



InTouch

Newsletter of the American Massage Therapy Association
Kentucky Chapter

Winter 2013 • Volume 20 • Issue 4

President's Message

**Join AMTA
for a sense of
community**

**Spring
Conference**

March 7-9 2014

Inspiring Vitality





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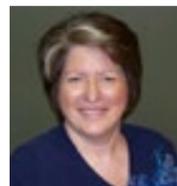
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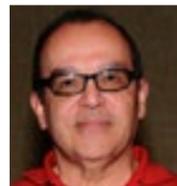
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President's Message

"For a community to be successful, it needs individuals to collectively support one another and work together towards the greater good for all" -anonymous

Recently, while visiting with students at a local massage school, I had the opportunity to share with them, the benefits of joining a professional organization.

One of the students asked me the question, "Why AMTA? Why did YOU choose AMTA over so many other options?" My answer was quite simple. While there are other organizations that offer similar services, AMTA is the only organization that is a non-profit and member driven organization. Beyond that, I continued to sing the praises of AMTA because of what attracted ME most to AMTA. AMTA makes it easy to connect with peers and clients while updating my skills and knowledge. AMTA is the only organization that has a local presence in my state.

What does local presence mean? It means that my organization provides opportunities on a State and local level where I have the opportunities to get involved in the chapter for local education, networking and volunteer opportunities. In order to continue to provide such unique services, it is vital to our Chapter that its members continue to make connections on a local level and take advantage of numerous volunteer and leadership positions.

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Welcome to the 'new' In Touch newsletter!

The Kentucky Chapter of the AMTA has taken over the layout and design of the newsletter in order to give us better control over the look, feel and content of each issue. And save some money in the process. As we move closer to 'going green', the content will become more interactive and user-friendly. Already in this issue, all the email addresses you need to reach out and stay in contact with Board Members and Committee Chairs are active hyperlinks; click on the address of the person you need to speak with and your email application will launch automatically.

It is that time of year again when the AMTA-KY Board of Directors and Finance Committee is charged with the task of developing AMTA-KY's budget for the 2014-2015 Fiscal Year. The new budget will be presented and approved by you, our members at our annual business meeting to be held in March 2014. Soon, you will be receiving an email with a survey attached. We appreciate you taking a few minutes to share your opinions with us. Your input is both needed and appreciated in allowing us to recognize how our members value the services and programs provided by the AMTA-KY Chapter and how to plan for the future of our chapter.

Thank You!
Collette Wilson, LMT
AMTA-KY Chapter President

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Because AMTA-KY Chapter is guided by what our member's value: affordable, high quality continuing education, networking opportunities, effective communication, community outreach, and vigilant government relations, I am able to see for myself how my membership dollars are being spent and the fact that I am able to give input as to how my dollars shall continue to be spent. My organization and local Chapter leaders recognize and value the voice of its members.

Annually, the AMTA-KY Chapter has provided opportunities where massage therapists can gather, network and receive quality and affordable

continuing education.

In the past AMTA-KY has provided opportunities in the spring and summer. More recently, we created for the first time, a fall event in an area of the state where we were able to effectively reach more therapists in more rural areas of the state. I am very pleased to announce that the event was quite a success as we were able to attract several members from the most southern and western regions of Kentucky. The feedback was so great that we are looking forward to creating another event next year.

AMTA-KY also offers FUN in large doses. This year we also were able to provide an additional networking and educational opportunity. AMTA-KY was able to arrange an after-hours field trip to the Body Worlds, Vital exhibit at the Louisville Science Museum. AMTA-KY was able to absorb some of the costs in order to provide yet another easily accessible and affordable event for all Kentucky Therapists and their families. Over 70 people were able to attend what

turned out to be a wonderful, educational and community event.

Last but not least, another opportunity to create even more community is through our local units. A Unit is formed and maintained where three or more AMTA professional members reside. A Unit consists of Unit officers and its members. The purpose of a Unit is to help you as a massage therapist, stay connected with other local massage therapists. Usually meeting once a month, a unit provides you with the opportunity to learn from each other with some units offering the added benefit of low cost, continuing education. We currently have Four Units in our state: Bluegrass, Louisville, Mountain and Northern Kentucky. Opportunities and resources are available to therapists in other regions of the state who would like to start a local unit in your area. For more information on forming a unit or becoming more active in an already developed unit, contact Caren Williams, AMTA-KY 2nd Vice President @ 2ndvp@amtaky.org.

Our Chapter has received national recognition for our success in creating a dynamic chapter, supported by an active membership. I am proud to be a part of an organization where we are able

to collectively come together with our ideals and talents in order to create a successful and welcoming community for fellow massage therapists. I look forward to our next opportunity to come together for the AMTA-KY Spring 2014 conference. More details of our upcoming Spring meeting will be arriving in your mailbox later this month. If you are interested in being a part of creating yet another memorable member experience, please feel free to contact me @ President@amtaky.org

Thank you for the opportunity to serve our unique community,

Collette Wilson, LMT
AMTA-KY Chapter President



From the KBLMT

In this issue, the Kentucky Board of Licensure for Massage Therapy wants to explain and share some of the details of how the Complaint Committee works when a complaint has been submitted to the Licensing Board. It is important to understand that:

"The purpose of the Kentucky Board of Licensure for Massage Therapy is to administer and enforce the statutory authority and monitor the needs of the consuming public. The Board examines and licenses all eligible candidates for entry into the profession as a massage therapist. The Board conducts formal hearings when necessary and prosecutes by due process any violators of KRS 309.350 to 309.364."

Complaints made are typically filed against either licensed or unlicensed individuals. These are handled differently based on their status. The complaints are reviewed for specific violations and pursued accordingly. Some of the hindrances or setbacks to the process while under investigation or evaluation of the complaint may include (but not limited to) one or more of the following:

- Inability to serve notice to the individual by the sheriff's office
- Inaccurate address or person's information
- Inability to track phone numbers given in advertisements
- Getting subpoenaed cell phone records
- Inability to locate physical places of operation given in advertisements
- Changes in location of those being investigated

- Not enough information given in the written complaint
- Information given leading to out-of-state owners/therapists
- Information given may indicate outside law enforcement assistance
- Evidence does not indicate a violation of Kentucky's Massage law

All legal procedures are followed to ensure integrity in this process. The Complaint Committee shall make a recommendation for:

- Dismissal of case
- Informal Proceedings
- Resolve by Negotiations or Discussions
- Resolve by Agreed Order
- Resolve through Mediation
- Formal Proceedings
- Resolve by Agreed Order
- Resolve by Hearing
- Refer to an Outside Governmental Agency
- Refer to Investigations
- Resolve through Board Appointed Investigator

These processes are not performed in an instant but are pursued diligently. Depending on the completeness of the complaint form, the level of alleged activity, or the depth of investigation may all add to the length of the resolution of the complaint.

When filing a complaint please ensure the information is as accurate as possible with clear details. Copies of advertisements with locations, names and descriptions are welcomed. If you know of unlicensed practice inform the Board. See our website: bmt.ky.gov for how to file a complaint.

Spring Conference

Inspiring Vitality



Attending the spring education conference is about so much more than great classes. It is also about growing friendships, building professional support, and connecting with interesting therapists. It is about laughing and eating and even shopping. It is about stepping out of your quiet solitary massage room and into a space with others who share your passion for doing what you do.

It is both a mini-vacation and a maxi revival of your spirit.

We have kept costs low, quality high and enthusiasm bubbling. Put aside the income from one massage each month between now and then to invest in YOU! Then join us March 7-9, 2014. You'll be glad you did.

AMTA-KY Spring Conference 2013



Position Statements: One Passed and Two Fail

By Collette Wilson, LMT and Donna Musser, LMT

At our AMTA-KY Spring 2013 Conference, two delegates, Collette Wilson and Donna Musser were nominated by our Chapter members to represent Kentucky at the 2013 AMTA National House of Delegates (HOD) Session at the National Convention in Fort Worth, Texas.

Three Position Statements were submitted by Ann Blair Kennedy, Dr. Steven N. Blair, P.E.D. and Char-na Rosenholtz, These Position Statements were discussed and voted upon by our membership at our 2013 Summer Meeting, held in Louisville, Kentucky Collette Wilson and Donna Musser represented

AMTA-KY and took your votes and comments to the National House of Delegate meeting. To review the three Position Statements in their entirety, please go to www.amtaky.org

During September, 23-28, 2013, State Chapters were represented at this year's HOD meeting. The three Position Statements were presented by selected delegates, an open debate was held by fellow delegates and then a vote was held for each of the Position Statements followed. We would like to report that this year, one out of three of the positions statements was passed. When determining our decisions in how we vote, we

take into the following considerations: Is the research flawed, invalid or insufficient to support the Proposed Position Statements? Do we agree or disagree with the Proposed Position Statements? Is the Proposed Statement appropriate for AMTA to make?

Position Statements – Passed

Anxiety- It is the position of the American Massage Therapy Association (AMTA) that massage therapy can assist in reducing the symptoms of anxiety.



Position Statements - Failed

Massage Therapy can improve health- It is the position of American Massage Therapy Association (AMTA) that massage therapy can improve health through its effects on the physical, mental and social wellbeing of an individual.

Quality of life for Cancer Patients- It is the position of the American Massage Therapy Association (AMTA) that massage therapy can improve health related to quality of life for cancer patients.

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Report from the 2013 AMTA National House of Delegates Session

There were no By-Law Recommendations submitted this year. However, a "Call to Action" was brought to the floor by the Washington State Delegates to be added as new business. The "Call to Action" was in reference to the Affordable Care Act and National AMTA's stance. While the "Call to Action" was neither a recommendation nor a Position Statement Proposal, submitted according to protocol, the new agenda item was not approved to be added. However, an amendment of the agenda was approved to include a 20 minute discussion of the AMTA and the Affordable Care Act. Topics included questions you would like to have answered during the closing Keynote: The Affordable Care Act and the Massage Profession and/or the role we would like AMTA to have

in relation to the Affordable Care Act.

Your National Board of Directors is actively staying abreast of issues at hand in regards to the Affordable Care Act and how it may or may not affect its members and the profession. To read more about AMTA Nationals position in regards to the Affordable Care act and the Massage Therapy profession, go to <http://www.amtamassage.org/articles/2/PressRelease/detail/2821>

We would like to thank AMTA-KY for allowing us to represent you. It was a wonderful experience!

Laws & Legislature Report

By Cyndi Thornburg Schnell LMT

Know your Renewal Date!

It is important to know your renewal date. AMTA-KY recommends that you renew your license 90 days prior to your renewal date. You may say why so early? This is so if there is any problem with your renewal you will have time to get problems resolved. Kentucky law for massage licensure does not provide for a grace period if you fail to get your license renewed. Your renewal date does not change. Another reason is that KBLMT meets once a month, which currently is the last Monday of the month unless there is a holiday. Please check the KBLMT web for meeting dates. All renewals must be mailed to KBLMT to be processed, due to the computer system with Occupations and Professions (O & P) being out of date. O & P is working on up-dating the system and have reported that they anticipate that on-line renewal process maybe available by April 2014.

Keep your contact information up to date!

You are required by Kentucky law and regulations to keep your information with the KBLMT Board up to date. If you move you must notify the Board of the change electronically or in writing. See the KBLMT web site (<http://bmt.ky.gov>) for contact information.

Do you know anyone interested in serving on KBLMT Board?

The KBLMT currently has a vacant At-Large position. The position is an appointment made by the Governor; however, we have been asked to make recommendations. Which we have; however, there is still a vacancy. The position is for a non-LMT. Interested person must be able to attend monthly meetings in Frankfort, Kentucky. Anyone interested may contact me. laws_legchair@amtaky.org



Member SPOTLIGHT

by Cathryn Forester

Growing up in Sellersburg, Indiana was, as Justin Magnuson puts it, "like growing up in a John Cougar Mellencamp music video." Coming from an average family in your average small town, it's hard to imagine what your life might become and how one small turn of events might change it's direction.

Justin Magnuson, like most of us in the field of Massage Therapy, did not start out to become a Massage Therapist. He says that his step mom had seven brothers and sisters who all massaged each others' backs, so he was exposed to the benefits of touch at an early age. He learned to work on his step mother's feet and back and was told he had a great touch, but never dreamed it would result in a career. At 20 years old, he was on track to get a degree in Journalism and working at UPS when he met a massage therapist who worked with my hairstylist. Justin was intrigued. Suddenly, he did an about face, quit college (much to his family's dismay!) and signed up at the Louisville School of Massage.

After graduation, Justin went on to explore more health related practices. He even took yoga

teacher training at Yoga East in Louisville before moving to New Mexico to attend The Ayurvedic Institute. He considered acupuncture and took the pre-requisites for the program. Returning to Louisville, Justin finished his undergraduate work at U of L with a major in Liberal Studies and a minor in Communications, followed by a Masters in Communications. During this time he continued to do on-site chair massage and work in a chiropractic clinic as well as teach public speaking at the University of Louisville.

Combining his love of evidence-based health practices and his skills in communications, Justin Magnuson has developed a thriving career at Apex Massage in Louisville, where he has been working since 2005. He has most recently been studying Precision

Neuromuscular Therapy and is full filled working with those in chronic pain or who have terminal illnesses. In addition, he does volunteer work for Hosparus and AMTA-KY.

Justin had been an AMTA member for many years when, last spring, he attended the AMTA-KY Spring Conference and became inspired to get involved. He says he saw all of the hard work that went into making the conference one of the most well-respected educational events in the country and wanted to be a part of it. He was particularly drawn to the evidence-based education that AMTA-KY offers. At our business meeting, Justin suggested that AMTA-KY sponsor a tour of BODY WORLDS Vital, an in-depth exploration of the human body and how our dietary and health choices affect our intricate physiological system. The idea was approved, and Justin organized the event. It was an overwhelming success with over 60 therapists attending. Now Justin is the Conference Coordinator for AMTA-KY's 2014 Spring Conference, which you won't want to miss! Many thanks to Justin Magnuson for stepping up and taking on this huge task and volunteering for AMTA-KY!

Benevolence & Acknowledgments

Do you remember the friends we had back in massage school? We knew many of our classmates on a more intimate basis. We shared not only our struggles of "where is the gastrocnemius"; Where is the origin and insertion of...?; we were together listening to the awesome things that happened in our lives, and the rough stuff.

We are massage therapists. Whether we want to admit it or not, there is a part of us that wants to connect; this is human nature.

As your benevolence chair I want to know what's going on in your life. I am not being nosey and just want to share it with the membership of AMTAKY. I want you to know

that as a member of AMTAKY you are part of something bigger. You are a part of a family who cares.

We want to surround you with encouragement when that is needed. We want to celebrate with you when awesome things happen in you life.

Please let us know. Simply email benevolenceamtaky.org@gmail.com Let us know how we can make this BIG family a little smaller.

Thinking of:
Regina Veach as she struggles with pain

David Phillips- loss of a dear friend

Chris Hughes- recovering from an injury

Debbie Joplin -recent loss of her son

Denise Logsdon - Recovering from car accident

Congrats to:

Joannah Record Bauer-- new baby
Savannah Hunstad-- new baby

Cheryl Turner - congrats on first grandchild



Tri-for-sight race the AMTA-KSMT worked this past Septmeber 15, in the photo is (from left) Samantha Boyd, Jen Patterson, Al Verghees.

Nominate a Colleague for the AMTA Dianne Polseno Lifetime Achievement Award

This award, instituted in 2012, honors the memory of Dianne Polseno, who left behind a legacy of integrity, professionalism, volunteer service, massage research and an unquestionable commitment to the advancement of the massage education profession. Nominate an exceptional colleague. Nominations for the Dianne Polseno Lifetime Achievement Award are being accepted now through January 30, 2014.

[Learn more here.](#)

A Call for Candidates

At this year's annual meeting on March 8, 2014, we will conduct an election for President, 2nd Vice President, Secretary and Delegate. All candidates must be professional members in good standing and must sign the Chapter Volunteer Code of Conduct. In addition officers should have computer access since much of the chapter business is conducted by long distance and email. The newly elected officers will be installed at the banquet on the evening of March 8, 2014.

Position Title: Chapter President – two year term

Purpose

The Chapter President sets the direction and pace of the Chapter's activities based on the vision that has been determined by the Chapter membership, Chapter Board of Directors, and other Chapter Officers. The Chapter President serves as a leader, planner, mentor, mediator, and facilitator.

Eligibility

In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet one or more of the following requirements:

- Completed one term year as a Chapter Board member within the last three years.
- Completed one term year as a Chapter committee chair within the last two years.
- Completed one term year as a National Standing Committee Chair or National Board member within the last two years.

Time Commitment

The time commitment is approximately 5 - 15 hours per week, depending on Chapter activities.

The time commitment may be higher before and/or during certain National or chapter events or activities.

Position Title: Chapter Vice President (2nd) – two year term

Purpose

The Chapter Vice President will assist the Chapter President in achieving Chapter goals and effecting policies and/or decisions made by the Chapter Board of Directors. Currently, the 2nd Vice President oversees the Standing Rules Committee as well as Chapter Unit Development, in addition to other duties.

Eligibility

In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet one or more of the following requirements:

- Completed one term year as a Chapter Board member within the last three years.
- Completed one term year as a Chapter committee chair or member, within the last two years.
- Completed one term year as a National Standing Committee Chair or National Board member within the last two years

Time Commitment

The time commitment averages approximately 5 - 8 hours per week, depending on Chapter activities. The time commitment may be higher before and/or during certain Chapter events or actions.

Position Title: Chapter Secretary- two year term

Purpose

The Chapter Secretary is the official keeper of the Chapter records and is responsible for maintaining and updating Chapter records during her/his term of office. Currently, the Secretary oversees the Communications (web site, newsletter, social media), Public Relations and the Benevolence Committees.

Eligibility

In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet the following requirement:

- Completed one year of AMTA membership.

Time Commitment

The time commitment is approximately 2 – 4 hours per week, depending on Chapter activities.

Position Title: Delegate-- two year term

Purpose

The Delegates will represent AMTA-KY Chapter members by who they were elected and be accountable and responsible to the Chapter on matters before the House of Delegates.

The Delegates will initiate discussion on pertinent issues that will be presented at the Nationals AMTA House of Delegates with Chapter members.

The Delegates will report the actions of the AMTA National House of Delegates to the Chapter members

The Delegates have the authority to discuss, make recommendations and vote on behalf of the Chapter members

Eligibility

In addition to being a Professional member in good standing, and signing the Chapter Volunteer Code of Conduct, she/he must meet the following requirements:

- Participate in Delegate training via phone and video PRIOR to elections
- Completed one year as a Chapter volunteer
- Attend Board of Directors meetings as requested (approximately two per year via telephone)
- Have computer access

Time Commitment

The time commitment is approximately 1-3 hours per week, depending on chapter activity

Candidates Resume • AMTA-KY

Name _____ AMTA Member Number _____

Candidate for the Position of: _____

Are you willing to consider an alternative position? _____

Address: _____

City: _____ State _____ Zip : _____

Best Phone Number to Reach You: (____) _____ E-mail address: _____

List your education experience, including your basic massage education.

List all relevant certifications, licenses, etc. that you hold.

List all AMTA offices you have held and include committee experience.

List any experience relevant to leadership. (This may include volunteerism other than AMTA.)

What personal qualifications do you have for the office you are seeking?

State your reasons for running for office.

Have you ever been convicted of a felony? If yes, please explain.

If elected you must sign a Code of Ethics and agree to commit the appropriate amount of time for the performance of your duties, including, but not limited to, attending Board and Chapter meetings, meeting deadlines, and other relevant assignments. Your signature indicates that all information you have provided is true and correct and that you are able to and agree to serve for your term of office, if elected.

Candidate's Signature _____ Date _____

Nominated by: _____ Date _____

Return this form to Cherie Kiesler, Nomination Chair

2208 Silvertree Circle, Lexington, KY 40513 Questions? call: 859-351-5184

**Our first Fall meeting in Elizabethtown.
Amber Davies; Upper Body and Neck Pain:
Assessment, Palpation and Treatment**

