremely helpful for learning to increase attention to an area of the body and to increase interoceptive awareness of sensations. Direct guidance from the therapist helps the client bring increased intention and conscious attention to bodily experience. An educational process, once a client learns to access interoceptive awareness, it is then important to help the client learn to increase their capacity to mindfully attend to interoceptive experience to gain the sensitivity regarding internal bodily cues and subsequent integration of self-care tools in daily life.

Teaching interoceptive awareness is safe and highly effective; participants in bodywork therapy studies have consistently shown increased wellbeing, including reduced stress, depression, physical symptoms as well as increased emotional awareness and regulation.¹⁰⁻¹⁴ It is a wonderful addition to massage and body therapy to promote client awareness and regulation, particularly for clients who are struggling to manage stress and

(Continued on Page 11)

Interoceptive Awareness & Related Skills

(Continued from Page 10)

chronic physical and/or mental health conditions. It is also important for massage therapists to gain personal experience with body awareness and mindfulness skills if interested in incorporating this focus with clients. The non-profit Center for Mindful Body Awareness in Seattle, WA is offering an advanced professional training in MABT for therapists interested in teaching interoceptive awareness and related self-care strategies to their clients. This training will be offered Monday, 11/28/16 through Friday, 12/2/16 in Seattle. If interested, please see the Center website: <http://www.cmbaware.org/>. A podcast with a detailed description of MABT is available through Liberated Body <http://www.liberatedbody.com/cynthia-price-lbp-060/>

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2016 Ethics Continuing Education Classes

AMTA-Oregon is committed to bringing high-quality, affordable continuing education to our members, including CEs to meet the new OBMT ethics requirements for all OR LMTs. Make a weekend getaway out of one of these upcoming classes and enjoy some gorgeous Oregon scenery while learning, networking, and fulfilling licensing requirements. Or contact us about the possibility of bringing a future class to your hometown. All AMTA-OR ethics classes are 4 contact hours and meet OBMT requirements for license renewal.



Coos Bay, OR

Communication & Boundaries in the Practice of Massage Therapy

Sept 24, 2016

10:00am-2:00pm

Instructor: Melody Caldera, LMT

Cost: \$50/Members; \$75 Nonmembers

Click to Register



Portland, OR

Physical Boundaries & Draping

Oct 8, 2016

1:00pm-5:00pm

Instructor: Doug Kinnaird, LMT

Cost: \$50/Members; \$75/Nonmembers

Click to Register



The Dalles, OR

Touchy Topics for Massage Therapists

Oct 22, 2016

8:30am-12:30pm

Instructor: John Combe, LMT

Cost: \$50/Members; \$75/Nonmembers

Click to Register

Welcome to Our New, Returning and Transfer Members - Willow Hall LMT #7566, 2nd VP & Membership Chair

New Members - June 2016

First Name	Last Name	City
Shantell	Ammirata	Central Point
Sophia	Baca	Beaverton
Molly	Buell	Grants Pass
Sarah	Felina	Portland
Natasha	Gillis	Eugene
Alisa	Goslin	Gresham

First Name	Last Name	City
Kelli	Gray	Central Point
Charles	Grey	Portland
Asiyih	Harrison	Portland
Kayla	Kawecki	Ashland
Jorah	LaFleur	Springfield
Erika	Larson	Bend

First Name	Last Name	City
Amy	Masters	Salem
Tiffany	Meyer	Gaston
Brad	Nymeyer	Keizer
Mary	Sinclair	Corvallis
Mackenzie	Tooze	Salem
Angelica	Williams	Portland

New Members - July 2016

Juan	Avina	Aurora
Joseph	Bach	Woodburn
Christina	Bellmore	Gresham
Lisa	Bourlon	Hillsboro
Sydney	Bricker	Portland
Alysha	Clark	Portland
Morgan	Draughon	Beaverton
Amanda	Hansen	Albany
Lindsay	Jensen	Damascus
Ian	Kargel	Eugene

Lindsey	Lyons	Tigard
Leslie	MacDonald	Portland
	McClenen	Veneta
Kyla	McDermott	Bend
Danielle	Melchor	Portland
Derek	Mowrey	Gresham
Makahla	Neal	Wilsonville
Jason	Osmanski	Ashland
Kattlin	Owen	Beaverton
Bethany	Rogers	Keizer

Nicole	Shaffer	Portland
Billie	Snell	Seaside
Beth	Sparks	Talent
Caitlin	Staley	Medford
Shontell	Truevette-Diehm	Portland
Lindsey	Ulrich	Newberg
Lindsey	Ulrich	Newberg
Tina	Vernoy	Canyonville
Sara	Vyhnaal	Salem

New Members - August 2016

Joy	Bilderback	Portland
Stephen	Blackburn	Gresham
Anna	Burnett	Albany
Mike	Burns	Portland
Shou	Chen	Portland
Jiayi	Chen	Portland
Madisan	Cossitt	Springfield
Michelle	Cox	Portland
Alexandria	Edwards	Eugene
Lily	Esch	Medford
Barbara	Finley	Portland
Denise	Fuller	Beaverton
Edward	Keenan	Portland
Rachael	Lentz	Hood River

Amanda	Graves	Keizer
Samuel	Greer	Portland
Kerry	Grether	Portland
Raiquo	Grimes	Wilsonville
Dean	Gross	Portland
Wayne	Harmon	West Linn
Sheri	Henke	Central Point
Zackary	Hood	Vernonia
Ashley	Hoxie	Redmond
Patricia	Jimmie	Portland
Jackie	Johnson	Hillsboro
McKenna	Jones	Portland
Alaine	Keady	Walton
Paula	Matosin	Portland

Jayson	Mee	Portland
Kimberly	Parker	Williams
Anna	Patterson	Oregon City
Kadon	Reed	Tualatin
Diane	Rockell	Beaverton
Keith	Townsel	Glendale
Deandra	Turner	Aloha
Kizzi	van Lake	Eugene
Holly	Vaughan	Redmond
Annie	Walsh	Ashland
Dong	Wang	Beaverton
Johann	Ward-Thompson	Warrenton
Kevin	Welnetz	Eugene
Hannah	Wiley	Grants Pass

Re-Instated Members - June 2016

Jessica	Janakes	Portland
Elizabeth	Searle	Portland
Kari	Wallace	Newport
Veronica	Yanez	Beaverton

Re-Instated Members - June 2016

Kundalini	Bennett	Portland
Leah	Derring	Aloha
Jennifer	Dietz	Eugene
Ty	Halley	Bend
Stephanie	Hazeem	Portland

Tyna	Mildrexler	Carlton
Jessica	Pedersen	Pendleton
Rochelle	Reed	Albany
Eryne	Reid	Medford
Jacob A.C.	Wood-Fink	Ashland

Transferred Members - June 2016

First Name	Last Name	City	From
Ross	Adams	Bend	HI
Noah	Citron	Eugene	WA
Jennifer	James	Portland	AR

First Name	Last Name	City	From
River	Rudhe	Hood River	HI
Maren	Uecker	Hillsboro	NY
Alison	Whitlock	Portland	ME

Transferred Members - August 2016

First Name	Last Name	City	From
Sally	Cook	Eugene	MA
Michael	Fuski	Portland	AZ
Lezlie	Montoya	Happy Valle	MD

BENEFITS YOU CAN RECEIVE FROM BEING A MEMBER OF THE AMTA OREGON CHAPTER



We are easily accessible! We have our own website, www.amta-or.org and Facebook page, where you have direct connection with other members, www.facebook.com/AMTAOregon. This is a member driven organization and therefore you actually have a voice in this Chapter. The mission of the AMTA is to serve AMTA members with advancing the art, science and practice of massage therapy.

We are invested in supporting the Massage Therapy Foundation. www.massagetherapyfoundation.org, which is the leader in true massage research giving information that you can use! We strongly support the Massage Therapy Foundation as we believe in the work the foundation is doing. Their mission is stated as: "The Massage Therapy Foundation advances the knowledge and practice of massage therapy by supporting scientific research, education, and community service."

High quality affordable education - we offer continuing education classes at Chapter meetings about four times a year. We feature national and local instructors and the Chapter subsidizes this education.

We have regular Chapter meetings where you get to be involved in what happens in your Chapter. You have an opportunity to meet your peers.

We have an Annual meeting where you can actively participate in the development of your Chapter. You can vote online for Board members and for Delegates who will be our voice on the national level. You can even run for some of these positions! You can be present at the Annual Meeting to meet your new Board members and Delegates. This is a good chance to support your Chapter.

Also at the Annual Meeting:

- We offer affordable classes.
- You can actively network with other massage therapists, board members and educators.
- Registration includes the opportunity to attend the Annual Meeting, choice of several CE classes and invitation to our social event.

The Chapter takes an active role in the laws and legislature in Oregon and is vigilant in keeping an eye on what is going on. We've retained a lobbyist for many years to advocate on our behalf.

There are a number of volunteer opportunities for you to participate on a local, state, and even national level.

We offer mentoring for AMTA-Oregon members which is an excellent benefit for local Licensed Massage Therapists or

students who are looking for help with questions, thoughts, ideas, and much more.

We are a group of supportive, friendly and helpful people. We look forward to meeting you at one of our meetings or events. Come see what's happening at AMTA-

Oregon!

For more information about benefits, see the AMTA benefits page at: <http://www.amtamassage.org/membership/Benefits/professional-list.html#bucket-1>

To apply for membership, please apply online at: <http://www.amtamassage.org/membership/join-membership-package-chapter.html>

EXPANDED INSURANCE COVERAGE FOR AMTA MEMBERS

We know our members have many skills beyond massage therapy. And, some work in other fields. If you are an AMTA member who is also an esthetician or a yoga instructor, coverage for those practices is available in your AMTA professional and general liability policy.

NEW AMTA STUDENT SCHOLARSHIP PROGRAM

We are excited to share with you information about the AMTA Student Scholarship program as a new initiative to support the next generation of massage therapists! This program invites students to participate in an essay contest where one applicant will be awarded a \$5,000 scholarship. Help AMTA spread the word, and let fellow massage therapists, teachers and schools know about this exciting opportunity. Download the flyer on our website and share it through email, social media and on your chapter website!

MASTER THE CLASSROOM

Is teaching the next step in your massage therapy career? Get started with AMTA's NEW Teacher Training program, Master the Classroom! This comprehensive self-paced online training program will give you the skills you need to succeed in the classroom—all while earning valuable continuing education credits. From key learning principles and styles to classroom management, Master the Classroom is an important training program for new and experienced teachers!

AMTA'S AFFINITY PROGRAMS

Accidents and medical emergencies happen when you least expect. Protect yourself and your family with the AMTA Emergency Assistance Plus Plan for just pennies a day. You'll get invaluable services: Emergency Medical Evacuation, Transportation Home, Travel Assistance, Companion Assistance and much more! Best of all, as an AMTA Member you are GUARANTEED low group rates and cannot be turned down.



AMTA-Oregon
1834 SW 58th Ave. Suite 200
Portland OR 97221

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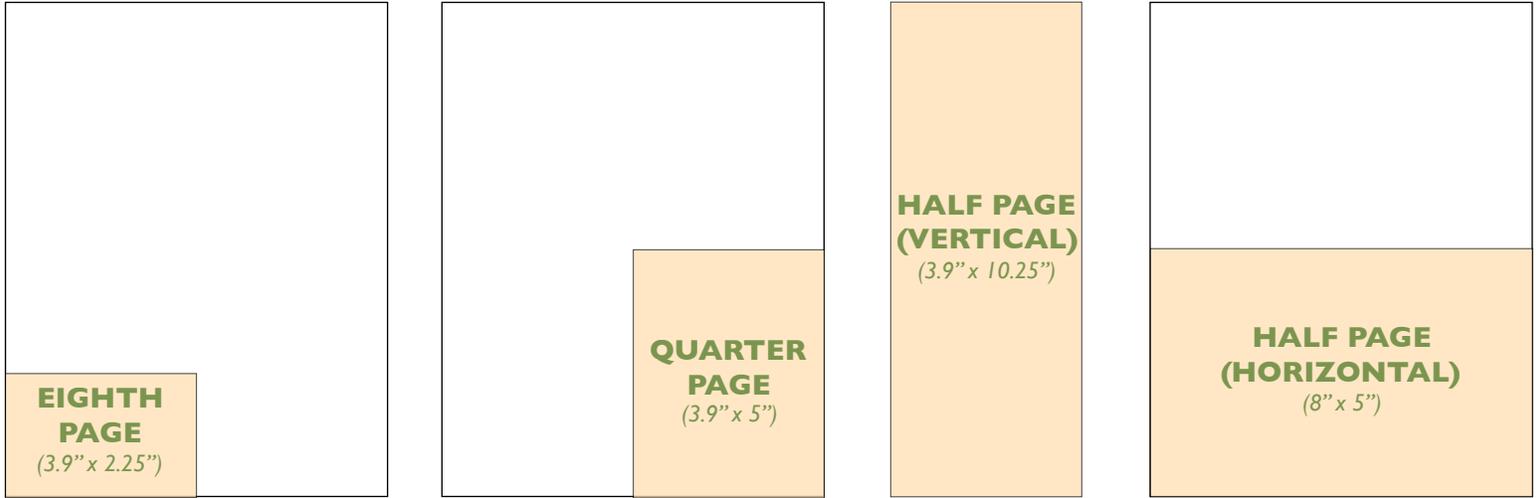
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