

ATLANTIC COLLEGE OF THERAPEUTIC MASSAGE NEWS

Issue number 11. Tuesday, May 31, 2005

IN THIS ISSUE:

1. Alumni
2. Bursaries awarded
3. Continuing Education
4. Public Clinic
5. Equipment Specials
6. Practice Tip
7. Who We Are
8. Web Site Suggestions
9. The Fine Print

Welcome to this the eleventh issue of the Atlantic College of Therapeutic Massage News! Through this newsletter we keep our alumni, faculty, staff and massage therapy professionals updated on present and future events and programs at ACTM, as well as trends in the profession.

This newsletter is distributed only by email. You have received a copy in the expectation that you are interested in the content. If you are not interested in receiving future issues of this email newsletter, please reply to this email with "Remove" in the subject line, and you will be removed from the mailing list.

1. ALUMNI

Emily Rogers (Winter '03) is opening her clinic, the Preventative Therapeutic Treatment Center, at 740 McLeod Avenue, Fredericton, N.B. E3B 1V5 as of June 1, 2005. Best wishes to Emily, who can be reached by phone or fax at (506) 455-8563 or by email at prevent@nb.sympatico.ca

Paige Banasik (Fall '04) was working with a chiropractor, and has recently opened her clinic at 9 Dann Drive, Hampton, N.B. E5N 2E3 (phone 506-333-4707 and email bluespruce@nb.aibn.com) Paige has set up seasonal satellite clinics in two other locations, has hired another massage therapist and started a "Women in Business" support group in her community. Paige is busy!

Tracy Mackenzie (Fall '04) has been fully operational since late in 2004 in her own business, "Aches N Pains Massage Therapy". Tracy can be reached at 186 Dickson Blvd., Moncton, N.B. E1E 2R1 and at (506) 871-4673 or by email at achesnpains_rmt@yahoo.ca

We welcome any news from alumni for inclusion in the Newsletter.

2. BURSARIES AWARDED

The Atlantic College of Therapeutic Massage recently awarded bursaries of \$500.00 each to eight students in the soon-to-be-graduating class of June, 2005. These bursaries are awarded to senior students in good standing, who had at least one year of post-secondary education in the field of health sciences prior to enrollment at the Atlantic College of Therapeutic Massage. The students who received bursaries, and who will graduate on June 30, 2005 are:

Lindsay Garnhum (UPEI Science 2000)
Courtney Hendershot (BSc.Kin UNB 2003)
Lyndi Leask (UNB Kin 2002)
Charlene LeBlanc (BSc. UNB 2001)
Matthias Mann (UNB Science 1996)
Jennifer Seguin (BSc.Kin UNB 2002)
Marcie Thompson (BSc.Kin UNB 2003)
Rebecca Willson (UNB Science 2003)

Congratulations to each of you!

3. CONTINUING EDUCATION

We will be hosting at least 8 continuing education programs in the coming months. Whether you are looking for a weekend course, or for a certification course to give you specialized knowledge and skills in a particular field, we have what you need. Following are the upcoming courses, with a complete explanation of the first course, the Sports Therapy Certification. Full details of all courses are available on the Continuing Education page of our website - www.actmonline.com

- A. Starting July 8, 2005 is the comprehensive Sports Therapy Certification. This certification will be taught by Milton Bingham - Canadian Sport Massage Therapy Association Certified Therapist, and by Tyson Stewart - Registered Massage Therapist, B.Sc.Kin., with various guest speakers with expertise in topics such as sport psychology, emergency care for athletic injuries, exercise and fitness. The course is comprised of three sessions:

Session One Start Date: July 8, 2005. End Date: September 9, 2005. Course Itinerary: 40 hours of instruction Applied Sports Massage Therapy - Instructor: Milton Bingham RMT, SMT(c). July 8 (2:00 p.m. to 8:00 p.m.), July 9 (9:00 a.m. to 5:00 p.m.), and July 10 (9:00 a.m. to 5:00 p.m.)

The Course instructor for the Taping and Wrapping Activities will be Tyson Stewart BScKin, RMT. Introduction to Taping and Wrapping - August 5 (1:30 p.m. to 4:30 p.m.); Ankle and Foot Taping/Wrapping - August 12 (1:30 p.m. to 4:30 p.m.) Knee Taping/Wrapping - August 19 (1:30 p.m. to 4:30 p.m.); Hand and

Wrist Taping/Wrapping - August 26 (1:30 p.m. to 4:30 p.m.); Muscle - Tendon Injuries - September 2 (1:30 p.m. to 4:30 p.m.); Review Class - September 9 (1:30 p.m. to 4:30 p.m.);

Session Two Start Date: October 14, 2005. End Date: December 2, 2005

Course Itinerary: 45 hours of instruction: Sport Psychology; Looking at the relationship between healthcare professional and athlete- October 14, 2005 (1:30 p.m. to 4:30 p.m.). Special Guest Speaker to Be Announced.

First Responder's Certification from the St. John Ambulance. October 21, 2005 (1:30 p.m. to 8:30 p.m.), October 22, 2005 (8:00 a.m. to 6:00 p.m.), and October 23, 2005 (8:00 a.m. to 6:00 p.m.).

Introduction to Ultrasound, TENS, and other modalities. Instructor: Tyson Stewart BScKin, RMT. Classes will be for 5 weeks every Friday afternoon from 1:30 p.m. to 4:30 p.m. beginning November 4, 2005 and ending December 2, 2005.

Session Three Start Date: January 6, 2006. End Date: January 8, 2006

Course Itinerary: 25 hours of instruction. Basic Fitness Theory and Resistance Training Leadership: New Brunswick Council of Fitness and Active Living. Instructor: To Be Announced. January 6, 2006 (1:30 p.m. to 8:30 p.m.), January 7, 2006 (9:00 a.m. to 6:00 p.m.), and January 8, 2006 (9:00 a.m. to 6:00 p.m.).

Provided at no additional cost: First Responder Certification by St. John Ambulance; Text Books and Course Lecture Notes; Access to Additional Sports Massage, Electrotherapy-related Texts on loan from ACTM Library; Visual Learning Material used during Lectures; Internship Field Placements Provided in Fredericton Area; Participants will receive Certificate of Completion when all course requirements have been met An amount of athletic tape to be determined*; Access to ultrasound machine and TENS equipment at ACTM.

An Internship is available with each session. Students will have the opportunity to work with UNB athletes at the University of New Brunswick Athletic Therapy Room. Various outreaches will also be available for the students to participate in during the session.

Course Requirements to receive Certification: First Responder Certification; All course work completed; Student Massage Therapists will receive Certificate upon graduation from their Massage Therapy School; This certification is open to massage therapy students in second year, and massage therapists.

ACTM Student Tuition is \$1400.00. Massage Therapist Cost is \$1400.00 plus HST.

For more information or to request a free Sport Therapy Certification application package please contact the Atlantic College of Therapeutic Massage at 506-451-

8188 or actm@nb.aibn.com (please provide us with your mailing address).
NOTE: The specific itinerary above is subject to change.

B. Fundamentals of Sports Massage July 4-6, 2005

C. Applied Sports Massage, Myofascial Therapy July 8-10, 2005

D. Breast Massage and Women's Health August 5-7, 2005

E. Canine Massage Certification - starting October 7, 2005

F. Perinatal Massage Certification - starting October 7, 2005

G. Massage Therapy during Pregnancy October 14-16, 2005

H. The Massage Therapist as Infant Massage Instructor October 21-23,

4. PUBLIC CLINIC

Our public clinic at Kings Place continues in operation. Appointments are available Monday to Thursday, at 4:00, 5:00, 6:00 and 7:00 p.m. to 8:00 p.m. The student massage therapists are all supervised by an experienced Registered Massage Therapist. The cost is \$15.00 plus HST for each one hour treatment. Please call us at 451-8188 for an appointment.

5. EQUIPMENT SPECIALS

Canadian Massage Supply is offering a package deal. This is a Starter Table Package which includes: Robson Portable Massage Table - Includes Table, Carrying Case, Standard Headrest with cushion (choice of width, color, and Reiki or Standard Panels) 1 Knee Bolster 1 Fleece Table Cover 1 19"x27" Steri-Pillow 5 Flat Sheets 5 Fitted Sheets 5 Fitted Headrest Covers 1 2L Bottle of any Gecko or Plant Life Product All For ONLY \$750.00 (a Value of over \$870.00) For more information on any other specials you can visit CMS online at www.canadianmassagesupply.ca or call toll free 1-866-450-4446.

6. PRACTICE TIP

Effective communication, verbal and non-verbal, is an essential component of a satisfying and rewarding client-therapist relationship. Have you ever had an exchange with a client that went something like:

Therapist - "Gosh, your upper back is really tight"

Client - "Well, that's what you're supposed to be taking care of!"

Therapist - "I'm doing the best I can!"

This is an example of what the experts refer to as "transference" and "counter-

transference". Both therapist and client feel threatened and react defensively and/or critically toward the other, due to certain levels of insecurity from past experiences. This is NOT productive or effective communication. As a professional, you can learn to recognize signs of transference and counter-transference. Being aware of it is often enough to enable you to overcome it. If not, consult with other therapists, be respectful of your clients' reactions, and keep the boundaries in the therapeutic environment very clear.

How might the therapist have dealt with the conversation above? Instead of "I'm doing the best I can!", the therapist might have said: "You're right. I AM supposed to be taking care of that. Now, let's start loosening up that stress in your upper back."

7. WHO WE ARE

We are massage therapy education at its best. Located at Kings Place, 440 King Street, Fredericton, N.B., the Atlantic College of Therapeutic Massage delivers a program of massage therapy education equivalent to the competency standards of the College of Massage Therapists of Ontario. Look to us for innovation in:

- massage therapy education;
- cooperative agreements for students pursuing University education;
- clinical outreach programs; and
- continuing education

8. WEB SITE SUGGESTIONS

- A. Newfoundland and Labrador has advanced quickly in the administration of its Massage Therapy Act, since becoming regulated in 2002. The Newfoundland and Labrador Massage Therapists' Board has made many changes and additions to its website, where you can, among other things, review a list of all practicing massage therapists and read the 2003-2004 Annual Report of the Board. It's an interesting glimpse for those in the Atlantic provinces, into the way other provinces might develop the day-to-day operation of a regulatory body. Take a look at www.nlmtd.ca
- B. We continue to list links for information or resources from provincial massage therapy associations across Canada. Please let us know if we missed any association.

Newfoundland and Labrador - <http://www.nlmtd.ca/>

Prince Edward Island - <http://www.gov.pe.ca/infopei/onelisting.php3?number=5590>

Nova Scotia - <http://www.eastmassage.org/>

New Brunswick - <http://www.anbmt.ca/anbmt/> and

<http://www.nbma-amnb.ca/english/index.php>

Ontario - <http://www.omta.com/>

Manitoba - <http://www.mtam.mb.ca/>

Saskatchewan - <http://www.saskmassagetherapy.com>
Alberta - <http://www.mtaalberta.com/> and
<http://www.armts.com/>
British Columbia - <http://www.massagetherapy.bc.ca/>

9. THE FINE PRINT

We welcome suggestions for new items, such as classified ads.
Web Site suggestions are also welcome. Your input will be acknowledged.

If this newsletter is useful for you, feel free to pass it on to friends and colleagues.
To subscribe or unsubscribe, simply send me an email by hitting the Reply button.
There is no charge to sign up for this publication, or to sign out.

This newsletter is brought to you with pleasure and in good health, by:
Robert Jackson, Administrative Director
Atlantic College of Therapeutic Massage
440 King Street
Fredericton, N.B. E3B 5H8
Phone: (506) 451-8663
Fax: (506) 451-8402
rjactm@nb.aibn.com (OR simply hit the Reply button)
www.actmonline.com