

AMTA Michigan 2019 Spring Education Event

Saturday, May 18, 2019 8 CEs

Julie Goodwin, BA, LMT

Julie has been a massage therapist for over 30 years, and is a nationally known presenter. Named Educator of the Year by the AFMTE, she is a skilled professional who brings practical information and applications to the classroom. Find out more about Julie at www.juliegoodwinlmt.com

Massage of the Abdomen 4 CEs

Learn how to perform a comprehensive, 30-45 minute protocol massage of the abdomen and anterior torso that combines myofascial, visceral, and Swedish techniques, to alleviate back pain, encourage effective bowel peristalsis, facilitate deep respiration, and release fascial restrictions. Massage of the abdomen can be a stand-alone treatment or integrated into a 90-minute protocol session, to create a dynamic, unique client experience. Instruction also includes a 5-minute protocol that can be incorporated into any traditional massage session.

In Safe Hands: Treatment Planning for Clients with Diabetes 2 CEs

Clients with diabetes present special challenges when receiving massage therapy. Understanding the etiology, risk factors, signs and symptoms, possible complications, treatments and medications for the Type I, Type II, and gestational diabetes empowers you to create treatment plans that ensure a safe, comfortable, and effective massage experience for your clients.

In Safe Hands: Treatment Planning for Clients with Fibromyalgia 2 CEs

Helping clients with fibromyalgia can be challenging: symptoms are transitory, responses to massage can be unpredictable, progress can be elusive. Understanding the etiology, risk factors, signs and symptoms, possible complications, treatments and medications for fibromyalgia empowers you to create treatment plans that ensure a safe, comfortable, and effective massage experience for your clients.

Sunday, May 19, 2019 3 CEs

Kathy Paholsky, LMT, BCTMB

Kathy has been involved in various forms of bodywork for over 30 years. She has worked in private practice, in a hospital based wellness center and her current workplace is a medical office. Kathy has taught entry level and advanced massage, and presented at local, state and national education events as a CE provider.

Ethics and Boundaries 2 CEs

In this Interactive session, we'll explore methods of setting and maintaining healthy boundaries in the workplace. We'll also discuss ways to balance empathy, caring and nurturing and the role of emotions and feelings in the professional setting.

Pain Science 1 CE

We'll discuss the latest findings in pain science, where to look for relevant and valid data, and the role of massage and research in pain management.

Both meet the criteria for mandatory LMT CE courses for the state of Michigan.