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**Michigan Hands**  
**Winter 2016 Newsletter February, 2016**  
Volume 9 – Issue 1

**Letter From the President**

*By Julie Finn, LMT, NCTMB*

This will be my final article as your Chapter President. After the Annual Meeting & Educational Event, April 15-17, I will move into the position of Immediate Past President. For 25 years I have been volunteering for this association, at the chapter and national level. This provided me with an opportunity to grow and develop leadership skills. I'm happy to say, "I am AMTA."

I'd love to see you at our upcoming Annual Meeting & Educational Event held April 15<sup>th</sup> thru 17<sup>th</sup> at The Henry in Dearborn, Michigan. A block of rooms have been reserved with a special rate (please refer to the link on our website and in this newsletter for details). Our Presenter is Doug Nelson. In addition, on Saturday we will be holding our Annual Chapter Meeting. We will be electing President, 2<sup>nd</sup> VP, 3<sup>rd</sup> VP, Secretary, 2 Delegates and Alternate Delegates. Please join us to learn, network and receive updates on your Michigan Chapter.

Volunteerism is the heart of our organization. Through service we provide members with professional growth and education, community outreach events and an opportunity to give back to the profession. *Have you considered serving the Michigan Chapter of the AMTA?* We have various committees, workgroups and community outreach opportunities, with different time commitments and skills needed.

Our membership in the Michigan Chapter has grown to 1,398 members. We welcome our new members! To receive chapter

communications, please update your contact information with AMTA National. You can do this by calling them at 877) 905-0577, by signing in to your account at [www.amtamassage.org](http://www.amtamassage.org) or by emailing [info@amtamassage.org](mailto:info@amtamassage.org)

## **Annual Meeting & Educational Event**

**April 15-17, 2016 · Dearborn, MI**

I am very pleased to have **Doug Nelson** coming to Michigan and sharing his wealth of knowledge and experience with us. He is a working therapist (not all lecturers are), educator, author of several books including "The Mystery of Pain". I found the book not only interesting to me as a therapist, but to me as a person who experiences pain. I encourage you to let your clients know about this class. It will be a very positive thing for your therapeutic relationship. To see videos and learn more than we have on our website, visit Doug's website at: [nmtmidwest.com](http://nmtmidwest.com).

The schedule is as follows along with the Early Bird rates (by March 15th) and you can either register online on our website [www.amtamichigan.org](http://www.amtamichigan.org) or through the Eventbrite link or by mail to the chapter address. More information is also available on the website regarding the classes and presenter. Let's make this upcoming event a huge success!

Please give a quick call to the chapter phone if you plan to attend just the Annual Meeting. We need a head count for food. (Everyone in the Saturday class will already be counted in.) We will also have a hors d'oeuvres networking get together on Saturday evening. Sunday classes include a "box" luncheon.

### **SCHEDULE OF EVENTS**

#### **The Mystery of Pain (3 CE's)**

\$39 This class is open to therapist, clients and anyone who is interested.

Friday, April 15, 6 pm to 9 pm

#### **Precision Kinematics (6 CE's)**

\$149 members/\$169 non-members

Saturday, April 16, 9 am to 5 pm (lunch included)

#### **Precision Neuromuscular Therapy for the Hip (6 CE's)**

\$149 members, \$169 non-members

Sunday, April 17, 9 am to 4 pm (lunch included)



#### **AMTA Annual Meeting & Elections**

Saturday, April 16, 12 noon to 2 pm. All AMTA members welcome and attendees of today's classes (lunch included)

Networking & Hors D'oeuvres-Saturday, April 16, 5:30 pm to 8 pm. All members and attendees of the weekend classes welcome.

I look forward to seeing you in April at The Henry for our spectacular Annual Event!

Terry Hirth Caldwell, Immediate Past President, Education Chair

Mail check to: AMTA Michigan, 1108 Addington Dr., Commerce Twp., MI 48390

Questions? [michiganamta@gmail.com](mailto:michiganamta@gmail.com) or (989) 921-6990

## **Student Day – April 16-Join Us!**

This year's Student Day theme is "**LMTs that wear more than one hat for work and make it work, for themselves**". Sometime during each of our careers as LMTs, we have had to balance more than one job and we are going speak to how we did that. AMTA MI is inviting current MT students and recent graduates to attend this year's session. Local LMTs and the AMTA National President, Nate Nordstrom, will be speaking. We strongly encourage the attendees to also attend our Annual Meeting and chat with the members and class attendees. We hope to see you there.

The Student Day session is **Saturday, April 16th** from **8:30am-12pm**, followed by our **lunch during the Annual Meeting (12pm-2pm)**. **Price is \$10 in advance; \$15 at the door, lunch is included in the price.** The registration link can be found at [www.amtamichigan.org/events](http://www.amtamichigan.org/events). Checks may be made Payable to "AMTA Michigan Chapter" 11108 Addington Dr, Commerce TWP, MI 48390. Please add attention to Julie Finn.

In addition, you'll have a chance to meet the Chapter Board and many of our members at the Annual Meeting. An excellent chance to learn how your chapter serves you and how you can be involved. Lunch is included.

If you are a massage therapy student, please register online at [www.amtamichigan.org](http://www.amtamichigan.org) under the **Events Tab** or complete the Registration Form on **page 4**. Questions? Please contact us at (989) 921-6990 or [michiganamta@gmail.com](mailto:michiganamta@gmail.com)

### **Saturday, April 16, 2016**

Student Sessions	8:30 am to 12:00 pm -\$10 in advance, \$15 on-site
Annual Meeting /Lunch	12:00 pm to 2:00 pm-Complementary
Networking & Hors D'oeuvres	5:30 pm to 8:00 pm-Complementary

The Henry Hotel  
300 Town Center Drive  
Dearborn, MI 48126  
1 (313) 441-2000  
[www.behenry.com](http://www.behenry.com)

### **Real Live People!**

If reading a newsletter doesn't help you feel connected to the other members, mark your calendar for Saturday, April 16<sup>th</sup>. The AMTA Michigan Board, Committees and Delegates is composed of members *just like you*. Even if you're not running for office, you owe it to yourself to come and meet them and your peers. See Page 2 for more details.

## REGISTRATION FORM

### AMTA Michigan Chapter Annual Meeting & Educational Event

Make checks payable to **AMTA Michigan Chapter** and **mail to:**

AMTA Michigan Chapter  
11108 Addington Dr.  
Commerce Twp. MI 48390

Payment must be received by April 8, 2016.

**Online registration** available at [www.amtamichigan.org](http://www.amtamichigan.org)

Your name \_\_\_\_\_

Address \_\_\_\_\_

Phone #s \_\_\_\_\_

Email \_\_\_\_\_

AMTA Membership # (if applicable) \_\_\_\_\_

#### Check all applicable classes:

- |                          |   |              |
|--------------------------|---|--------------|
| <input type="checkbox"/> | <b>The Mystery of Pain (3 CEs)</b><br>Friday, April 15      6pm-9pm                                   | <b>\$39</b>  |
| <input type="checkbox"/> | <b>Student Day</b><br>Saturday, April 16      8:30-12pm   | <b>\$10</b>  |
| <input type="checkbox"/> | <b>Precision Kinematics (6 CEs)</b><br>Saturday, April 16      9am-12pm, 2pm-5pm                      | <b>\$149</b> |
| <input type="checkbox"/> | <b>Precision Neuromuscular Therapy for the Hip (6 CEs)</b><br>Sunday, April 17      9am-12pm, 1pm-4pm | <b>\$149</b> |
|                          | <b>Total Amount Enclosed</b>  | _____        |

To help with our planning, let us know if you're attending

- Annual Meeting & Elections ONLY** (complementary lunch included)  
Saturday, April 16      12pm-2 pm  
(no need to register if you're in Precision Kinematics Class or Student Day)
- Networking & Hors D'oeuvres** (complementary)  
Saturday, April 16      5:30pm-8pm

## Chapter Elections

### **Positions up for election**

- President (2 year term)
- 2<sup>rd</sup> VP (2 year term)
- 3<sup>rd</sup> VP (1 year term)
- Secretary (2 year term)
- Delegates (2 year term – Two positions available)

If you are interested in running for one of these positions, please complete your application on **Page 12**.

### **Position Title: Chapter President (2 year term)**

**Purpose** The Chapter President sets the direction and pace of the Chapter's activities based on the vision that has been determined by the Chapter membership, Chapter Board of Directors, and other Chapter Officers. The Chapter President serves as a leader, planner, mentor, mediator, and facilitator.

**Eligibility** In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet one or more of the following requirements: 1. Completed one term year as a Chapter Officer within the last three years. 2. Completed one term year as a Chapter Committee Chair within the last two years.

**Authority** The authority of the Chapter President is conferred by the Chapter membership through election, as the highest-ranking elected officer in the Chapter, and as specified in the National AMTA Bylaws, Policy, and Chapter Standing Rules.

**Accountability** The Chapter President is accountable to the Membership by virtue of election and to the Chapter Board, the Chapter membership and the AMTA National Board through reporting activities. The Chapter President agrees to uphold and abide by National AMTA Bylaws, Policy, Job Description, Chapter Volunteer Code of Conduct, and Chapter Standing Rules (if applicable), and Financial Policies & Procedures.

**Term of Office** The Chapter President shall be elected every even year for a term of two (2) years or until a successor is elected, not to exceed two (2) consecutive elective terms.

**Relationship** The Chapter President works closely with Chapter Board members and appointees, Chapter staff or consultants, and National AMTA staff. The Chapter President also communicates with Chapter members, other Chapter Presidents, the Chapter Relations Committee, Chapter Relations Department, and/or other National volunteers, as appropriate.

### **Time Commitment**

The time commitment averages approximately 6-9 hours per week.

**Position Title: Chapter Vice President (2nd VP-2 year term & 3rd VP-1 year term)**

**Purpose** The Chapter Vice Presidents will assist the Chapter President in achieving Chapter goals and effecting policies and/or decisions made by the Chapter Board of Directors. The Vice Presidents are assigned to oversee committees and workgroups.

**Eligibility** In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet one or more of the following requirements:

- Completed one term year as a Chapter Board member within the last three years.
- Completed one term year as a Chapter committee chair or member, within the last two years.
- Completed one term year as a National Standing Committee Chair or National Board member within the last two years

**Accountability** The Chapter Vice President is accountable to the Membership by virtue of election and the Chapter Board, the Membership, and the AMTA National Board through reporting activities. The Chapter Vice President agrees to uphold and abide by National AMTA Bylaws, Policy, Position Description, Chapter Volunteer Code of Conduct, Chapter Standing Rules (if existent), and Financial Policies & Procedures.

**Time Commitment** The time commitment averages approximately 5-8 hours per week, depending on Chapter activities. The time commitment may be higher before and/or during certain Chapter events or actions.

**Position Title: Chapter Secretary (2 year term)**

**Purpose** The Chapter Secretary is the official keeper of the Chapter records and is responsible for maintaining and updating Chapter records during her/his term of office.

**Eligibility** In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet the following requirement:

- Completed one year of AMTA membership.

**Time Commitment** The time commitment is approximately 2-4 hours per week, depending on Chapter activities.

**Position Title: Delegate (2 year term)**

**Purpose**

- The Delegate will represent AMTA-MI Chapter members by who they were elected and be accountable and responsible to the Chapter on matters before the House of Delegates.
- The Delegate will initiate discussion on pertinent issues that will be presented at the National AMTA House of Delegates with Chapter members.

- The Delegate will report the actions of the AMTA National House of Delegates to the Chapter members
- The Delegate has the authority to discuss, make recommendations and vote on behalf of the Chapter members

### **Eligibility**

In addition to being a Professional member in good standing, and signing the Chapter Volunteer Code of Conduct, she/he must meet the following requirements:

- Participate in Delegate training via phone and video PRIOR to elections

### **Time commitment:**

Approximately 3-5 hours per week.

### **Membership Update**

Membership numbers for 2016 were quite good. We started the year out at 1368 and end the year at 1376. There were seven months were more than half of each month's new members were Students. September and October were the months for big numbers. In September, we had a roster of 1389 members, and 59 new members with 46 of them being Students. In October, we hit a new recent record for our roster... 1398.

Hopefully the New Year will bring on more new faces to the AMTA MI Chapter.

By Carrie Mayo Buechler

### **Events Update**

**The Autumn Annual Event was held Saturday, October 17, 2015 in Gaylord.**

Kathy Paholsky taught techniques on "Exploring Chronic Pain Relief" during the first half of the day and the last half of the day was "Teaching Self Help to Clients".

I was happy to see all of those who ventured out to attend. We had been blessed with over 3 inches of unexpected snow. Our lunch break included a potluck and networking. It truly was a great time had by all.

By Cindy Dort





## Legislative Update

Government Relations Update by Nancy Levitt

Happy New Year! 2016 is setting up to be a very busy year for massage therapy in Lansing. Currently, House Bill 5001 passed through the House of Representatives and will hopefully be signed into law this spring. **House Bill 5001** makes some very important changes for licensed massage therapists:

- 1) It removes the requirement that an applicant must have a high school diploma to apply for a license and instead requires that a copy of an academic transcript from an approved massage therapy program be mailed directly from the massage school. This change will help to insure that only individuals who have completed a massage program are awarded a license.
- 2) The bill will increase the number of hours required in an approved program from 500 to 625. This change will grandfather anyone who is currently enrolled in a program and will only apply to future students. The increase from 500 hours to 625 hours will bring Michigan into compliance with the Entry Level Analysis Project's recommended Core Curriculum. Most everyone in the massage education field has acknowledged for some time that 500 hours is not enough to educate an entry to practice massage therapist. Until the ELAP project, no one has had a substantiated number of hours. It really is more about the content than the hours, but hours is a generally accepted gauge for licensure, etc. We are assured that most of the schools in Michigan and all of the accredited schools are already above 625 hours. Increasing the state requirement will not only elevate the standard, but will allow schools to award financial aid to students for hours above 750 which is the limit now.



**The Rules:** We have been working simultaneously on the bill and the rules. These are two different things. One is changing the law. One is helping to shape how the law is interpreted and put into administrative rules. Any impact we would be able to make on the rules is done through the massage board. The progress of the board has been slow and challenging. The original bill passed in 2009 and we still don't have an adopted set of rules. Seven years! They are still in "draft" form. Board members have been instructed not to communicate with their constituent groups and there is only a public comment period at the board meetings. Communication is limited and minimally responsive to the communication that does occur. We are also working to improve all of this. Any time there are changes to the rules and before adoption, there needs to be a public comment meeting. We expect that the administrative rules for massage therapy will be finalized in 2016.

**CE (Continuing Education):** One of the big pieces to settle in the Rules is the CE requirement. For now, I am told that no one will be required to have CE until they renew their license after holding their first three year license. So if you have a license that is good for three years now, you will likely need 18 CE hours to renew your license. If your license is a one or two year license, then, you will not need CE until you renew after your first three year license.

The requirement for a massage therapist license renewal in the law is 6 CE hours per year which means 18 CE hours every three years which is the renewal cycle. This is not likely to change. What has not been decided is what will qualify for CE and if there are lesser requirements within the 18 such as pain management and ethics.

While there are still a number of issues yet to be resolved, we expect the rules to be open for a formal public comment period this spring and will work to make sure the final rules treat licensed massage therapists like professionals.

**Health Insurance Billing:** Priority Health is now offering a health insurance plan that covers medical massage. Some of you may have received letters from Priority Health with information about how to become a part of their network and receive reimbursement for those massages. We intend to invite them to be a vendor at the 2016 Annual Meeting and Education Event in Dearborn April 15-17.

We've received several inquiries from the membership about insurance billing. There seems to be some belief that since licensure occurred, we are now eligible to bill insurance. We were eligible to bill insurance before we were licensed. We hope that licensure will elevate the possibilities for us however this is not an automatic process and there is much work to be done to pave this road. There's a joke in there about the roads, Lansing, licensure....but I digress.

AMTA (both MI and National) has been working on an educational piece that can be shared with our membership about the pros and cons of insurance billing as well as some of the "how-to" information if you're going to do it. This information will likely be ready in 2017. We've heard you, we know you're interested in this topic and we're working to provide you with the best information.

## **Optional Chapter Fee**

In 2014, the AMTA National Board of Directors voted to make the chapter fee an optional contribution. We are a member driven 501c6 Nonprofit Professional Organization. The Michigan Chapter Board of Directors would like to let the members know how we use the chapter fee.

The money that members contribute to the chapter goes toward some of these areas:

1. Government Relation and Legislation. Currently AMTA Michigan Chapter pays for a lobbyist to assist with licensure legislation.
2. Continuing Education; through your contribution we can provide members the opportunity for professional growth close to home.
3. Student Day and Member Recruitment
4. Community Outreach
5. Industry Relations

These are just a few of the programs that your chapter fee goes towards. When renewing your membership, please consider making a monetary contribution to your chapter.

## **Treasurer Update by Rob Wiedling**

This past year as Treasurer has been an educating year full of new experiences and travels. I really got a great look into the importance of the board and what we do for the chapter in October when I got to attend CVOP for the first time. We talked about leadership roles and board member responsibilities. More importantly we discussed how to trouble shoot and effectively handle putting out fires within the chapter. Along with some travel and education I really got to learn how the money works in the chapter.

As treasurer I got to be an intricate part of making sure the chapter stays running smoothly by getting invoices sent to chapter accounting on time to be paid. And also the board members requests for payments (RFP) submitted so they get reimbursed for their expenses. It's a very empowering and rewarding position. I really have appreciated the experience thus far. And I look forward to hopefully many more years of service to the chapter.

## **Delegate Update by Harold Papp**

This spring will complete my first year as one of your Michigan Delegates. As your Delegate, I am responsible for attending and voting on proposals and recommendations in the House of Delegates at the National conventions. The outcome of this voting process can impact AMTA's position on certain issues.

The best thing about being a delegate is going to the National Convention to meet, work and learn with other professionals in our field. I look forward to going to the 2016 National convention in Milwaukee Wisconsin in October and look forward to reporting back to our membership.



## 2016 Boston Marathon: Running for Research

By Marcy Cook

The new year has started off very excitingly for me! I have been selected to run the 2016 Boston Marathon in April on behalf of the Massage Therapy Foundation (MTF). This is a charity, as a massage therapist, I hope that you will consider supporting.

I started running five years ago; then, I was diagnosed with cancer shortly thereafter. Imagine my excitement on the eve of the anniversary of my diagnosis when I received the phone call that I would be one of the three runners chosen to run the 2016 Boston Marathon on behalf of the Massage Therapy Foundation. It doesn't get any better than that! I'm five years cancer free and going to run in the Boston Marathon.

The Massage Therapy Foundation strengthens the massage profession by providing research and education for massage therapists, like us, to be as effective as possible. The foundation is able to do this thanks to the support of AMTA and their members. Currently, 39 research projects have been completed on topics that range from migraines, stress, cancer, and spinal cord injuries

I have been a member of the American Massage Therapy Association (AMTA), which founded MTF, since I began practicing massage almost 10 years ago. These two groups are committed to advancing the massage therapy profession through promoting scientific research and evidence-informed practice.

It is important to me to advance our profession and I hope it is just as important to you. The difficult part of this task will be, by far, raising the minimum fund-raising goal of \$10,000. So at this time I'd like to ask you to join me in this once in a lifetime journey.

You can read more about my running story and why this cause is important to the entire massage therapy profession or if you'd like to make a donation, the website is:

[www.crowdrise.com/massagetherapyboston2016/fundraiser/marcycook](http://www.crowdrise.com/massagetherapyboston2016/fundraiser/marcycook)





## AMTA Michigan Chapter Candidate Application

Please print clearly or type your responses. You may use additional paper and/or attach your resume. Include your name on all.

**Application must be received by Friday April 8, 2016. Mail this application to:**

**Chris Reay, 2016 Commissioner of Elections, c/o Creative Wellness, 2045 Abbott Road, Asher Court, East Lansing, MI 48823**

Position you are seeking: (Please circle one)

President      2<sup>nd</sup> Vice President      3rd Vice President      Secretary      House of Delegates

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_, MI/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell phone \_\_\_\_\_

Place of Employment \_\_\_\_\_

AMTA Member Number \_\_\_\_\_ Years practicing massage \_\_\_\_\_

List AMTA Chapter or National offices held and/or committee work (include dates)

What are your strengths and qualifications for the position you are seeking? (include past work experience)

What do you see yourself contributing to this position?

What is your vision for the Michigan Chapter?

Are you able to commit for the entire term or office?

Are you willing and able to commit the time needed to get the job done?

If you are seeking a position of Delegate, you Must be able to attend the 2016 & 2017 National Conventions.

Your signature below indicates that if you are elected for this office, you are able to serve for the prescribed term of office, the information provided is accurate and that permission is granted for the verification of that information.

**Candidate Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Note:** Chapter officers and delegates serve a term of two years, and are elected by the general membership at chapter annual meeting. **Applications must be received by April 8, 2016.** Nominations will not be accepted at the Annual Meeting. All candidates must sign a "Code of Conduct". This can be done electronically by logging into your membership account through [www.amtamassage.org](http://www.amtamassage.org)