

AMTA Mission Statement

The mission of the AMTA is to develop and advance the art, science and practice of massage therapy in a caring, professional and ethical manner in order to promote the health and welfare of humanity.



National Massage Therapy Awareness Week  
October 22—28, 2006

In celebration of National Massage Therapy Awareness Week, approximately 50 dedicated staff and volunteers at Hospice of Dubuque and Operation New View received chair massage the week of October 23.

In addition, over a four week period, clients were invited to participate and donate personal items (i.e., hygiene products, batteries, stamps, bus passes, liquid soaps, umbrellas, etc.) to the Maria House and Teresa Shelter in Dubuque. The Teresa Shelter provides overnight emergency shelter for

up to 30 homeless women and children every day. The Maria House provides transitional housing for up to 18 women and children and they may stay for up to a two-year period. The items were delivered on October 26, 2006. Our theme was “caring Hands for Helping Hands.”

Those involved in this project were Gretchen Brietback, Judy Sinnwell, Sharon Hoppenjan, Mary and Dave Benedict, Tracy Weber, Vicki Lincoln, Joan Knockel, Danielle Stone and Amy Steinbach.

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In addition to Dubuque’s celebrations, Public Relations Chair, Dan Schmidt, in conjunction with the KRNA Magic Bus, organized free chair massages at the Iowa City/Northern Illinois football game.

Pictured here, along with Dan, are KRNA’s Scott Steele, and massage therapists Jeanna Tellin and Luann Goerdt.



**AMTA IOWA CHAPTER  
BOARD OF DIRECTORS**

President	Chris Rider 2024 Western Road Iowa City, IA 52240 (319) 337-9456 Crider2024@aol.com
1st VP Convention Coordinator	Terry Eicher 125 Fayette St. Denver, IA 50622 (319) 984-9133 tesseicher@msn.com
2nd VP Law & Legislation	Tricia Neilssen 1325 West St. Grinnell, IA 50112 (641) 236-5305 / 236-9969 18healthylife@mchsi.com
3rd VP Newsletter Editor	Cindy Pancratz 3165 Nightengale Lane Dubuque, IA 52003 (563) 556-5491 cincia57@aol.com
Immediate Past President	Wayne Pakulis 1118 38th St. S.E. Cedar Rapids, IA 52403 (319) 365-7774
Secretary	Jeanne Griebel 100 South Seventh St. Bellevue, IA 52031 (563) 872-4045 / 588-2379 jgriebel1228@hotmail.com
Treasurer	Kathy Schutte P.O. Box 594 Elkader, IA 52043 563) 245-3600 healinghouse@alpinecom.net
* denotes eligibility to vote	

**AMTA IOWA CHAPTER  
COMMITTEE CHAIRS**

Education	Brianne Goetzinger 2203 E. 140th St. N. Grinnell, IA 50112 641) 236-4089 / 236-4777 briannerg@yahoo.com
Parliamentarian	Wayne Pakulis 1118 38th St. S.E. Cedar Rapids, IA 52403 (319) 365-7774
Public Relations	Dan Schmidt 1109 25th St SE Cedar Rapids, IA 52403 (319) 365-2922 / 350-7346 wolfiii98@hotmail.com
Membership	Joyce McKinley 908 Cottonwood Ave. Iowa City, IA 52240 (319) 338-5756 bodymyrth@yahoo.com

**The AMTA Goals**

*To serve its members, the public, and profession, the AMTA pursues the following goals:*

- To establish massage therapy as integral to the maintenance of good health.
- To promote high standards in providing massage therapy to the public.
- To increase access to quality massage therapy for all persons.
- To be an influential member of the health care community.
- To be a leader and resource for issues in the field of massage therapy including definition, practice and education standards, legislation and regulations.
- To enhance the professional development and personal growth of members.
- To continue AMTA's growth, development, organizational effectiveness and visibility.

*In pursuit of the above goals, AMTA will be guided by the value of competency and care.*

This newsletter is published quarterly by the Iowa Chapter of the American Massage Therapy Association (AMTA), a non-profit professional massage therapy association. This publication welcomes contributions from readers. Articles for publication must be type written, and include a legible signature, address and phone number. Copyright material must be accompanied by written permission by its holder.

The Iowa Chapter reserves the right to edit material for space and clarification; accept or reject material; and assumes no responsibilities for errors, omissions, corrections, or modifications in publications. The beliefs and opinions contained in this publication do not necessarily reflect those of the Iowa Chapter of the AMTA.

**DEADLINES**

for Newsletter Information and Ads

- April 14, 2007 (for publication end of May)
- July 14, 2007 (for publication end of August)
- Oct 13, 2007 (for publication end of November)

***ADVERTISE:***

Classified Ad	Member	Non-Member
Business card size	17.00	23.00
1/6 page	35.00	44.00
1/4 page	46.00	65.00
1/2 page	66.00	95.00
Full page	100.00	145.00

\*\*Multiple ad discounts – save up to 30% -- contact editor for details\*\*

Submit ad and payment to:

Cindy Pancratz, editor  
3165 Nightengale Lane, Dubuque, IA 52003  
[cincia57@aol.com](mailto:cincia57@aol.com)  
(563) 556-5491

Make checks payable to: AMTA Iowa Chapter

**H**ello AMTA Iowa Chapter members! As the New Year starts I would like to wish you all a happy and healthy 2007. I am hopeful this finds all of you enjoying the winter season.



I want to invite all of you to join us at our Spring Convention March 17-18. We have the honor to welcome back to Iowa the featured speaker, James Waslaski. I have had the honor to attend several classes James has taught over the years and can tell you that I have never left without several new techniques and assessment skills.

James' technique is orthopedic massage with a definite sports massage flair. Typically classes taught by James are very popular and well attended so plan ahead to assure your spot in this informative educational class. James LOVES to come to Iowa and Iowa LOVES James! I cannot say this enough ... James is a fantastic presenter and I HIGHLY recommend this class if you want to learn precise hands on skills for lower extremity conditions.

Also of interest at the Spring Convention is the AMTA Iowa Chapter Business Meeting. This meeting will take place on Saturday during the luncheon. We will be holding elections for several positions on the AMTA Iowa Chapter Board. We will be voting and electing volunteers for the positions of First Vice President, Third Vice President and Secretary. Either I or Educational Chair, Brienne Goetzinger, can assist those interested in running for one of the positions.

A special thanks to our PR chair, Dan Schmidt, who planned several successful events throughout the state to celebrate National Massage Therapy Awareness Week (NMTAW). Thanks Dan for your work and for representing the Iowa Chapter and ALL massage therapists in such an outstanding way! I also want to thank all the members who participated in these events and events of their own to celebrate this special week. Feel free to submit pictures and a summary of your event and we can likely include it in an upcoming Iowa In Touch newsletter.

Be sure to visit our Chapter website at [www.amtaiowa.org](http://www.amtaiowa.org) for up to date information of interest. It is our goal that this site be the place all Iowa LMT's turn to for information. We welcome any feedback you may have on this site. We want this to continue to be a major benefit for our members.

Please feel free to contact me at any time if I can be of assistance. I am here to support all of you with your membership in the AMTA. I look forward to my last year of service to the AMTA Iowa Chapter as Chapter President.

Yours in health,  
Chris Rider, PRESIDENT

**I**s it Spring yet? I hope by the time you are getting this newsletter we are still having the mild winter it started out to be. Our Spring Conference is right around the corner and I look forward to seeing you all there.

This report is from the Dec. 5, 2006 State Massage Board meeting in Des Moines. First off, several continuing education changes have been proposed. It is possible that by the time you receive this newsletter they could be approved. We have until Jan 24th to respond to the draft on any issues or concerns we may have had, so hopefully some of you were able to give your input to the changes. I am sorry I did not get the information out to you in the last newsletter, however, we were not informed that these changes were coming. If anyone would like to see the draft please email me and I will be happy to forward you a copy of them.

Another topic was the report from the Board Chair on the Federation of State Massage Therapy Boards. All of the State Massage Boards have representation on this Board. The goal is to write an entrance level exam for massage therapists to be licensed in their State; this will help them to be entrance therapists in any of the 50 States upon passing this exam. This process is moving along quickly and we could possibly have a new exam for Iowa as early as August 2007. So if you are a student of massage or an instructor, please keep informed on this issue. At this time they are asking us to go to the Federations' web site [FSMTB.org](http://FSMTB.org) to take a survey. This is also the same site we are using to stay up to date on what is developing.

(Iowa does not have a contract with NCBTMB so our Board can decide to change the test of choice at any time.)

The Federation is also working on a continuing education list of instructors that are available nationally to teach in any state. This way you will know what persons are qualified to teach a course in Iowa.

Finally, the Federation is developing a database with every state so that when a massage therapist is asking to be licensed in another state, that state can check to see if the therapist's continuing education hours are up to date and they have met all the requirements to be licensed in the new state.

The meeting came to a close with no further business addressed.

I look forward to seeing you in March.  
Tricia Neilssen, 2ND VICE PRESIDENT



**G**reetings fellow AMTA members

Just a quick note to let you know that our upcoming Spring Convention will be held March 17 and 18 at the Crown Plaza, Cedar Rapids.



Our featured speaker is James Waslowski, and I'm including his profile again in this newsletter in the event you weren't able to read through last newsletter. He's definitely worth a second mention, and definitely worth signing up for his seminar.

Enclosed with this newsletter is the convention information/registration form. If you're interested in attending, I'd suggest signing up and submitting this as soon as possible, as his classes are known to fill up quickly. We've already received several early registration forms.

I hope to see you all in Cedar Rapids for the Spring Convention!

Terry Eicher, 1ST VICE PRESIDENT

The upcoming Spring Convention will be held March 16, 17 and 18, 2007 at the Crowne Plaza Five Seasons Hotel in Cedar Rapids. The presenter will be James Waslaski. He will be presenting Orthopedic Massage for Pelvic Stabilization and Lower Extremity Conditions. Please refer to the brochure on the web site for more info on the class.

#### **About James Waslaski**

Past chair of the AMTA National Sports Massage Educations Council, James is an author and international lecturer who has pioneered deep pain-free orthopedic massage, pain management and sports injury treatments. James is a licensed massage therapist and currently teaches seminars throughout the U.S., Canada, Ireland, Scotland, London, Costa Rica,



Greece, and the Caribbean. All seminars utilize his unique multidisciplinary approach, blended from disciplines around the world, resulting in structural integration, pain free movement and enhanced performance. His credentials include working in emergency rooms and trauma centers for almost 20 years treating both medical and orthopedic conditions. He has worked extensively with professional and Olympic athletes including the New York Yankees and at the 1996 Olympic Games.

James has presented at Chiropractic Conventions in Florida and North Carolina and to the American College of Sports Medicine. He has also presented at many state, national and international massage conventions including a keynote speech in Sydney, Australia at the Olympic Training Center in Australia. Many of his articles have been published in health care magazines in the U.S. and internationally. In 1999 James received the FSMTA International Achievement Award for educating medical practitioners worldwide toward integrated pain free healing.

As a dedicated life long learner, James has effectively integrated techniques from the world's leading structural body workers, physical therapists, orthopedic physicians, osteopathic physicians, chiropractors, nurses, athletic trainers, exercise physiologists, personal trainers and nutritionists -- to eliminate even the most complicated pain conditions and to assure peak performance. For more information, visit <http://www.orthomassage.net/>



Happy New Year!!

I'm excited to include more options for upcoming continuing education courses listed on the back page. The winter months are a little slow for the selection of classes, but with spring around the corner, hopefully you're refreshed and ready to jump into it!



Please keep me posted if you're interested in locating a class with a specific instructor or at a certain location. I will try my best to find what you're looking for.

Without your feedback, it's a shot-in-the-dark for me to list what you want. Drop me an email – I'd love to hear from you!

Election time has rolled around again and the following three Board positions will be elected at the Spring Convention in Cedar Rapids:

- 1<sup>st</sup> VP/Convention Coordinator
- 3<sup>rd</sup> VP/Newsletter Editor
- Secretary

Included in this newsletter you will find resumes from *Terry Eicher* for 1<sup>st</sup> VP/Convention Coordinator, *Cindy Pancratz* and *Joyce McKinley* for the position of 3<sup>rd</sup> VP/Newsletter Editor, and *Jeanne Griebel* for the position of Secretary.

Each of these Board positions is a two-year term. Candidates must be a Professional Member of the AMTA. For a more detailed list of duties for each position, feel free to contact me. To run for one of these positions, complete the resume printed in this newsletter and mail it, *along with a head-shot photo*, to my address listed on the inside front cover. You may also bring your resume & photo to me on Saturday morning of the Spring Convention. These will be posted for everyone to view before election time.

*Have a great day! See you in Cedar Rapids!*

Brianne Goetzinger, EDUCATION CHAIR

Greetings Friends and Happy New Year.

2006 turned out to be quite a year and I'm happy to say a very exciting year for me personally as your Public Relations Chairperson. This year the National AMTA gave us the freedom to celebrate National Massage Therapy Awareness Week (NMTAW) without a national theme, and I'm pleased to say in Iowa we did just that, capping off a week-long celebration with giving free massages at the KRNA Magic Bus before the Iowa vs Northern Illinois football game. Thanks to everyone who participated in this year's NMTAW. No matter how you celebrated, it is awesome to help promote our profession and the AMTA.

This year I want to start early and make this the best year Iowa AMTA has ever had during NMTAW. With that said, I'm creating a committee to decide on a NMTAW theme for the



Iowa Chapter of AMTA. This committee will consist of 5 members and review suggestions that our AMTA members submit. This will help guide our members by uniting the Iowa Chapter AMTA with one theme that we can celebrate NMTAW.

Anyone interested in being on the Public Relations committee to select this year's NMTAW theme for the Iowa Chapter of AMTA, should send me an email expressing their interest. If you would like to submit a theme for this year's NMTAW you can also email with your thoughts and ideas.

The committee will be collecting theme ideas through the month of June, so please submit as many ideas as you would like and look for our table at the Spring Convention.

Happy Massaging, and remember that by promoting the AMTA and our profession, you are really promoting yourself and your friends.

Dan Schmidt, PUBLIC RELATIONS CHAIR

**D**ear Iowa Membership,  
I hope this issue of our constantly growing and improving, chapter newsletter arrives to find you all in great spirits and in excellent health this quarter. YES.

Last letter was a report on the convention business meeting and didn't have a good translation of the presented information about how dues are used. I wanted to correct it for our information (FOI). Here is a breakdown from the Policy Manual; chapters get approximately 14% of the membership dues plus the chapter fee. So for example: if a professional member with insurance joins AMTA at a rate of \$235 per year with (for Iowa) a \$10.00 chapter dues fee, then AMTA national office applies \$32.00 of that total paid PLUS the chapter fee back to the chapter. With students it's \$79.00, with \$10.74 plus the \$10.00 going back to the chapter. I will skip the Associate reference because it varies with a pro-rate because of the constant roll-over to Professional with our recent membership policy changes . . . I hope you're not bored!!! The correct information is always good to have.

A Special THANK YOU to all members who have offered their time to volunteers for the Iowa chapter as contacts with massage and healing arts schools.

We gained 38 new chapter members since the month of July 2006. Since January 2006 we have welcomed 118 new members. The 4th Quarter roster from the AMTA national office states we have a total of 623 members.

Respectfully Submitted,  
Joyce McKinley  
Membership Chair- Iowa Chapter AMTA



**PLEASE WELCOME NEW AMTA MEMBERS 2006:**

<u>July</u>	Connie Gibbs Tracy Goetz Terri Hansell Tara Kohlhaas Carol Mauer	Kristen Swain Diane Thompson Erika Tracy Tamara Tufts
<u>August</u>	Stephanie Ellis Laryssa Felton Julie Fisher Amanda Heckert Jennifer Henry Rena Kitson	Mary McCarthy Molly McChesney Keri Morris Marenda Pierce Courtney Timmerman Sue Wolf
<u>Sept</u>	Vicky Carpenter-Evatt Helen Hoenig Charlotte Mettenburg Ana Stetler	
<u>Oct</u>	Brandi Anderson Mindy Baker Brenda Downey Heath Keith Amanda Kouba	
<u>Nov</u>	Sheri Deal-Tyne Jacqueline VanVeldhuiszen Anita Huebner Dawn Tissue	
<u>Dec</u>	Jess Gorder Billy Howell Pam Kelly	Tina McNeill Miranda Nevills

**Thank you for joining us!!!! We hope to meet some of you at the next Iowa Convention March 2007- Cedar Rapids, IA.**

**REFERENCES**

**Iowa Board of Massage Therapy Examiners**  
Professional Licensure Bureau  
Lucas State Office building, 5<sup>th</sup> Floor  
321 E. 12<sup>th</sup> St.  
Des Moines, IA 50319-0075  
Phone 515-281-6959

**AMTA**  
500 Davis Street, Ste 900  
Evanston, IL 60201-4659  
Phone: 847-864-0123  
Toll Free: 877-905-2700  
Fax: 847-864-1178  
[www.amtamassage.org](http://www.amtamassage.org)

**NCBTMB**  
1901 S. Meyers Rd., Ste 240  
Oakbrook Terrace, IL 60181-5243  
Phone: 630-627-8000  
800-296-0664 (automated info. line)  
[www.ncbtmb.com](http://www.ncbtmb.com)

**AMTA-Iowa Website**  
[www.amtaiowa.org](http://www.amtaiowa.org)

# WHEN DID YOU LAST TAKE CE's FOR FUN???

*We offer seminars with INDIVIDUAL ATTENTION*

## Winter/Spring 2007 Schedule for Continuing Education

Institute of Therapeutic Massage & Wellness

1730 Wilkes Ave. & W. Locust, Davenport, IA 52804

www.learntomassage.com 563.445.1055



**A note from the administration-**

*These classes provide in-depth hands on training to help the therapist and augment the opportunity to expand your business through exceptional client care. Enjoy learning at our beautiful 3-acre campus. We have the perfect relaxing environment, with classrooms customized for Continuing Education.*

**HAVE FUN & RELAX!**

### Whole Body Reflexology Certification Program

February 17 & 18, 2007 Part I  
March 24 & 25, 2007 Part II  
April 21 & 22, 2007 Part III  
May 19 & 20, 2007 Part IV  
Cost is \$ 815 in advance or \$860  
*Instructor: Dr. Pam Taylor*

### Russian Medical Massage Seminars

Feb 3, 2007 Fibromyalgia \$150  
Feb 17-18, 2007 Sciatica \$275  
TBA Migraines/Headaches 2 days \$275  
TBA Carpal Tunnel \$150  
Each full day is 8 credits  
*Instructor: Zhenya Kurashova-Wine*

### New Seminars!

May 5-6 Yoga Teacher Certification by NETA \$329  
June 2-3 Pilates Teacher Certification by NETA \$329  
**DISCOUNTS APPLY for EARLY BIRDS-see [www.netafit.org](http://www.netafit.org)**  
TBA Deep Tissue Techniques \$150 by Rose Bowen, LMT  
TBA Full-Body Breathing \$150 by Rose Bowen, LMT



### COMING SUMMER '07: Spa Therapy Certification Program

- Introduction to Spa: Amanda Wheeler, LMT \$150
- Mud and Algae Treatments: Amanda Wheeler, LMT \$150
- Herbal and Cellulite Treatments: Amanda Wheeler, LMT \$150
- Siddha Body Detox: Amanda Wheeler, LMT \$150
- Hot Rock Massage: Amanda Wheeler, LMT \$150
- Aromatherapy Two: Yve Regan, LMT \$150
- Ayurvedic/Shirodira: Yve Reagan, LMT \$150

*Financial Assistance is now available for all Certification Programs. Those who qualify must apply for a minimum loan of \$1000. You may apply online at [slmfinancial.com](http://slmfinancial.com) or at the school. For financial aid info, ask for Amanda @ 563.445.1055.*

### Winter/Spring 2007 CEU Pre-Registration/Information Request

NAME \_\_\_\_\_ EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY/STATE/ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ ALT. PHONE \_\_\_\_\_

REGISTERING FOR \_\_\_\_\_

**NEW THIS YEAR: YOGA AND PILATES TEACHER CERTIFICATION!!**

# British Sports Therapy and ITMW Present SOFT TISSUE RELEASE WORKSHOPS

*By Stuart Taws*

❖ Chronic Back Pain  
 ❖ Carpal Tunnel  
 ❖ Frozen Shoulder  
 ❖ Thoracic Outlet Syndrome  
 ❖ Running Injuries  
 ❖ Whiplash  
 ❖ Knee Pain

**ARE THESE COMPLAINTS YOU SEE  
 IN YOUR PRACTICE?**  
*Then this technique is for you!*  
[www.SoftTissueRelease.com](http://www.SoftTissueRelease.com) for more info

*Class location:*  
**1730 Wilkes Ave & W Locust  
 Davenport, IA 52804**  
**Dial 563-445-1055 with questions or see  
[www.learntomassage.com](http://www.learntomassage.com)**

*Seminar Dates:*  
**March 30, 31 & April 1, 2007..... \$425**  
**July 20, 21, & 22, 2007..... \$425**  
*Student discount available*  
*Class runs 9 am to 5 pm each day*

ITMW offers financial aid thru SLM loans to those who qualify.  
 Minimum \$1000 loan required.  
 Please call Amanda at (563)445-1055 for further information.

**About Stuart Taws:**

*Stuart graduated from the London School of Sports Massage in 1990 as a Sports Rehabilitation Therapist. His career highlights include:*

- ◆ Working with World Games and Olympic medalists
- ◆ Personal therapist for Leroy Burrell, "fastest man in the world".
- ◆ Soft Tissue Release Training development while working at a Sports Rehab clinic in California.
- ◆ Reader prizes with a leading massage organization for "Making the Most Difference in the Somatic Profession" (1997).
- ◆ International teacher and trainer.

**Come experience quality hands-on training in the Midwest!! Note from Administration: Stuart is a wonderful educator, and makes it fun and interesting. A therapist will benefit from his classes!! You will love him!**

.....

## Registration form SOFT TISSUE RELEASE

Register at least 2 weeks prior to course date to ensure your spot!

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Alt Phone \_\_\_\_\_

PLEASE INDICATE DATE COMING \_\_\_\_\_

Payment (circle one): Check \_\_\_\_\_ CC (please call with # AND send form)



**Position you are seeking:** *Secretary*

**Name:** Jeanne Griebel

**Massage training:** Carlson College, August 1990

**Additional Education:** Americana Academy of Beauty, Cosmetologist, Capri College, Esthetician, Past Director of Capri College Massage Therapy

**Officer Experience:** Have been Secretary for last two years, 1st Alt Delegate 2004,2005 and Delegate 2006.

**Reason for seeking this office:** I've been secretary for the past two years. It's been an honor and a pleasure along with one of the best experiences of my life. I've learned so many valuable things such as how important it is to serve the association as well as working with a group of dedicated people who have the same goals. I've also realized that in order to make a difference you must step forward and be part of the an organization that has made great strides in the massage therapy field as well as for me personally. I would be honored to continue the position as secretary in our upcoming election.



**Officer Position that you are seeking:** *Third Vice President/Newsletter Editor*

**Name:** Cindy Pancratz

**Massage Training:** Capri College of Massage, March 1997

**Additional Education:** Assoc. Degree, Loras College, Dubuque, May 1992

**Officer Experience:** Third Vice President/Newsletter Editor, 2003 - Present  
Committee Chair, Government Relations, 2002 - 2003

**Other Professional Experience:** Member of AMTA-IA MERT, 2000 - Present

**Reasons for seeking this office:** Having served on the Board for 4 years, in addition to being involved as a committee chair and member of MERT, I've come to know the current and several past board members. I've developed a good understanding of my position, and a sturdy rapport with the rest of the board and committee members. I feel I am a good communicator to and through them, and try to relay this to the membership via the newsletter. I've enjoyed being the newsletter editor, and would like to continue to develop this important communication tool, both hands-on and through our website.



# Elections

**Joyce L. McKinley**  
908 Cottonwood Avenue  
Iowa City, IA 52240  
319-338-5756

**Email-** [bodymyrgrth@yahoo.com](mailto:bodymyrgrth@yahoo.com)

**Position applying for:** *3<sup>rd</sup> Vice president, Iowa Chapter, AMTA*

**Massage Training School(s):**

**Sister Rosalind Gefre School of Massage**

149 E. Thompson Street, Ste. 160

(previously on Selby Avenue, St, Paul, MN)  
West St. Paul, MN 55118

Phone- 651-554-3010

<http://www.sisterrosalind.org/messageschools.html>

**Minnesota Center for Shiatsu Study**

(NOW--Center Point Massage and Shiatsu Therapy School....)

1313 5<sup>th</sup> Street, Ste. 336

Minneapolis, MN 55414

Phone- 612-617-9090

**Dates of Graduation:** Sister Rosalind Gefre, 1994 . *Complete course work for therapeutic massage.*

Center Point School of Massage, 1993, *Namikoshi Shiatsu course work ONLY.*

**Education:**

University of Iowa, Iowa City, Iowa 52242, *BA*, Communication Studies.

**Officer Experience:**

In relationship to AMTA, *Membership Chair*, 2004 to present, Iowa Chapter.

**Other Leadership/Professional Positions:**

MERT Leadership Training, AMTA Iowa Chapter, 2006 to present

*Emma Goldman Clinic*, Iowa City 2001-2003

AMTA Board of Directors, Iowa Chapter 2004-current

Board of Directors, *Person to Person*, Minneapolis, MN 1990-1992-3

*Minneapolis Mediation Program*, Minneapolis, MN 1996-98

“ “ “ “ , *Community Mediator*, 1994-98

Reiki-Seicheim, Master, 1999 to present

**Reason for Seeking Office:**

I am able to take pride in being involved with the Iowa Chapter on a deeper level. I am enjoying working with the board and appreciate having an opportunity to do more to help the development of massage therapists as professionals through AMTA. It is meaningful for me to be a working part of creating and maintaining an accommodating, nurturing environment in which, we as therapists are able to advance and grow, and I like being able to do it from where I am, here in Iowa.



AMTA IOWA CHAPTER **Business Meeting**  
**Airport Holiday Inn, Des Moines, Iowa, September 16, 2006**

1. **Call to order**

President Chris Rider called the meeting to order at 12: 10 P.M. Chris thanked everyone for taking part in this year's Fall Convention. She thanked the members for choosing AMTA for their CE hours, and thanks to all who volunteer which all help with the success of the convention. She gave a Big Thank You to David Doublestein for coming to Iowa to teach Lymph Drainage.

2. **Present**

President— Chris Rider, Immediate Past President—Wayne Pakulis, First Vice President/ Mert Chair—Terry Eicher, Second Vice President-Tricia Neilssen, Third Vice President – Cindy Pancratz, Treasurer—Kathy Schutte, Secretary/ Delegate – Jeanne Griebel, Education Chair—Brainne Goetzinger, Membership Chair/Delegate-Joyce McKinley, Public Relations Chair—Dan Schmidt, 1st Alternate Delegate—Dolores Hagmeier.

3. **Approval of Minutes**

Jeanne Griebel submitted the minutes from the March 18,2006 Business Meeting for approval. President Chris Rider asked the members for final approval. Linda Duehr made a **MOTION** to Approve the minutes from March 18,2006 Jan Brooks - **SECONDED. MOTION – CARRIED.**

4. **Reports of Officers**

4A. **President—Chris Rider**

Chris informed the membership of the BOD meeting held last night and that there were three guests in attendance, and invited anyone who may be interested in attending that it is open to all and that every one is welcome. She reminded the membership that there would be election Delegates for the 2007 National Convention, which will be held in Cincinnati late September 2007. Chris also thanked the current Delegates for serving and attending the upcoming convention in Atlanta Georgia on October 11-14 2006. She asked anyone who would be attending National Convention this fall to please let the board know so they could get in touch with them in Atlanta. The National elections will be coming up soon so PLEASE VOTE!! The BOD added a policy stating all elected Iowa Chapter Delegates must actively serve on a Chapter committee during their term. We are hopeful that this policy will get the delegates more involved with the chapter.

4B. **Immediate Past President---- Wayne Pakulis**

Wayne thanked everyone for attending the Iowa Chapter Fall Convention and asked the first time attendee to stand for recognition. Wayne asked all guests to consider joining the AMTA. Wayne thanked Terry Eicher for putting such a wonderful convention together where we could all come together and learn in such an inspiring environment. He also thanked our Chapter President Chris Rider of doing such a wonderful job for all the members. Wayne went on to thank all the members on the board for all the work they do. He told the general membership he would be happy to answer any questions they would have about the chapter or anything involving the AMTA for them.

4C. **First Vice President—Terry Eicher**

Terry thanked everyone for being here; it is a great turn out. We have 154 in attendance: 100 members, 54 non-members, 2 students and 36 first time attendee's. **Upcoming Conventions-** March 16, 17, 18, 2007 will be held at the Crown Plaza in Cedar Rapids, Iowa with James Waslaski.

4D. **Second Vice President- Tricia Neilssen**

Tricia wanted to thank Becki Christensen for attending the board meeting in her absence. Tricia announced that re-certification for CPR is now being offered on-line sponsored by the American Heart Association. This on-line option will only be to review material and take the written tests. You will have to find a facility to do the practical test. Just a reminder; you must be at the Health Care provider status to take advantage of this training.

4E. **Third Vice President – Cindy Pancratz**

Cindy is still working on getting the latest newsletter our web site. She also asked that if anyone was going to be involved with National Massage Therapy Awareness Week she would do an article with pictures to be put in the February newsletter so it would give members a lot of time to get this done. So if you area going to be involved please contact Cindy.

4F. **Treasurer—Kathy Schutte**

Spring 2006 Convention Report: Deposits- \$35,170.69; Expenses - \$20,138.60; Grand Total - \$15,032.04; Overall Total - \$137,745.29

5. **Elections of Delegates 2007**

Chris read information on being a Delegate for anyone who is interested in running for the position. This is to make them aware of the responsibilities of being a Delegate prior to the election taking place.

- The term of Office runs from January 1<sup>st</sup> thru December 31<sup>st</sup> 2007.
- They must attend 75% if the Iowa Chapter BOD Meetings.
- The new policy states that Delegates must actively serve on a Chapter committee during their term in office.
- They must initiate member involvement on discussion and hear opinions on matters coming before the HOD.
- While at National Convention: They must attend Chapter Leadership Training, National Committee Meeting, HOD Orientation and HOD meeting.
- After national Convention report back to membership with written report in Iowa In Touch Chapter Newsletter.

Chris then opened the floor for nominations for Delegates for 2007. Chris reminded everyone that only Professional members can run for this position and that they must have a professional member nominate them for this position. Connie Bennett nominated Karen Boulanger, Chris asked if she accepted the nomination and Karen accepted. Jan Brooks nominated Tricia Neilssen; Chris asked if she accepted the nomination and Tricia accepted. Chris Sparks nominated Dee Hagmeier; Chris asked if she would accept the nomination and Dee accepted. Brianne Goetzinger nominated Joyce McKinley; Chris asked if she would accept the nomination and Joyce accepted. Wayne Pakulis nominated Ken Swenson; Chris asked if he would accept the nomination and Ken accepted. Jeanne Griebel nominated Dan Schmidt; Chris asked if he would accept the nomination and Dan accepted. Following several minutes with no further nominations, Terry Eicher made a **MOTION** to close the nomination for Delegate. Johnny Blythe **SECONDED- MOTION –CARRIED.** Through written ballot Ken Swenson and Karen Boulanger were elected Delegates and Joyce McKinley was elected 1<sup>st</sup> Alternate Delegate with Dee Hagmeier, Tricia Neilssen and Dan Schmidt in succession.

6. **Reports of Committee Chairs**

6A. **Membership Chair—Joyce McKinley**

The Iowa Chapter Roster for the 3<sup>rd</sup> Quarter dated August 1<sup>st</sup> of the year 2006 reports a total of 630 members. We currently list 65 associate, 73 Student, 485 Professional, 1 Supporting, 1 Transferred, 2 Reinstated and 8 Member Schools. The total membership is 631. We currently have 30 lapses in chapter membership. Our overall membership composition changes continue monthly, as policy changes of the past year.

6B. **Public Relations Chair—Dan Schmidt**

2006 National Massage Therapy Awareness Week is scheduled for October 22<sup>nd</sup> through October 28<sup>th</sup>. The National AMTA has taken the position of not designating a national theme, which allows us on the local level to celebrate this week as we deem appropriate. With a consistent logo (which can be downloaded from the AMTA Website [www.amtamassage.org](http://www.amtamassage.org)) we can reuse banners and other PR materials from year-to-year. Another website of importance for all members to visit is the National which is [www.amtamassage.org](http://www.amtamassage.org). Dan has a booth set up in the exhibit area and if anyone is interested in sponsoring an event or taking part in an event. **Note all volunteers**, there is an AMTA ONSITE EVENT POLICY that includes checklist and intake forms. INTAKE FORMS must be returned to the National office along with follow up report. There is great documentation for planning and coordination an event that can be found on their website.

**6C. Education Chair—Brienne Goetzinger**

The NCBTMB office is no longer sending out notice that your National certification will be expiring, so members need to be aware that they need to keep an eye on the date of expiration of their NCBTMB membership. Brienne has also developed brochure for the information about CE requirements, which is available to everyone at her booth in the exhibit area. She asked everyone to please pick one up and give her feed back on what they think of them.

Brienne has just returned from Denver where she took training in Ashiatsu Oriental Bar Therapy. If anyone is interested in learning more about it or are interested in taking a trip to Denver for CE hours please let her know.

**6D. MERT Coordinator-Terry Eicher**

There will be a Leadership Training held tonight to train members how to train people to be on the Mert team. This will expedite the training so all the members who have expressed an interest in being a member of Mert should be getting a call soon or check the upcoming newsletter for information.

**6E. Delegates—Jeanne Griebel / Joyce McKinley /1<sup>st</sup> Alt. Dolores Hagmeier**

Jeanne Griebel Joyce McKinley, and Dolores Hagmeier presented the recommendations to the National Convention House of Delegates.

**Florida Recommendation:**

The AMTA join The Coalition to Preserve Patient Access to Physical Medicine and Rehabilitation. The Florida chapter feels AMTA needs to be part of the discussion for the development of the Massage Therapy Profession. The Coalition calls on Congress to restore the ability of physicians to direct medical care for their Medicare patients. The most recent interruption of the CMS (Centers for Medicare and Medicaid Services) revised without congressional approval and began enforcing in June of 2005, prohibiting Medicare reimbursement for therapy services provided by anyone other than a physical therapist, occupational therapist or speech and language pathologist. The Coalition rejects this interpretation of the Congressional statute and believes it is inconsistent with the way CMS interpreted it for the past six years.

**Rationale:** Because the AMTA is one of the most regarded organizations for Massage Therapist, they feel the AMTA need to be part of the discussion. There is no cost for joining, only for sending representatives to the meetings. Loss of employment for our therapists in doctor' offices, hospitals and other rehab centers maybe effected. Patients, the community are also being affected by not allowing doctors to prescribed what is best for their patients.

**\*\*Through a show of hands the membership wanted the delegates to vote YES on the recommendation.**

**Florida Bylaw Amendment Recommendation:**

In Section: 3 House of Delegates Bylaws be changed for saying the Moderator of HOD be the National President, or someone appointed by the National President, to read, The Moderator of the HOD shall be National President or the Chair of the HOD Operation Committee who shall conduct meeting of HOD while in official session at the National Convention. In addition they recommend the National President appoint a Parliamentarian to be an advisor to the HODOC on National Bylaws Policies and Procedures during official session at National Convention.

**Rationale:** According to the Bylaws, the Moderator of the House chairs the official session of the House of Delegates at the National Convention. This allows a non-delegate to chair the meeting. As stated in Roberts's Rules of Parliamentary Procedure the Chair of the Committee chairs the meetings. The Moderator to the House is an advisor to the HODOC providing background in Bylaws, Policy of AMTA, wording smiting, and parliamentary procedures for running the HOD. Note; All members of the HOD are elected including the HODOC.

**\*\*Through a show of hands the membership recommended the delegates to vote NO on the recommendation.**

**New Hampshire Recommendation:**

Because of the increasing requirements for continuing education by AMTA as well as other organizations, those courses are being offered on-line by AMTA. This will substantially decrease profits of state chapters offering continuing education and increase the profits of the AMTA. Therefore the AMTA BOD should designate a special work group for determining a fair and equitable division of revenue from on-line education, paid for by chapter members, to be returned to the member's chapter.

**\*\* Through a show of hands the membership recommended the delegates to vote NO on the recommendation.**

**South Carolina Bylaw Amendment Recommendation:**

The Present Bylaws Article XI, Section 3,B.2.d.iii. Which states: The officers/ delegate's appointment if reported to the National office in writing at least 4 weeks prior to the HOD meeting, be changed to read: The officer/delegate's appointment is reported to the National office in writing at least 1 week prior to the HOD meeting. They are substituting 1 week for 4 weeks.

**Rationale:** Circumstances may require substitution of a delegate with fewer than 4 weeks notice, and technology has advanced significantly to allow verification in a prompt and timely manner.

**\*\* Through a show of hands the membership recommended the delegates to vote NO on the recommendation.**

**AMTA Position Statement Proposal North Carolina:**

North Carolina has been working on this position statement for several years. After years of research with studies being done on the effects of trigger point therapy effecting heart rate, Systolic Blood Pressure, diastolic BP, measured O2 levels, salivary cortisol levels, all lowered after 10 to 15 minutes of chair massage in a controlled study. Also changes in psychological states being measured by physiological response, the Perceived Stress Scale, the POMS Depression Scale, and The Anxiety State Scale. The North Carolina Chapter feels confident the AMTA could release the statement.

**Rationale:** Stress relief is one of the most important aspects of what we do as massage therapists. Our clients benefit from the measured and immeasurable elements of the structured touch of trained massage therapists. By supporting this important benefit of our work we are confirming the following core values of our Association: We believe massage benefits all. We are a diverse and nurturing community working with integrity, honesty and dignity.

**Position Statement:** It is the position of the American Massage Therapy Association (AMTA) that Massage Therapy can be effective for stress relief.

**\*\* Through a show of hands the membership wanted the delegates to vote YES on the recommendation.**

**7. Chapter Awards:**

The following Chapter Awards were presented by Awards Chair, Wayne Pakulis:

- Outstanding Retired Committee Chair- Marcia Wifa-Rima
- Outstanding Retired Board Member-Becki Christensen
- Distinguished Service Award-Johnny Blythe
- Humanitarian Award – Brandon Schmidt
- Inspirational Award – Cheryl Morse

**7A. Chapter President Awards:**

The following Awards were presented by President Chris Rider;

- Meritorious Award –Wayne Pakulis
- President's Award – Terry Eicher

**8. Announcements**

There were several announcements made from the membership on the floor.

**9. Adjournment.**

Terry Eicher made a **MOTION** to adjourn the meeting Johnny Blythe –**SECONDED. MOTION – CARRIED** The meeting was adjourned at 1:47 P.M.

Respectfully submitted,

Jeanne Griebel,, SECRETARY

# An Initial Exploration into Massage Therapist-Client Interaction

Karen T. Boulanger, MS, LMT

Department of Community and Behavioral Health, University of Iowa College of Public Health, Iowa City, IA

## Research Objective

To explore the interactions of massage therapists (MTs) and their clients in order to identify variables that may potentially impact clients' health outcomes.

## Research Questions

- 1) What are the three most common topics of conversation among MTs and their clients?
- 2) How much of their time together is spent talking?
- 3) From the MTs'/clients' point of view, what are the elements of the best massage ever given or received?
- 4) What are the common components in a massage therapy encounter?
- 5) From the MTs' point of view, what characteristics about their clients and their relationship with their clients do they identify as affecting their clients' outcomes?

## Qualitative Research Methods

Free listing: 30 MTs at the 2005 Iowa Chapter of the American Massage Therapy Association Fall convention were approached individually to participate. Each MT was asked to consider a typical client visit and answer 2 questions:

1. From the time your clients arrive until the time they leave, what are the three most common things that you talk about?
2. Think about the total amount of time you spend with your clients. What percentage is spent talking?

Discussion group: 22 attendees at a massage therapy research conference held in Albuquerque, NM, in September 2005 participated. Participants interviewed each other about the best message that he/she ever received or gave for 40 minutes. Next they formed five small groups to discuss interviews. Lastly, each small group presented to the entire group of participants. Emerging themes were noted and discussed. Participants also provided copies of their interview/group notes.

Semi-structured interviews: 3 female MTs were interviewed using a guide with four subject headings (background, typical massage session, outcomes of massage, and MT – client relationships). Interviews were tape recorded and transcribed.

Analysis: Data were analyzed using Qualrus, a software program that facilitates coding.

## Results

Table 1: Most common topics of conversation (N=30)

Topic	# MTs who listed topic
Purpose of the massage	27
Personal issues of client	20
Feedback	12
Self-care	11
Small talk	9



On average, 35.6 % of the time MTs spend with their clients involves talk.

Elements of the best massage ever given

- Clients' first experience with massage or that individual MT
- Results of the massage were unexpected
- A mood shift and/or emotional release
- A confident and sensitive therapist

Note: a variety of settings, techniques, and message durations were reported.

Common Components of a Massage Therapy Encounter

- Goal setting
- Tailoring the message session to meet individual needs
- Client comfort: feedback regarding pain, temperature, positioning
- Self-care advice: drinking water, proper nutrition, corrective exercises

Variables that may Affect Clients' Health Outcomes

- MTs direct & tailor their approach to meet the individual needs of their clients
- A confident and sensitive massage therapist
- Delivery of self-care advice, encouraging clients to take an active role in health
- Reasonable or exceeded expectations
- Psychological processes related to personal interaction

# Iowa Chapter Members Participate in Research Project

Report by Karen Boulanger, MS, LMT  
PhD student at the University of Iowa



- ❖ 21 Massage therapists licensed in Iowa collected surveys from 367 eligible (aged 18-70) clients during September/October 2006.
- ❖ 77% of the clients were female, 23% were male.
- ❖ The average age was 48 years old, range was 18-70.
- ❖ 77% of the first reasons listed for the visits were symptom-related; 23% were for relaxation. The three most common reasons for visiting the massage therapists were for back and neck issues and relaxation.
- ❖ 40% of the clients reported that they were seeking care from another health care provider, most commonly a chiropractor.
- ❖ On a 0-10 scale rating satisfaction with the care they had received from their therapist, the average rating from the clients was 9.6; the range was 4-10.
- ❖ On a 0-10 scale rating how helpful they believed the massage would be for their current problem, the average rating from the clients was 9.1; the range was 1-10.

THANK YOU to the 21 massage therapists and their clients who assisted with this project! ☺ Your support was very helpful and much appreciated!

I will be doing another project starting in March after the next chapter convention. The data collected for this upcoming project will be used to complete my dissertation. After my dissertation is finished, I will report more results from the September/October study.





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### PNMT Seminars in 2007

**February 17-18, 2007 PNMT Research Symposium in Lake Geneva, WI**

Learn from the many research projects PNMT has undertaken! There will be presentations by Therapists as well as Doug and the PNMT Staff.

The Following Seminars are held at Carlson College, Anamosa, IA Call 319-462-3402

**April 20-22, 2007 Form and Function: Creating Effective Treatment Protocols**

This seminar is all about the treatment choices you make and why you make them.

**June 1-3, 2007 Head and Neck**

From restrictions in movement to whiplash, this seminar is a thorough adventure into the beauty and complexity of the neck. Headache types and treatments are also covered.

**August 24-26, 2007 Spine and Thorax**

After this seminar, you will never see or treat the back in the same way again!

**October 13-14, 2007 Precision Muscular Mobilization: The Spine**

An awesome seminar covering how to precisely stretch muscles after your treatment. Can be used with any style of massage or bodywork.

**December 8-9, 2007 TMJ Intensive**

An amazing exploration of jaw pain and discomfort. Solid, practical information.

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## Continuing Education Spring 2007

The following courses may or may not be presented by providers approved by AMTA, NCBTMB or by the State of Iowa, Bureau of Professional Licensure. If you are interested in a particular course, check with that provider concerning approval and pre-requisites.

The AMTA - Iowa Chapter is not responsible for provider approval of the courses listed below.

### MARCH

Mar. 8 – 11	<b>Connective Tissue Massage II / John Latz</b> 28 CE <a href="http://www.carlsoncollege.com">www.carlsoncollege.com</a>	<i>Anamosa</i> 319-462-3402
Mar. 10	<b>Medical Massage for the Cervicals / Ralph Stephens</b> 7 CE <a href="http://www.ralphstephens.com">www.ralphstephens.com</a>	<i>Cedar Rapids</i> 319-362-1202
Mar. 11	<b>Medical Massage for the Lumbar / Ralph Stephens</b> 8 CE <a href="http://www.ralphstephens.com">www.ralphstephens.com</a>	<i>Cedar Rapids</i> 319-362-1202
Mar. 17-18	<b>AMTA – IA Chapter Spring Conv. / James Waslaski</b> 12 CE <a href="http://www.amtaiowa.org">www.amtaiowa.org</a>	<i>Cedar Rapids</i> 319-984-5146
Mar. 23 – 25	<b>Mind, Body, Mood &amp; Massage / Kathy Ginn</b> 24 CE <a href="http://www.lakeside.edu">www.lakeside.edu</a>	<i>Madison, WI</i> 608-274-2484
Mar. 24 – 25	<b>Reiki I and II / Terri Wiebold, Karuna Reiki Master</b> 14 CE <a href="http://www.carlsoncollege.com">www.carlsoncollege.com</a>	<i>Anamosa</i> 319-462-3402

### APRIL

Apr. 7	<b>CPR / First Aid Recertification</b> 2 CE <a href="http://www.iowamassagetherapy.com">www.iowamassagetherapy.com</a>	<i>Des Moines</i> 515-965-3991
Apr. 14	<b>Ethical Professionalism / Ruth Carlson &amp; Chris Rider</b> 6 CE <a href="http://www.carlsoncollege.com">www.carlsoncollege.com</a>	<i>Anamosa</i> 319-462-3402
Apr. 20 – 22	<b>PNMT Form &amp; Function / Doug Nelson</b> 19 CE <a href="http://www.carlsoncollege.com">www.carlsoncollege.com</a>	<i>Anamosa</i> 319-462-3402
Apr. 21	<b>Therapeutic Body Wraps</b> 6 CE <a href="http://www.iowamassagetherapy.com">www.iowamassagetherapy.com</a>	<i>Des Moines</i> 515-965-3991
Apr. 22	<b>Professional Ethics for the M.T. &amp; Bodworker</b> 6 CE <a href="http://www.ethicaldimensions.com">www.ethicaldimensions.com</a>	<i>Milwaukee, WI</i> 608-334-8592
Apr. 26 – 29	<b>Zero Balancing Level I / Morgan Rivers</b> 25 CE <a href="http://www.zerobalancing.com">www.zerobalancing.com</a>	<i>Des Moines</i> 515-473-6240
Apr. 28 – 30	<b>Compassionate Touch with Ann Catlin</b> 20 CE <a href="http://www.compassionate-touch.org">www.compassionate-touch.org</a>	<i>Cedar Rapids</i> 319-362-1202

### MAY

May 5 – 6	<b>Intro to Myofascial Release</b> 16 CE <a href="http://www.hacmassage.com">www.hacmassage.com</a>	<i>St. Louis, MO</i> 866-647-8080
May 6	<b>Professional Ethics for the M.T. &amp; Bodyworker</b> 6 CE <a href="http://www.ethicaldimensions.com">www.ethicaldimensions.com</a>	<i>Madison, WI</i> 608-334-8592
May 20 – 22	<b>Healing Trauma – Myofascial Release Seminar</b> 18 CE <a href="http://www.newdimensionsinwellness.com">www.newdimensionsinwellness.com</a>	<i>Sioux City</i> 402-561-0833



## **Calendar of Events**

- |                         |                                                    |
|-------------------------|----------------------------------------------------|
| <b>Mar 17-18, 2007</b>  | <b>AMTA-IA Spring Convention<br/>Cedar Rapids</b>  |
| <b>Sept 15-16, 2007</b> | <b>AMTA-IA Fall Convention<br/>Davenport</b>       |
| <b>Sept 26-29, 2007</b> | <b>AMTA National Convention<br/>Cincinnati, OH</b> |

**CINDY PANCRAZ  
NEWSLETTER EDITOR**

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