



AMTA-Ohio Chapter

2010

# Continuing Education Regional Seminars

## **Sports Region**

Saturday & Sunday

July 31, August 1

*Sports Massage Pre/Post Event*

## **SouthEast Region**

Sunday, September 12

*Body Talk Access™, Change the Way  
You Look at Healthcare - Forever*

## **NorthWest Region**

Sunday, September 19

*Myofascial Release Therapy*

## **Central Region**

Sunday, October 10

*Clinical Sports Massage –  
Emphasis on Shoulder Applications*

## **SouthWest Region**

Saturday, October 16

*Introduction to Chi Nei Tsang  
Abdominal Detox Massage*

## **NorthEast Region**

Saturday & Sunday

October 23-24

*Massage for the Lady-in-Waiting,  
Prenatal/Postnatal Massage*

## **Central Region II**

Saturday, October 30

*Working with Patients  
Diagnosed with Cancer*

[www.AMTAOhio.org](http://www.AMTAOhio.org)

Register online (credit card only)

# Sports region

**Course Title:** Sports Massage Pre/Post Event

**Instructor:** Jody Finney, LMT

**Date:** Saturday **July 31**–  
Sunday **August 1**, 2010

**Time:** Saturday 9:00 am - 6:00 pm  
Sunday 9:00 am - 1:00 pm  
One hour lunch on your own

**Registration:** 8:30 am

**Location:** Healing Arts Institute  
340 Three Meadows Drive  
Perrysburg, OH 43551

**CEU's** Twelve (12) CEU Credits

**Cost:** \$125 member / \$155 non-member / \$95 student

**Course Description:** Pre & Post Event massage applications require different goals and approaches. This workshop will prepare you to market your skills to athletic events in your local area as well as qualify for membership for the state team. Objectives for this course include learning the purpose for Event Sports Massage, the benefits, the contraindications and basic massage applications will be practiced. Additional information will cover stretches, thermal conditions, and muscle spasms.

**Instructor Bio:** **Jody Finney** graduated from the School of Transformational Massage in April 2002 and was licensed with the State of Ohio Medical board in June 2002. Jody has completed advanced training with CEUs in (1) active isolated stretching (2) stretch and spray (3) sports massage (4) soft tissue release (5) spinal reflex analysis. He is an active member of the AMTA Ohio Sports Massage, having worked sporting events such as: Wright-Pat Marathon, TOSRV Cycling, HFP du-tri sprints. Also, Jody did sports massage at the Wendy's Championship at Tartan Fields for three years, the USMS national championships in Indianapolis and Savannah, and in 2006 was one of the massage therapists for the Cincinnati Reds. Finally, Jody has an athletic background as a basketball player at OSU, coaching AAU basketball, fast pitch softball, and was an assistant women's basketball coach at Urbana University.

**Course Title:** BodyTalk Access™, Change the Way You Look at Healthcare - Forever

**Instructor:** Mary Shields, PhD

**Date:** Sunday, **September 12, 2010**

**Time:** 9:00 am - 6:00 pm; One hour lunch on your own

**Registration:** 8:30 am

**Location:** The Gathering Place at the Inn at Cedar Falls  
21190 State Route 374, Logan, OH 43138

**CEU's** Eight (8) CEU Credits

**Cost:** \$144 member / \$180 non-member / \$110 student

**Course Description:** The BodyTalk Access class presents a new paradigm of health care that works extremely well in conjunction with massage therapy and other healing modalities. Come learn 5 techniques that, when used together, take no longer than 10 minutes, yet can hugely impact the health of your clients on all levels (body, mind, emotion, spirit). They will also help maintain results between sessions. You will also learn how to use these techniques on yourself to promote your own personal wellness and to support you in your work.

You can't afford to miss this session if you have or have clients who have: arthritis, fibromyalgia, neurological problems, learning disabilities, allergies, viruses, immune disorders, headaches, back pain, digestive disorders, neck pain, chronic fatigue syndrome, menstrual irregularities, or sports injuries.

It's *simple*: Professionals all over the world are incorporating these techniques into their practices

It's *gentle*: It taps into the person's innate wisdom so their body can heal itself

It's *safe*: These techniques are all safely and effectively used to enable the client to heal.

**Instructor Bio:** **Mary Shields**, Ph.D. AdvCBI, RMT, NCBTMB, CBI, BAT, CBP, Parama BP, AdvCBP

Known as a "practitioner's practitioner," Mary brings traits of warmth and joy to her work. She works with clients who have a wide variety of body, mind, emotional, and spiritual concerns.

Mary brings a unique background to her practice, that of education, music, and religion. She received her A.B. from Westminster College in PA, her M.Div. from Princeton Theological Seminary, and her Ph.D. from Emory University. Previously a professor of Hebrew Bible/TaNak, she combines a love of her academic field with a love of BodyTalk, seeing many connections between them.

As an instructor, Mary brings more than 16 years of teaching experience to her BodyTalk classes. Students remark on her clarity of presentation, her ability to make even tough concepts easy to understand, and the amount of practical, hands-on experience they get. Consistent comments include: "Her enthusiasm for BodyTalk is contagious;" and "She makes learning fun." One student writes, "Mary's teaching style is thorough, concise, patient, relaxed, and most importantly, fun! She makes sure you leave the course not only understanding the underlying concepts and theory, but retaining all the information as well. Thanks to her, I was a certified practitioner within 6 months of first taking modules 1 and 2. Mary is by far one of the best teachers I have come across." P. Jurko, CBP, Dublin, OH

SouthEast region

|                      |   |
|----------------------|---|
| <b>Course Title:</b> | Myofascial Release Therapy  |
| <b>Instructor:</b>   | William G. Mitchell, PTA, LMT   |
| <b>Date:</b>         | Sunday, <b>September 19</b> , 2010                                      |
| <b>Time:</b>         | 8:30 am - 3:30 pm; One hour lunch on your own                           |
| <b>Registration:</b> | 8:00 am   |
| <b>Location:</b>     | Healing Arts Institute<br>340 Three Meadows Drive, Perrysburg, OH 43551 |
| <b>CEU's</b>         | Six (6) CEU Credits   |
| <b>Cost:</b>         | \$108 member / \$135 non-member / \$80 student                          |

**Course Description:** Myofascial Release Therapy is a treatment solution that goes beyond origin and insertion. *"Your clients will recognize the difference. They are deeply touched, but not necessarily by the firm pressure of traditional massage therapy."*

Many times the path to successfully resolving myofascial restrictions does not follow the direction of muscle fibers. Through this workshop, you will learn how to develop a skilled level of interaction with your client that allows you to recognize myofascial restrictions and respond with the three-dimensional direction, force and duration that is required for myofascial restrictions to unwind and release.

Client outcomes and goals: Increase range of motion, Increase strength, Improve posture, Decrease pain

Techniques covered in the workshop: Basic Releases, Combination Releases, Decompressions, Muscle Play, Myofascial Stretches

The workshop includes myofascial release techniques for the following areas: Cervical, Shoulder, Back, Scar mobilization

**Presenter Bio:** **William G. Mitchell** has operated his own full-time private practice since 1991. He also works at Miami Valley Hospital (MVH) where he provides massage therapy for inpatients and staff. Over the course of his 19-year career, William has provided professional services for the Riverdance Tour Company, The Lord of the Dance, the Cleveland Cavaliers, the Franciscan Sports Medicine Center and the Pain Evaluation & Management Center of Ohio.

William began conducting workshops in 1997 to create opportunities for other therapists to enhance their clinical skills while also learning strategies to help build their business. He has conducted workshops at numerous sites throughout the Midwest and the east coast.

**Course Title:** Clinical Sports Massage – Emphasis on Shoulder Applications  
**Instructor:** Richard Greely, M.Ed., LMT & Amanda Makii MS, ATC, CSCS, LMT  
**Date:** Sunday, **October 10, 2010**  
**Time:** 8:30 am - 5:30 pm; One hour lunch on your own  
**Registration:** 8:00 am  
**Location:** AIAM – American Institute of Alternative Medicine  
 6685 Doubletree Avenue, Columbus, OH 43229  
**CEU's** Eight (8) CEU Credits  
**Cost:** \$144 member / \$180 non-member / \$110 student

**Course Description:** This seminar is for anyone who finds the shoulder to be a complex and fascinating or frustrating structure. There are 18 muscles that attach to the scapula. How many of them can affect shoulder health? How do the rotator cuff muscles work? What structures are injured in a shoulder separation or a dislocation? How do I know what to work on? How do I work on the structures involved?

This and much more will be discussed during this daylong seminar. If you work with athletes you need this seminar. If you don't work with athletes you also need this seminar. Remember shoulder injuries whether caused by an athletic event or simple activities of daily living will be treated the same. Learn about common shoulder injuries, the mechanism of injury, treatment for injuries related to the shoulder complex.

We will discuss the anatomy of the shoulder, muscles and other structures related to specific injuries and dysfunction. Also discussed will be how to assess and treat these injuries; shoulder surgeries, tears, sprains and strains.

Enjoy this informative and fun seminar. Come ready to learn and take home skills and knowledge that you can use immediately. This will be a hands on seminar so come dressed to have your shoulders worked on.

#### Presenter Bios:

**Rick Greely** has been a licensed massage therapist in the state of Ohio since 1987 and is currently an Assistant Professor at Columbus State Community College. Since becoming licensed, Rick has spent much of his time working in the Sports Massage arena. He was the first foreigner permitted to study at the China Olympic Training Center in Beijing and has worked with numerous athletic teams including the ABL Columbus Quest (World Champions), The Ohio State University Synchronized Swimming Team (National Champions), the Columbus Clippers, USA Duathlon Team (1991 World champions in Frankfort, Germany) and a variety of amateur and professional athletes in many different sports.

**Amanda Makii** has been a staff member of the Nationwide Children's Hospital Sports Medicine team for two and a half years and currently serves as the Head Athletic Trainer for Reynoldsburg High School. Originally from Amarillo, Texas, Amanda received her Bachelor's degree from the Ohio State University in Columbus, Ohio. She went on to receive her master's degree in Kinesiology and Health Promotions at the University of Kentucky in Lexington, KY and worked in Garden City, NY before returning to Columbus. In addition to her Athletic Training certification and Licensure, she also has her strength and conditioning certification. Upon her return to Ohio, Amanda completed the certificate program in Massage therapy at Columbus State Community College and is currently licensed to practice in the state of Ohio. In her free time, Amanda enjoys traveling to see friends and family around the country as well as reading and listening to music.

Central region

- Course Title:** Introduction to Chi Nei Tsang  
Abdominal Detox Massage
- Instructor:** Mary Ellen Derwis-Balaz, LMT
- Date:** Saturday, **October 16, 2010**
- Time:** 9:00 am - 6:00 pm  
One hour lunch on your own
- Registration:** 8:30 am
- Location:** First Presbyterian Church  
314 Xenia Avenue, Yellow Springs, OH 45387
- CEU's** Eight (8) CEU Credits
- Cost:** \$144 member / \$180 non-member / \$110 student

**Required reading:** *Healing from Within* by Gilles Marin, available at Amazon books.

**Course Description:** You will learn basic CNT techniques to release and clear blockages, assist toxin removal, balance excessive heat and negative emotions, and effectively communicate these concepts to your client. Intestinal health and its correlation to muscular issues in other parts of the body explored.

This method of healing works with five major systems of the body and the acupuncture meridians.

Part 1 includes an overview of Taoist 5 element theory and its practical application in western practice

- Anatomy of proper breath and its importance in overall health
- Medical Chi Kung practice for practitioner and client to support the healing process

- Specific touch techniques to elicit proper breath and client awareness

- Exploration and review of contents of the abdominal cavity and its relationship to meridian system

- Learn basic navel detox techniques

- Plenty of hands on practice

**Presenter Bio:** **Mary Ellen Derwis-Balaz**, LMT, CHT, is a nationally certified NCBTMB provider, Chi Nei Tsang Institute Instructor, and Universal Healing Tao practitioner. She has been a Licensed MT for 18 years and practices in Ohio and Hawaii. Mary Ellen has a broad perspective in body work having studied with John Upledger, John Barnes, Paul St. John as well as a 3 year mentorship with Kahuna Kimo Kamauna in Hawaii. This experience has provided her with the ability to integrate eastern and western views in the practice of massotherapy. Thus she provides a truly holistic approach to bodywork for the practitioner. [www.beinthetao.com](http://www.beinthetao.com)

- Course Title:** Massage for the Lady-in-Waiting,  
Prenatal/Postnatal Massage
- Instructor:** Madeline L. Dusky
- Date:** Saturday, **October 23**  
Sunday, **October 24**, 2010
- Time:** 9:00 am - 6:00 pm each day; One hour lunch on your own
- Registration:** 8:30 am
- Location:** Comfort Inn  
130 Montrose West Avenue  
Copley, OH 44321 (West Akron)
- CEU's** Sixteen (16) CEU Credits
- Cost:** \$288 member / \$360 non-member / \$215 student

**Course Description:** The objective of this two-day workshop is to provide the necessary skills to assist the Lady-in Waiting through each trimester of pregnancy, labor/delivery and the postpartum period with massage. The benefits of mind body medicine will be discussed and demonstrated. The participant will identify and learn techniques and skills necessary to relieve discomfort and fear due to the physiological and psychological changes during pregnancy and post-partum. High- risk conditions and contraindications will also be addressed. Special attention will be focused on the common discomforts of pregnancy. As a result of this workshop, the participant will have the skills necessary to offer their prenatal clients a full body massage in both supine and side lying positions and to assist their client during labor.

**Presenter Bio: Madeline L. Dusky** is president and owner of the Touch Learning Center. She develops and presents seminars and workshops around the country – Lomi-Lomi, Fibromyalgia and Prenatal. Madeline has a private massage practice, is a Mind Body Coach at the Cleveland Clinic, Healing Hearts Department and most currently the Integrative Medicine Department as part of a prostate cancer study, and Volunteer at University Hospital MacDonald House-High Risk Pregnancy Unit.

Madeline is a Graduate of Central School of Practical Nursing, Ohio College of Massotherapy and 2002 graduate of the University of New Hampshire in the studies of Maternal and Fetal Health. Her journey in medicine and the health field began following her high school days and has continued to be a lifelong passion with studies in Hawaiian massage, in Central America spiritual midwifery to include spiritual bath and massage and in Boston the study in psychology and women's health.

NorthEast region

# Central region II

- Course Title:** Working with Patients  
Diagnosed with Cancer
- Instructor:** Vicki Lleonart, LMT; Summer McClendon, LMT;  
Margaret Noonan, LMT; Sue Edgar, LMT
- Date:** Saturday, **October 30, 2010**
- Time:** 10:00 am - 4:00 pm  
One hour lunch on your own
- Registration:** 9:30 am
- Location:** Center for Wholeness  
3408 Indianola Avenue  
Columbus, OH 43214
- CEU's** Five (5) CEU Credits
- Cost:** \$90 member / \$115 non-member / \$68 student

**Course Description:** This program will address the physical, mental and emotional opportunities and challenges in working with patients/ clients with a diagnosis of cancer. Participants will learn how to work safely and skillfully with patients/ clients with all forms of cancer, including sickle cell disease and hemophilia, by asking the right questions and obtaining the necessary medical information prior to beginning massage therapy.

Participants will also learn how to work with these patients/ clients as cancer survivors during the "reconditioning phase" of therapy.

The final part of this day will be spent discussing self-care, to instill a sense of hope and confidence in our patients/ clients, and in ourselves.

**Presenter Bio:** **Vicki, Summer, Margaret** and **Sue** are all part of the Massage Therapy Team at Nationwide Children's Hospital. All are licensed massage therapists, with several years of experience in hospital-based massage therapy. All therapists have also had advanced, specific training in massage therapy with Oncology / Hematology patients.

AMTA-Ohio Chapter



# CONTINUING EDUCATION SEMINARS

## Attendee Contact Info *(Please print/type clearly.)*

Name \_\_\_\_\_

Member Number (or school if student) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Please mail my Confirmation

**All registration fees must be paid in advance**

**Class sizes are limited — please register early**

**On-line registration begins June 4 at [www.AMTAOhio.org](http://www.AMTAOhio.org)**  
*(credit card only)*

## Please indicate the Courses you plan to attend:

| COURSE  | DATE           | CEUS | MEMBER | NON-MBR | STUDENT |
|---|----------------|------|--------|---------|---------|
| <input type="checkbox"/> Sports Massage Pre/Post Event                                  | July 31, Aug 1 | 12   | \$125  | \$155   | \$ 95   |
| <input type="checkbox"/> Body Talk Access™  | September 12   | 8    | \$144  | \$180   | \$110   |
| <input type="checkbox"/> Myofascial Release Therapy                                     | September 19   | 6    | \$108  | \$135   | \$ 80   |
| <input type="checkbox"/> Clinical Sports Massage  | October 10     | 8    | \$144  | \$180   | \$110   |
| <input type="checkbox"/> Introduction to Chi Nei Tsang<br>Abdominal Detox Massage       | October 16     | 8    | \$144  | \$180   | \$110   |
| <input type="checkbox"/> Massage for the Lady-in-Waiting,<br>Prenatal/Postnatal Massage | October 23-24  | 16   | \$288  | \$360   | \$215   |
| <input type="checkbox"/> Working with Patients Diagnosed<br>with Cancer                 | October 30     | 5    | \$ 90  | \$115   | \$ 68   |

AMTA-Ohio Chapter

# CONTINUING EDUCATION SEMINARS



Please complete and return with payment to:

**AMTA Ohio Chapter Office**

3830 Woodridge Blvd, Suite A

Fairfield, OH 45014

Fax: (513) 474-7661 (Credit Card orders only)

## Questions?

Email to [info@amtaohio.org](mailto:info@amtaohio.org) or phone 800 281-6548

## Cancellation policy:

All cancellations must be made in writing and submitted to the AMTA Ohio Chapter office 48 hours prior to event.

An administrative fee of \$10 is assessed for all cancellations. No-shows are not eligible for a refund.

### METHOD OF PAYMENT

All payments in U.S. funds, drawn on U.S. bank. \$25 fee charged for returned checks.

- Check (payable to AMTA OH only)       Cashier's Check / Money Order
- Credit Card/Debit Card    American Express    Discover    MasterCard    VISA

Credit Card Account # \_\_\_\_\_

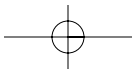
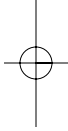
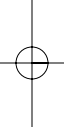
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American Massage Therapy Association—Ohio Chapter  
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