

# ATLANTIC COLLEGE OF THERAPEUTIC MASSAGE NEWS

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Welcome to this the fifth 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. Jennifer Brewer ('02) opened her Natural Choice Therapeutic Massage Clinic at the Keswick Landing Mall in Keswick, N.B. Unfortunately, her listing was omitted from the latest telephone directory. You can reach Jennifer to book an appointment at 363-3783.

B. Crystal Brewer ('03) is practicing massage therapy not only at the Forever You Hair Design premises at the Peppercreek Plaza, Fredericton, N.B. (459-2641) but is also practicing three days per week at the office of Dr. Robert Allaby at 763 Regent Street, Fredericton, N.B. (454-2225).

## 2. BURSARY AWARDS

We are pleased to announce the awarding of ACTM bursaries in the amount of \$500.00 to each of two students who are graduating this year. Congratulations to Jeffrey Tingley and Sharley Warren. Each of these students qualified for the bursary as a result of having completed a post-secondary program in the field of health sciences. The bursary program is an initiative of ACTM, designed to encourage students with advanced education in health sciences to enter the profession of massage therapy.

## 3. CONTINUING EDUCATION

A. A number of continuing education programs have been hosted by ACTM in the past months, as noted in our last newsletter. We are very happy to have Cindy McNeely coming back to ACTM from Toronto in December to present the following course: *The R.M.T. as Labour Support Provider* - This is a three day workshop taking place from December 17 to 19, 2003. The course is an introduction to understanding the role of massage therapy related to the labour and delivery process of clients. Upon completing this three day, 20 hour training course, the Massage Therapist/student will have a clear understanding as to the physiology and process of labour. As well, they will have a knowledge of specific comfort measures which can be utilized in conjunction with massage therapy techniques. The aim of this course is to train the Labour Support provider to offer the birthing family as much assistance as possible in creating a safe and healthy birth. This course provides participants with 10 Continuing Education Units through the College of Massage Therapists of Ontario. The student fee for the course is \$347.75 (GST included). The massage therapist fee for the course is \$449.40 (GST included). For information and registration, please contact us at (506) 451-8188.

B. The Canadian Institute of Bio-Field Therapy is presenting a 10 month program on Energy Medicine. This program will offer 5 on-site modules at ACTM, with the remainder of the course completed through correspondence studies. The program offers a broader understanding of energy in relation to disease, emotional upset, and the way in which existing thought patterns can hinder the natural healing process. Registrants must have a background in health management, as the program is geared to health professionals wishing to add to their range of competencies. Accepted modalities include but are not limited to massage therapists, chiropractors, nursing practitioner, naturopathic medicine fields, reflexologists and aestheticians. The course begins in April, 2004. The tuition cost for the course is \$1,495.00 plus HST. A 10% discount is available to students and alumni of ACTM, as well as to members of the Association of New Brunswick Massage Therapists. For information and registration, please contact The Canadian Institute of Bio-Field Therapy, P.O. Box 183, Canning, NS B0P 1H0 (902) 582-7098 (a division of "Nature's Gift").

C. Dr. Simon Clark, a chiropractor practicing in Woodstock, N.B. opened his doors to the entire senior class of students for an afternoon in November, 2003 to enable them to better understand the role of a chiropractor and the procedures and services offered. All of the students participated in this unique learning opportunity. Many thanks to Dr. Clark!

#### 4. PUBLIC CLINICS

A. Our public clinic at Kings Place will be closed as of December 5, 2003 to enable time for student study and exams. The clinic will reopen on January 5, 2004 when the students return to school following exams. The clinic will continue to operate weekdays except Friday, from 4:00 p.m. to 8:00 p.m. with students providing treatments each evening at 4:00, 5:30 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. Please call us at 451-8188 for an appointment.

Don't forget!! We have plenty of gift certificates, and they will be available for purchase up to and including December 23, 2003.

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.

## 5. OUTREACH

A. Students are now working on a weekly basis at the Stan Cassidy Centre for Rehabilitation in Fredericton. The Centre provides extensive services for persons recovering from the most severe injuries, including traumatic brain injuries, spinal injury, strokes, brain surgery, cerebral palsy and multiple sclerosis. This partnership with the Centre provides students with valuable experience in treating persons recovering from acute injuries and conditions.

B. 18 students have also started their volunteer work on a weekly basis, providing relaxation treatments for participants at Fredericton's Methadone clinic. This initiative is the result of an agreement between the University of New Brunswick Faculty of Nursing and ACTM, and is conducted on site at the clinic.

C. Other outreach activities during the past two months have given students considerable experience in a variety of settings. The activities at which the students provided volunteer treatments are:

1. Multiple Sclerosis Society Conference "Moving Forward With MS" in Fredericton - 8 students
2. CIBC Run For The Cure in Fredericton - 14 students
3. UNB Web-based Learning Conference in Fredericton - 5 students
4. Department of Education Student Loan Services in Fredericton - 4 students
5. Canadian Inter-University Cross-Country Challenge in Moncton - 4 students
6. Masters' Swim Meet at UNB Fredericton - 8 students

## 6. NATIONAL MASSAGE THERAPY AWARENESS WEEK PROJECT

A. For National Massage Therapy Awareness Week, six students worked diligently on a project to raise funds for equipment for the clients at the Stan Cassidy Centre for Rehabilitation. Those students, Sherri-Lynn Grant, Elizabeth Pullin, Gordon Jacques, Katelyn Melanson, Scott Rigley and Cynthia Beaulieu, had a goal to make the public more familiar with the benefits of massage therapy and support the purchase of the needed medical equipment.

On October 24, 2003 the students completed the project and presented a cheque for \$1,750.00 to the Stan Cassidy Centre for Rehabilitation. The response from Dr. Ronald Harris at the Centre was "*You folks are amazing!*" Pamela Fitch, editor of the Ontario Massage Therapist Association publication "*The Body Politic*" upon hearing of the project wrote "*Congratulations to your students for their big accomplishment. To my knowledge it is the biggest single National Massage Therapy Awareness Week event I have heard of. It was heartening to say the least, that your students took it so seriously.*"

## 7. FACULTY AND STAFF NEWS

A. ACTM welcomes Andrea Thompson to its support staff. Andrea is handling receptionist duties during the particularly busy time when the student clinic is in operation.

## 8. GRADUATION

A skilled, experienced and dedicated group of 14 graduates will celebrate the successful completion of their 18 months of study at ACTM at the graduation ceremonies on December 20,

2003.

The featured guest speaker at the graduation will be Cindy McNeely. Cindy is a registered massage therapist in practice in Toronto since 1985. She is a graduate of the Sutherland-Chan School of Massage Therapy and has taught many subjects in Massage Therapy Colleges since 1987. Cindy is the founder and a partner in Trimesters Massage Therapy Education, and has written articles, appeared in audio-video material related to Perinatal Massage Therapy, and supervised Perinatal hospital-based Clinical Outreach programs.

#### 9. JANUARY 2004 COURSE COMMENCEMENT

Our next course begins on January 5, 2004. The number of applicants substantially exceeded the number of seats available in the class. Congratulations to those students who were accepted, and good luck to you as your program of study and learning and training begins.

For any prospective students who qualify for the accelerated program, the commencement date is April, 2004. Applications are still being accepted for this program, which targets students with a degree of Bachelor of Science in Kinesiology from the University of New Brunswick.

All other prospective students are invited to apply for the 18 month program which begins in September, 2004.

#### 10. EQUIPMENT SPECIALS

Canadian Massage Supply is offering the following specials from now until December 19, 2003:

1. Clinic Starter Package - \$1095.00 Includes the Aleco Stationary Table with Adjustable Head Rest, and your choice of either:

20 Flannel Sheets (standard), 10 Face Rest Covers, 1 Single Holster and your choice of oil or lotion from Gecko or Plant Life (21 quantity);

or

3 piece Body Cushion including the body unit, face rest cushion and base, and an instructional video.

2. Expansion Package - \$500.00 Includes your choice of either:

The ProLite Chair with carrying case and extra shoulder strap. Easy to set up and with adjustable options, it is lightweight at under 20 lbs. and available in blue or black vinyl colours ;

or

The Robson Table. Lightweight and portable, the table has a lifetime Northern Touch warranty and comes with a standard head rest. Available in agate, burgundy, black, hunter, mushroom, purple and teal.

3. Thermo-pad, "The First Reusable Heating Pad" Ideal for the therapist or consumer. Imagine all the possible applications of a heating pad that doesn't need to be plugged in, preheated or filled with hot water, that heats to a safe temperature instantly, and is reusable hundreds and hundreds of times! To activate, flex the metal disc in the liquid Thermo-Pad until crystals begin to form. When the pad has crystallized, knead it to soften, and it's ready to use.

Special:

4" x 4" (4 unit)                      \$31.00

7" x 4" (single unit)	\$15.00
8" x 8" (single unit)	\$22.00
8" x 18" (single unit)	\$34.00
Thermo Mask (single unit)	\$29.00

To order, call (506) 450-4446. From outside Fredericton call 1-866-450-4446.

#### 11. PRACTICE TIP

Because massage therapy is not a legislated health profession in New Brunswick, Canada Customs and Revenue Agency does not recognize a client's cost for massage therapy treatment as a medical expense. As a massage therapist, you should make your clients aware that if they attempt to claim the cost of massage therapy as an income tax deduction, the claim will be disallowed. Please check with your accountant or tax advisor as to any changes in this policy in the future.

We invite ANYONE (massage therapists or clients) to submit practice tips.

#### 12. 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

#### 13. WEB SITE SUGGESTIONS

Would you like to know the latest issues in massage therapy as discussed in a moderated discussion group? Try logging on to Yahoo's Ask-a-Massage-Therapist website at:

<http://health.groups.yahoo.com/group/Ask-A-Massage-Therapist/>

Want to flex the right AND left sides of your brain? Take the colour test at:

<http://www.njagyouth.org/colortest.swf> and see if your mind can keep up with your brain.

#### 14. 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.

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:

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