

# ATLANTIC COLLEGE OF THERAPEUTIC MASSAGE NEWS

Issue no. 8, Wednesday, March 31, 2004

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Welcome to this the eighth 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

On December 20, 2004 a group of 14 proud and happy students graduated from ACTM at ceremonies in Fredericton, N.B. Congratulations to the graduates!

Janis Anderson	Maggie-Lee Lizotte
Amy Brittain	Michelle McDade
Amanda Carlisle	Katelyn Melanson
Susan Clark	Elizabeth Pullin
Felicia Clowe	Emily Rogers
Jordan DeJong	Jeff Tingley
Sherri-Lynn Grant	Sharley Warren

Most graduates had secured employment immediately upon graduation. Although we cannot keep track of all of these graduates, those from whom we have news are:

Janis Anderson - has started her own clinic. It is the Ossekeag Therapeutic Massage Clinic, located in Hampton, Kings County, N.B. (506) 647-1322.

Amy Brittain - is working at a clinic in Saint John, N.B.

Amanda Carlisle - is practicing at Astrum Fitness, 286 Restigouche Road, Oromocto, N.B. (506) 357-8700.

Felicia Clowe - has returned to Marystown, Newfoundland and Labrador, and will be writing her entrance to practice exams in July, 2004.

Susan Clark - is practicing at the office of Dr. Simon Clark, Chiropractor, at 779 Main Street, Woodstock, N.B. (506) 328-2194.

Jordan DeJong - is working at a spa in Halifax, N.S.

Sherri-Lynn Grant - is working at Fredericton Physiotherapy, Kings Place Fredericton, N.B. (506) 458-0204.

Michelle McDade - is working at River Valley Therapeutic Treatment Clinic in Fredericton, N.B. (506) 455-4506.

Katelyn Melanson - is working at a clinic in Saint John, N.B.

Elizabeth Pullin - has returned to Corner Brook, Newfoundland and Labrador, and will be writing her entrance to practice exams in July, 2004.

Emily Rogers - is working at Myoflex Massage and Hydrotherapy Clinic at 924 Prospect Street, Fredericton, N.B. (506) 450-9272.

Sharley Warren - her baby, Caleb Patrick, was born on January 3, 2004. We wish all the best to Caleb and to Sharley in her new role as mother!

In addition, Emily Rogers (Fall '03) was recently elected to the post of Secretary of the Association of New Brunswick Massage Therapists. Stephanie Calhoun ('02) is now Chair of the ANBMT Examination Committee. It's great to see our graduates helping to promote the profession!

We also congratulate Andrea MacDonald (Spring '03) on her engagement and soon-to-be-announced wedding plans. Not to be outdone, Stephanie Mummery (Spring '03) is also engaged to be married.

## 2. CONTINUING EDUCATION

A. ACTM is pleased to have hosted a continuing education course in February, 2004 with David Zulak, M.A., RMT from Ontario, who presented a three day workshop on comprehensive assessment of the upper limbs, thoracic, cervical and shoulder regions. In March, 2004 the McKeel Seminar Group (Gary Keeling and Steve McKay) presented a three day intermediate course in cranial sacral therapy.

B. "Trimesters: Massage Therapy Education" and Cindy McNeely are coming back to ACTM April and May, 2004 to present two courses:

1. Massage Therapy During Pregnancy - The goal of this three day, 20 hour course, taking place from April 29 to May 1, 2004, is to give the participant a solid theoretical and practical foundation for providing Massage Therapy for the pregnant client. The physical and emotional changes a woman experiences from preconception planning to the birth of the infant are considerable. Through this course, the RMT/student will be able to provide safe, professional and knowledgeable care for their pregnant clients. 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 Trimesters at [www.trimesters.on.ca](http://www.trimesters.on.ca) or [cmcneely@istar.ca](mailto:cmcneely@istar.ca)

2. The R.M.T. as Infant Massage Instructor - This is a three day workshop taking place from May 7 to 9, 2004. The course provides the participant with a thorough knowledge base about Infant Massage. Upon completing this 20 hour training course, the RMT/student will have a clear understanding about the realities of infant life from birth through the first year, how massage can be taught to families to augment parenting skills, how massage can be adapted for children with special needs, and the role that the RMT can play in educating families in the need for healthy and respectful touch with children. This course provides participants with 12 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 Trimesters at [www.trimesters.on.ca](http://www.trimesters.on.ca) or [cmcneely@istar.ca](mailto:cmcneely@istar.ca)

C. Coming up soon is “Practice Builders” with Donald Dillon, RMT

Part 1 – Building a practice (2.5 CEU’S)

Building a practice means building long-term relationships. As an effective practice manager, you need to know how to retain business, recognize referral sources, reframe public perception of your practice, and reorient your business consistently to your core values. Participants will discuss and learn how to re-educate, re-orient, retain and recognize.

Part 2 – Mindful-Money and Bookkeeping Basics (2.5 CEUs)

Donald Quinn Dillon and Jan Lillie team up to provide this full-day workshop on the bottom line...how to find it, how to build it, and how to sustain it. Packed with practical information to balance your books, analyze your financial position, and a number of exercises to build your relationship with money, this workshop is for new and seasoned massage therapists. Cost for the course is \$310.00. For registration and further information about the dates for these courses, contact MT Seminars at [www.mtseminars.com](http://www.mtseminars.com) or call 1-888-247-2176.

### 3. PUBLIC CLINICS

A. Our public clinic at Kings Place will be reopening as of April 5, 2004 when the students return to school following exams. The clinic will continue to operate weekdays except holidays and Fridays, from 4:00 p.m. to 8:00 p.m. with students providing 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. Please call us at 451-8188 for an appointment.

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

Outreach activities during the past months have given students considerable experience in a variety of settings including:

1. Saint Thomas University Faculty of Education

2. University of New Brunswick Swim Meet
3. New Brunswick Community College Professional Development
4. New Brunswick Department of Education
5. CIS Hockey Tournament

## 5. FACULTY AND STAFF NEWS

A. Christa Flanagan has joined the faculty as an instructor at ACTM, teaching the Business module. Christa owns Certavi Consulting and is the holder of a Bachelor of Science in Environmental Biology (NSAC 1994) as well as a Masters of Business Administration degree (UNB 2003).

B. Candace Gerrior and Lisa Ivany, both faculty members at ACTM, were recently elected as officers of the Association of Massage Therapists of New Brunswick. Candace becomes the Association President, while Lisa was elected as Treasurer.

C. Nadine Currie Jackson, President of ACTM, was the invited representative of the massage therapy profession in December, 2003 as the Insurance Bureau of Canada hosted a seminar in Moncton, N.B. on "Collaborating Towards Outcomes for Patients Injured in Motor Vehicle Collisions".

In March, 2004 Nadine represented private vocational schools as an invited representative in a New Brunswick government focus group in Fredericton, N.B. on "Quality Learning Agenda - Post-Secondary Education and Training". This day long session was designed to engage post-secondary education and training partners to ensure the province of New Brunswick has a well-educated, well-trained, skilled and adaptable labour force.

D. Tyson Stewart (Spring '03) has been elected Chair of the Membership Committee of the Association of New Brunswick Massage Therapists.

E. Lisa Ivany and Nadine Currie Jackson led a group of very average bowlers representing ACTM in the Big Brothers - Big Sisters "Bowl for Kids" fundraiser in March, 2004. Despite the less than stellar bowling, everyone had a great time and helped contribute financially to a worthy cause.

## 6. RESEARCH

Calling all Massage Therapists in the Fredericton area!

As part of a research project on "Chronic low back pain and the effectiveness of therapeutic modalities" being carried out in conjunction with the Faculty of Kinesiology at the University of New Brunswick, ACTM is looking for volunteer massage therapists to participate. For more information please contact Nadine at [actm@nb.aibn.com](mailto:actm@nb.aibn.com)

## 7. EQUIPMENT SPECIALS

Canadian Massage Supply is offering the following specials until April 15, 2004:

A. Plant Life Classic Performance Oil 500 ml & 2L 10% OFF

Tried, tested and true.....and now water-soluble! Tournesol Classic Performance Massage Oil is

our popular, all-natural blend of Sunflower Oil, Arnica, Calendula & St. John's Wort.

B. Gecko Gel	2L & 4L	10% OFF
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This Gel is a luxurious blend of carrier oils thickened in part by Bee's wax in a clean light form.

C. Paraffin Wax Refill Bars	6 Bars	\$22.50
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Unscented by Eco-Med pharmaceuticals.

D. Vinyl Examination Gloves		\$8.25
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Available in Small, Medium, and Large.

E. Thermo Pad Mask		\$27.00
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Imagine all of the uses of an instant heating pad that doesn't have to be plugged in, preheated or filled with hot water. A heat pack that heats instantly to a safe preset temperature and is completely re-usable. Thermo-Pads can be used for the treatment of sports injuries, arthritis pain, back pain, sore neck, menstrual cramps, tooth aches, hypothermia, sprains, growing pains, TMJ, Raynauds Syndrome, or for any of the many ailments where heat will provide relief.

## 8. EMPLOYMENT OPPORTUNITY

Registered Massage Therapist & Office/Clinic Assistant Position

The Fredericton Wellness Clinic is looking for a recent graduate to fill a Massage Therapist & Office/Clinic Assistant position at its clinic in Fredericton, NB. This position is guaranteed for a three month period with possibility of evolving into a permanent position. Previous related work experience preferred but not required.

Candidates must be highly motivated, be determined to succeed, have a positive attitude, be willing to learn, be adaptable to client needs, be registered with a recognized Massage Therapy Association and be bilingual (French/English)

The Wellness Clinic has been operating in Fredericton for nearly 8 years, offering Massage Therapy, Aromatherapy and Aesthetics services as well as fitness and martial arts classes.

The successful candidate will be expected to provide treatments to massage therapy patients, assist the aesthetician in providing aesthetics services, do general office and clinic work as required and, as part of a team of professionals, promote the services of the Clinic.

The successful candidate will be an employee of the Wellness Clinic and be paid an hourly wage based on a minimum of 35 hours of work per week.

Expressions of interest with resume must be received by June 4th, 2004 by letter, fax or e-mail to the Fredericton Wellness Clinic, 186 Lincoln Road, Fredericton, NB E3B 2A3.

Tel: 506-452-9795 Fax: 506-451-9118 E-mail: [SRP@nbnet.nb.ca](mailto:SRP@nbnet.nb.ca) [www.WellnessClinic.biz](http://www.WellnessClinic.biz)

## 9. PRACTICE TIP

On January 1, 2004 the Federal privacy legislation, known as the Personal Information Protection and Electronic Documents Act ("PIPEDA"), came into effect. Massage therapists gather significant amounts of personal information regarding clients. Clients now have a right to know how that information is stored, used and protected. As a massage therapist you should have a privacy policy available for review by any client at any time.

ACTM has a privacy policy for our student clinic and is prepared to share it with you, if you wish to use it as a guide to the preparation of a privacy policy for your practice. Contact us at [rjactm@nb.aibn.com](mailto:rjactm@nb.aibn.com) and we will email a copy to you, free of charge.

The College of Massage Therapists of Ontario also has information about the PIPEDA on its website at <http://www.cmtto.com/member/Privacy.htm>

## 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

A. In our last issue we reported on the February 26, 2004 decision of the New Brunswick Court of Appeal, which ruled that massage therapy is a medical service under the Standard Automobile Insurance policy. If you want to read the entire decision, here is the link:

<http://www.canlii.org/nb/cas/nbca/2004/2004nbca14.html>

B. For those who may be looking for information or resources from provincial massage therapy associations across Canada, here are the links for those associations for which we could find websites (please let us know if we missed any association):

Newfoundland and Labrador - <http://www.nlmta.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://w>

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

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

Saskatchewan - <http://www.gpfn.sk.ca/health/groups/mtas.html>

Alberta - <http://www.mtaalberta.com/> and

<http://www.armts.com/>

British Columbia - <http://www.massagetherapy.bc.ca/>

C. Did your great aunt forget about her stash of money at the TD Bank years ago? If you found that money for her, would she pay you a reward? The Bank of Canada has a database of unclaimed accounts at [http://ucbswww.bank-banque-canada.ca/scripts/search\\_english.asp](http://ucbswww.bank-banque-canada.ca/scripts/search_english.asp) There are literally thousands of dollars waiting to be claimed.

## 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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