

ATLANTIC COLLEGE OF THERAPEUTIC MASSAGE NEWS

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Welcome to this the ninth 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

Jeff Tingley (Fall '03) is now working at "LaSpa" at 130 Weldon Street in Moncton, N.B. He can be reached at (506) 855-1776.

2. CONTINUING EDUCATION

A. The R.M.T. as Infant Massage Instructor - This three day workshop will be taking place from July 9 to 11, 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 or cmcneely@istar.ca

B. Practice Management - Charting Skills and Auto Insurance Strategies - scheduled for July 25, 2004. This one day course will be taught by Donald Dillon, RMT. Participants will learn how to apply a comprehensive method of charting that is effective, time-efficient and meaningful to RMT's. They will explore current terminology used to describe soft-tissue dysfunction and the need to evolve terminology, create an effective framework for forming a clinical impression and designing a treatment plan, and will consider effective strategies when working within the auto insurance environment.

Cost for the course is \$165.00. (3.5 CEU's) For registration and further information about this course, contact MT Seminars at www.mtseminars.com or call 1-888-247-2176.

C. Comprehensive Orthopedic Assessment of Lumbar Spine, Iliac Joints, Pelvis and Hips, will be held on August 20-22, 2004. This course will cover an orthopedic and biomechanical osteopathic assessment of each of these areas individually, and also as an inter-related functional whole. The course also includes some osteopathic assessment techniques for the lumbar spine and the sacroiliac joints. All therapists are invited to bring forth their experiences for the benefit of all. Practice time for therapists is allotted for both assessment and treatment. Cost for the course is \$450.00, with 11 CEU's. For registration and further information about the course, contact MT Seminars at www.mtseminars.com or call 1-888-247-2176.

D. Practice Builders with Donald Dillon, RMT, will be held September 25 to 26, 2004.

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 learn practice fundamentals: 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 these courses, contact MT Seminars at www.mtseminars.com or call 1-888-247-2176.

3. PUBLIC CLINICS

A. Our public clinic at Kings Place is now in full operation. Appointments are available on 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

A. Outreach activities during the past few weeks have included:

1. Heart Health Fare
2. Lady Beaverbrook and Joy-Kidd Residences
3. Capital City Road Runners
4. Fredericton Community Clinic

B. Students and staff are preparing for one of the year's major outreach projects, the Fredericton Marathon. On May 9, 2004 hundreds of runners will be in need of treatment, and our students and supervisors will be there from start to finish.

5. NATUROPATHIC MEDICINE WEEK

"May 1-8, 2004, has been proclaimed Naturopathic Medicine Week in communities across Canada, including (for the first time) here in Fredericton, N.B.! The Fredericton Naturopathic Clinic has scheduled several special events to celebrate this important occasion, including:

1. Tuesday, May 4: Public lecture at the Smythe Street Superstore. Time: 2:00 - 4:00 p.m., Topic: What Naturopathic Medicine Can Do For You!
2. Thursday, May 6: Television interview on Rogers Cable 10 program "Melanson Live". Time: 8:00 - 9:00 p.m., Topic: Naturopathic Medicine Week.
3. Friday, May 7: Public lecture at the Northside Superstore. Time: 7:00 - 9:00 p.m., Topic: What Naturopathic Medicine Can Do For You!
4. Saturday, May 8: Open House at the Fredericton Naturopathic Clinic. Time: 10:00 a.m. - 2:00 p.m. Dr. Judah Bunin and Parissa Bunin will open their doors to the public and allow you to meet the Naturopathic Doctors and tour the clinic. We will have door prizes, free medical testing, finger foods and more. Everyone is welcome! Feel free to drop by on your way to the Market."

6. FACULTY AND STAFF NEWS

ACTM is very pleased to have had Dr. Wayne Albert as guest instructor in the Assessment of Research and Professional Literature. Dr. Albert is an Associate Professor in the Faculty of Kinesiology at the University of New Brunswick and has a major research focus in occupational biomechanics and the prevention of musculoskeletal injuries in the workplace. His works have been published in the Canadian Journal of Applied Physiology and the Journal of Applied Biomechanics, among others.

7. 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 on this project, which is in the "subject to approval" stage, please contact Nadine at actm@nb.aibn.com

8. EQUIPMENT SPECIALS

Big news! The Canadian Massage Supply website is open for business. Go to www.canadianmassagesupply.ca to find great savings, to browse through the many products or to place an order. In addition, the CMS catalogue is now ready for distribution. To order your free copy, please call (506) 450-4446 or by long distance at 1-866-450-4446 or by email at cmsupply@nb.sympatico.ca

NEW - Body Soaps with blended Essential Oils, made locally containing only All-Natural ingredients. Choose from several different scents or unscented. Please view the different types at: <http://www.canadianmassagesupply.ca/Catalog.php?cid=36>
For a free soap sample, send an email to cmsupply@nb.sympatico.ca (Mention this Newsletter)

Take a look at some "Everyday Low Prices":

Exercise Ball 65 cm	\$39.50
Fleece Table Cover with face Rest	\$56.00
3 Piece Body Cushion	\$365.00
Parabath's Parrafin Bath	\$305.00
Rapid Relief Gel Packs (6" x 10")	\$6.00
AMG Blood Pressure Cuff	\$32.00
Exercise and Yoga Mat	\$26.00 each

Tax Free Sale

For the month of May, taxes will be held by us so you don't have to pay extra. However starting June 1, 2004 we will be charging HST to our products.

If you have comments or suggestions please go to www.canadianmassagesupply.ca/Contact.php and voice your opinion. CMS wants to hear from you!

9. PRACTICE TIP

The College of Massage Therapists of Ontario has issued a Policy Statement on "Treatment of Sensitive Areas". As a reminder of the potential risks in treating sensitive areas, we offer the following excerpt from the Policy Statement:

"The chest wall, musculature, breast tissue, inner thigh and gluteal region are considered sensitive areas of the body generally regarded as potential targets for both misunderstandings of intent and actual sexual abuse. Massage therapists should be careful to obtain and record verbal consent for all procedures, including massage to sensitive areas, each time treatment is delivered. It is the College's position that for proposed treatment of sensitive areas, a signed form acknowledging that information sharing and informed choice has occurred should be placed in the client's file."

The entire policy statement is available on the College website - www.cmto.com

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. The Canadian Association of Naturopathic Doctors has a thorough and informative website, where you can find out more about the Association, the profession and the events taking place in various parts of the country in celebration of Naturopathic Medicine Week.

<http://www.naturopathicassoc.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.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/>

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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