

ATLANTIC COLLEGE OF THERAPEUTIC MASSAGE NEWS

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Welcome to this the fourth issue of the Atlantic College of Therapeutic Massage News! Through this newsletter we keep our alumni, faculty, staff and friends updated on present and future events and programs at ACTM.

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1. ALUMNI

A. Melanie Short ('03) and Susan Newell ('03) successfully passed both the written and practical components of the entrance examinations of the College of Massage Therapists of Ontario. We are very proud and excited for both Melanie and Susan in attaining full CMTO designation. And, it means that our graduates have a 100% success rate with the CMTO!

B. Jennifer Brewer ('02) will open her Natural Choice Therapeutic Massage Clinic on October 1, 2003 at the Keswick Landing Mall in Keswick, N.B. You can reach Jennifer to book an appointment or to wish her well, at 363-3783.

2. CONTINUING EDUCATION

The following continuing education programs are being hosted by ACTM:

A. September 20-21, 2003 Cranial Sacral Therapy - The Basics Workshop. The McKeel Seminar Group (Gary Keeling, B.P.E., B.Sc.(PT) and Steve McKay, B.P.E., S.Sc.(PT)., C.A.F.C.) will present this workshop on the basics of cranial sacral therapy. The cost is \$250.00 for members of the Association of New Brunswick Massage Therapists and for students enrolled

in a massage therapy program. The cost to all others is \$300.00. The course is limited to 22 participants. Gary Keeling and Steve McKay are both instructors at ACTM.

B. September 27-28, 2003 Applied Sports Massage - Myofacial Therapy. This is an advanced course intended to build upon the foundation laid in the Fundamentals of Sports Massage course, which is a suggested prerequisite to this advanced course. This course is accredited with 9 Continuing Education Units by the College of Massage Therapists of Ontario and will be presented by Milton Bingham, RMT, SMT(c), a level 3 certified Sports Massage Therapist who works with elite athletes from a number of sports. The cost for the course is \$300.00 for ANBMT and CSMTA members and for students enrolled in a massage therapy program. The cost to all others is \$400.00.

C. September 27, 2003 Heated Stone Massage Course. The Healing Arts Learning Organization will present this eight hour course incorporating the use of heated basalt lava stones and massage to create a deep state of relaxation. Debbie Leland (RMT since 1993) and Cathy Biedinger (certified Reflexology teacher) from Paris, Ontario will be in Fredericton to present the course. This course provides participants with 4 Continuing Education Units through the College of Massage Therapists of Ontario.

D. September 29-30, 2003 Fundamentals of Sports Massage. This course is intended to provide a foundation for on-site massage at sporting events and when working with athletes during the training phase of their season, and is approximately 70% theoretical and 30% practical. This course is accredited with 9 Continuing Education Units by the College of Massage Therapists of Ontario and will be presented by Milton Bingham, RMT, SMT(c). The cost for the course is \$300.00 for ANBMT and CSMTA members and for students enrolled in a massage therapy program. The cost to all others is \$400.00.

All courses will take place at the Fredericton campus of the Atlantic College of Therapeutic Massage. For information and registration, please contact us at 451-8188.

3. PUBLIC CLINICS

A. Our public clinic at Kings Place will reopen on September 29, 2003 as the students return to the school following exams. The clinic will operate from Mondays to Thursdays from 4:00 p.m. to 8:00 p.m. with at least six students providing one hour treatments each evening at 4:00, 5:00, 6:00 and 7:00 p.m. The students are all supervised by an experienced Registered Massage Therapist. The cost is \$15.00 plus HST for each one hour treatment.

B. Workplace clinics are available for government departments and/or corporate settings in downtown Fredericton. These are free weekly sessions of 15 minutes for each participant, continuing for a 9 week period. Any organizations interested in setting up sessions should contact their Health and Wellness Advisor to make arrangements through Lisa Ivany at ACTM at 451-8188.

4. OUTREACH

A. Our students will be starting a substantial project in working at the Stan Cassidy

Centre for Rehabilitation in Fredericton. This partnership with the Centre will provide students with experience in treating persons recovering from acute injuries and conditions.

B. In August, 2003 our student resources were stretched to the limit when one team of students volunteered at a provincial beach volleyball tournament in Fredericton, while another team volunteered at the Marathon by the Sea in Saint John. These were both significant commitments in time and energy by faculty and by supervisor Chris McGinnis, B.Sc., H.Ec., RMT ('03). Considering that there were 1225 runners in the Marathon by the Sea, it's remarkable that the students survived!

C. In August the ACTM students, supervised by Chris McGinnis ('03), provided massage therapy treatments to speedskaters of various ages at their annual speedskating training camp in Fredericton. More than half of these skaters (approximately 100) are national level competitors. Also present was one of ACTM's alumni Julie Piercey ('03) who gave a workshop on the benefits of stretching.

D. Later this month, 18 of our students will begin volunteer work in providing relaxation treatments for participants at Fredericton's Methadone clinic. This is an important initiative, carefully designed through an agreement between the University of New Brunswick Faculty of Nursing and ACTM, to be conducted on site at the clinic. We are confident that our students and the clinic participants will benefit greatly as a result of this outreach.

E. On September 28, 2003 it will be de-jà-vu all over again, as students provide treatments for weary runners at the Canadian National Road Race Championships and the Fall Classic 10 kilometer races in Fredericton. Dozens of elite competitors and hundreds of others will receive expert treatment from ACTM students.

5. NATIONAL MASSAGE THERAPY AWARENESS WEEK - OCTOBER 20-26, 2003

A. For National Massage Therapy Awareness Week, the Atlantic College of Therapeutic Massage is offering a special day to all Massage Therapists to express our appreciation for the important work they continue to do. On Thursday, October 23, 2003 the Student Clinic will give one hour relaxation massage treatments free of charge to Massage Therapists. Appointments will be available from 4:00 p.m. to 8:00 p.m.

The students at the Atlantic College of Therapeutic Massage are also fundraising for equipment for the clients at the Stan Cassidy Centre for Rehabilitation. Any donations would be appreciated but are not necessary. Please contact the College at 451-8188 to book your appointment in advance.

B. As we reported in a past edition of the ACTM News, six of our students have been working diligently on a fundraising event for the Stan Cassidy Centre for Rehabilitation. Sherri-Lynn Grant, Katelyn Melanson and Elizabeth Pullin, together with junior students Cynthia Beaulieu, Gordon Jacques and Scott Rigley, are working on this group project for National Massage Therapy Awareness Week. Their goal is to raise funds for medical equipment for the Stan Cassidy Centre for Rehabilitation.

Tickets are on sale at \$2.00 each or three tickets for \$5.00, with winners to be drawn on October 26, 2003 to win 20 student massage therapy treatments or a gift basket sponsored by the

Shamposium and by Thorne's Flowers and Gifts. Tickets can be purchased at ACTM, from students or at the display in King's Place during National Massage Therapy Awareness Week.

6. FACULTY NEWS

We would like to welcome two new faces to ACTM.

A. Elena Conners will be teaching Microbiology. She is the director of Impact Microbiology Services Ltd. which is the first full service private sector food microbiology laboratory in New Brunswick. Bringing more than 35 years of expertise in microbiology to the classroom, we are certain that Elena will provide the students with plenty of interesting lectures!

B. Tyson Stewart, B.Kin, RMT ('03) will be supervising ACTM students at the UNB, Varsity Sports Massage Clinic. With his background in Athletics and Athletic Therapy he will be a valuable member of our team!

C. Congratulations to Dr. Judah Bunin and his wife Parrissa. They are the new owners of the Fredericton Naturopathic Clinic.

7. RESEARCH PROJECT

_____ Congratulations to our Junior Student: Veronique Gaudet ,B.Sc. Kin., who will be assisting with this research project at the University of New Brunswick Kinesiology Department. The project will focus on the biomechanical demands of the massage therapist, with particular focus on cumulative low back loading. The experimental component of the project will involve videotaping massage therapists as they perform a 'typical' therapeutic back massage. For the purposes of data collection a 'typical' treatment will be a series of specific techniques performed for a specified time, allowing for the analysis of various techniques and the effects on low back loading. This project is being undertaken in conjunction with the Atlantic Colleague of Therapeutic Massage (ACTM).

Data collection will involve videotaping massage therapists performing the treatments (a session) and analyzing the task using the '3D-Match' postural analysis program. This will permit the analysis of upper body posture (arms, head and back) throughout the treatment and allow for cataloguing of time in specific postures. Biomechanical loads (compression & shear force and moments) at the elbow, shoulder and back will be determined for the treatment as well.

8. CANADIAN MASSAGE SUPPLY

Congratulations to Patrick Currie, who will be opening Canadian Massage Supply in Fredericton on October 1, 2003. Canadian Massage Supply plans to offer competitive prices here in New Brunswick without sacrificing excellent service and product quality. CMS will be supplying Maritime therapists with a variety of Massage and medical supplies and equipment. To serve you better, CMS is designing a catalogue and constructing an online ordering website . So if you wish to be on the mailing list please call (506) 450-4446 or from outside Fredericton call 1-866-450-4446 and leave your name, phone number and address. As well, you can also email CMS at actm@nb.aibn.com. Once the website is up and ready you can visit CMS at www.canadianmassagesupply.ca to view the list of products.

9. CLASSIFIED ADVERTISING

A busy chiropractic clinic located in Fredericton is looking for a massage therapist. If interested, please forward your resume to Dr. Robert Allaby at 763 Regent Street, Fredericton, N.B. E3B 3Y5.

10. 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 Ontario standards. We have the only known 18 month program in New Brunswick, P.E.I. and Newfoundland. Look to us for innovation in:

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

11. WEB SITE SUGGESTIONS

Do you need to get out of town, FAST? Looking for some last minute bargains on airfare? One site that could fill your needs is hosted by Air Canada. Yes, I know Air Canada could be bankrupt soon, but this way you are not buying too far in advance. Take a look at <http://www.aircanada.ca/websaver/?frominternallink=promotions>

What do Linda McCartney, Jerry Garcia and John Lennon have in common, other than the obvious? Their Wills, and the Wills of various other celebrities have been opened for viewing at CourtTV Online. See: <http://www.court tv.com/archive/legaldocs/newsmakers/wills/>

12. THE FINE PRINT

Suggestions for new items to include, such as classified ads, are welcome.

Suggestions for Web Site of the Month are 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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