

ATLANTIC COLLEGE OF THERAPEUTIC MASSAGE NEWS

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IN THIS ISSUE:

1. News on Moncton – September 2008
2. Limited Space for Students Starting in July 2008
3. Alumni News
4. Faculty and Staff News
5. A Century Worth of Experience
6. ACTM Becomes Technology-Friendly
7. Sports Therapy Certification
8. Continuing Education
9. Perinatal Massage Certification Graduates
10. ACTM's 10th Graduating Class
11. Stan Cassidy Centre for Rehabilitation Fundraiser
12. Volunteers Needed
13. Understanding the Fascia
14. Fredericton in World's Top 7 Smartest Communities
15. Public Clinic
16. Outreaches
17. Who We Are
18. Website Suggestion
19. The Fine Print

Welcome to this the twentieth 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.

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1. NEWS ON MONCTON – SEPTEMBER 2008

Applications for the "Collège Atlantique de Massage Thérapeutique" are coming in! This will be the first and only 2200-hour French Massage Therapy program East of Ontario that is based on a curriculum equivalent to the competency standards of the College of Massage Therapists of Ontario!

The Atlantic College of Therapeutic Massage in Fredericton, New Brunswick is pleased to announce that the credit transfer agreement it shares with the Faculty of Kinesiology at the University of New Brunswick has been implemented with the Collège Atlantique de Massage Thérapeutique.

Under the agreement, students who complete the 18-month program at the Collège Atlantique de Massage Thérapeutique will have the same opportunity as ACTM graduates to enter the program leading to a Bachelor of Science in Kinesiology degree at UNB, in English, with approximately two years of transfer credits. This will enable graduates to obtain a BScKin degree after

approximately two more years of study at UNB.

More details are available on our website at www.actmonline.com, or by calling our Moncton Campus at (506) 855-2286.

2. LIMITED SPACE FOR STUDENTS STARTING IN JULY 2008

In July 2008 a new group of students will be starting our 18-month program in Fredericton. We have received many applications from across Canada. Spaces are still available for people who are interested in attending this class. Applications should be sent to ACTM as soon as possible to ensure that you will have a seat in the program. Information and application forms are available here: <http://www.actmonline.com/admissions.html>

3. ALUMNI NEWS

A. Congratulations to Jodi Gould (ACTM 2006) on her recent wedding.

B. Congratulations to Tony Dumont (ACTM 2006) and Selena Braman (ACTM 2006), both of whom will graduate in June, 2008 from the University of New Brunswick with a Bachelor of Science in Kinesiology.

If you have any alumni news that you would like for us to share in our next Newsletter please let us know by email at actm@nb.aibn.com.

4. FACULTY AND STAFF NEWS

A. Congratulations to our Academic Director, Candace Gilmore (formerly “Candace Gerrior”) on her April 2008 wedding to William Gilmore at the Delta Hotel in downtown Fredericton, NB.

B. Congratulations also go out to our Clinic Supervisor Courtney Appleby who recently gave birth to a baby boy (George).

C. ACTM welcomes Dr. Judah Bunin to his new position as our Research Coordinator.

D. ACTM welcomes back Tyson Stewart as our part-time Treatments instructor.

5. A CENTURY WORTH OF EXPERIENCE

As the Atlantic College of Therapeutic Massage starts a new year it's important to recognize those who are the heart and soul of ACTM and what makes it a great school. The key to the quality education that students receive at ACTM is its qualified, experienced and dedicated faculty. Included in the faculty are instructors with graduate and post-graduate credentials in physiotherapy, naturopathic medicine, law and kinesiology.

Registered massage therapists with many years as private practitioners complement a diverse and enthusiastic team **with an astonishing 95+ years of combined teaching experience and 112 years of Clinical experience** in the field of massage therapy and other health related fields. With nearly a perfect instructor retention record, ACTM is proud of its instructors and their dedication to the College and its students.

6. ACTM BECOMES MORE TECHNOLOGY-FRIENDLY

In keeping with a growing trend, ACTM has implemented many solutions to recognize a shift toward technology in the delivery of its programs to students. In recent years ACTM began to use LCD projectors and laptops in the classrooms so that they are now available for every instructor in every class to assist with their instruction. We have a large selection of animation DVD's, videos, and

Audiofiles to stimulate the learning process for our students. There is now a student lab with two computers for our students to access information on research and prepare for assignments. Students can take advantage of the free Fred-eZone wireless network available in the Fredericton downtown area.

To continue ACTM's commitment to be green, all of our course evaluations will now be completed over the Internet to drastically reduce paper usage and cater to the students so that they can fill these out at their convenience. These are only a handful of items that we have done to improve the student learning experience and retention at ACTM. Be on the lookout for more innovative approaches in implementing technology at ACTM.

7. SPORTS THERAPY CERTIFICATION

In July 2008 the next Sports Therapy Certification will begin. We have received many applications but spaces are still available for people who are interested in attending this Certification. The Sports Therapy Certification includes training in Taping and Wrapping; Medical First Responders; Applied Sports Massage; Ultrasound and Tens; Basic Fitness Theory; Resistance Training; and Sports Psychology. The total cost to take this certification is \$1,400.00 plus HST, which includes the First Responder's Certification, all required Textbooks and Manuals, Athletic Tape and Wrap, and a Carrying Bag.

For more information or for an application please contact us at (506) 451-8661 or visit our website at <http://www.actmonline.com/coned.html>

8. CONTINUING EDUCATION

There are a number of continuing education courses upcoming at ACTM this Spring/Summer including Sports Therapy, Perinatal Massage, Applied Sports Massage, and Understanding the Fascia. 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. Full details of all courses are available on the Continuing Education page of our website at: <http://www.actmonline.com/coned.html>

9. PERINATAL MASSAGE CERTIFICATION GRADUATES

In February, 2008 four students completed the Perinatal Massage Certification. We would like to congratulate Isabelle, Cindy, Mary and Emily for completing the course, taught by ACTM instructors Angela Brown and Cindy McNeely from Trimesters.

10. ACTM'S 9TH GRADUATING CLASS

On March 27, 2008 ACTM proudly presented diplomas to Chelsey, Ross, Sarah, Tracy, Bronwyn, and Megan. These graduates have moved on to communities throughout New Brunswick and Nova Scotia! We know that each member of this outstanding class will excel.

ACTM is proud to announce the following winners of awards and their sponsors, which include the Association of New Brunswick Massage Therapists (ANBMT), the New Brunswick Massotherapy Association (NBMA), Canadian Massage Supply (CMS), and ACTM instructor Steve McKay.

Bronwyn Langpap as Valedictorian (ACTM) and Best Overall Myology/Neurology Average (Steve McKay), Sarah Fischer as Most Deserving Student (NBMA), Most Clinical Hours (ANBMT)

and Most Volunteer Hours (ACTM), and Megan Samms as Most Improved Student (CMS). Each student received a special award for the Group Business Plan (ACTM).

We would also like to thank each of these graduates for their generous gift of a framed picture, presented to ACTM at the graduation. It is now being displayed in the reception area at ACTM.

11. STAN CASSIDY CENTRE FOR REHABILITATION FUNDRAISER

Continuing with its fundraising efforts, ACTM is currently raising money for the Stan Cassidy Centre for Rehabilitation (SCCR). This will mark the 5th consecutive year that the College and its students have raised money for the Centre. This year the students are raising money by volunteering their free time to do additional massage treatments during the week. All proceeds collected from these appointments will go toward their fundraising efforts. If you would like to support the Centre, and at the same time receive a massage, please call us at (506) 451-8664 to book your appointment. Please specify that you would like to be booked in the SCCR fundraising clinic.

In the past, the SCCR used these funds to purchase much-needed equipment. Last year they decided to purchase several pieces of artwork completed by former patients of the Centre to help improve the atmosphere while supporting local artists.

12. VOLUNTEERS NEEDED

Students going into their senior term at ACTM will be researching the effects that massage therapy has on a variety of conditions. They are looking for volunteers who are able to commit to five consecutive treatments, and who have a condition or symptoms that are modifiable by massage therapy (such as scar tissue, lymphedema, and tendinitis, to name a few). If you would like more information on this clinic, please call Lisa Ivany at 451-8663.

13. UNDERSTANDING THE FASCIA – A NEW DIRECTION

Nadine Currie Jackson will be offering her lecture "Understanding the Fascia - A New Direction" for the third time! This lecture will be held on Sunday, May 18th in Bathurst, New Brunswick.

This lecture is open to Massage Therapists. The objective is to inform you with new information regarding the research of fascia and how it affects clients from a clinical perspective.

The medical field is beginning to recognize that fascia must be considered when assessing physical pain. Last October, Harvard Medical School hosted the "First International Fascia Research Congress". Scientists, Medical Doctors, Chiropractors, Osteopaths and many others from all over the world presented their findings regarding the fascia. There was an opportunity for the scientists and clinicians to openly discuss the fascia and learn from each other. Nadine wants to pass on to massage therapists what she learned from attending this premier event. For more information contact Nadine at ncactm@nb.aibn.com or 506-451-8660.

14. FREDERICTON IN WORLD'S TOP 7 SMARTEST COMMUNITIES

Fredericton has been named one of the World's Top 7 Intelligent Communities by the New York based Intelligent Community Forum (ICF). Each year, ICF presents an awards program for Intelligent Communities and the public-sector and private-sector partners who contribute to them. The

goal of the awards program is to raise awareness of how communities have successfully driven local prosperity in the Broadband Economy. Fredericton's inclusion in the Top 7 is a significant recognition and we're telling everybody about Fredericton's strengths in self-sustaining programs, smart growth and green development. To learn more about the Top 7 recognition, click on the following links:

<http://www.fredericton.ca/en/citygovernment/2008Mar12WaterlooMayor.asp>

<http://www.fredericton.ca/en/citygovernment/2008feb19NewZealand.asp>

<http://www.fredericton.ca/en/citygovernment/2008Jan15ICFTopSeven.asp>

15. OUTREACHES

ACTM has participated in several outreaches in the past four months including the UNB Wellness Event, University Volleyball Tournament at UNB, River Valley Health Fair, and the Lady Beaverbrook and Neill House Residences.

16. PUBLIC CLINIC

Our public clinic at Kings Place is currently open until June 5, 2008. Appointments are available Mondays, Tuesdays, Wednesdays, and Thursdays at 4:00, 5:30 and 7:00 p.m. An experienced Registered Massage Therapist supervises all of the student massage therapists. The cost is \$20.00 including HST for each ninety-minute appointment. Please call us at 451-8188 for an appointment.

17. WHO WE ARE

We are massage therapy education at its best. Located at Kings Place, 440 King Street, Fredericton, N.B. and now a campus in Moncton, 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

18. WEB SITE SUGGESTION

Whether you are changing the radio station, answering your cell phone or drinking coffee, it's important to know the dangers that come with these activities while driving your vehicle. The New Brunswick Government has constructed a driving simulator to demonstrate reduced response times while a driver is being distracted. Try it out, and test your split-second reactions while "driving" online. <http://www.besmartbesafe.ca/driver-distraction-game.asp>

19. 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.

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This newsletter is brought to you with pleasure and in good health, by:

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