

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.



Spring 2007 Convention

Another *SUCCESSFUL* event



Excellent education, invaluable demonstrations, critical hands-on, palate-pleasing food and snacks, crazy karaoke singers and dancers. That's what made up the AMTA-Iowa Spring 2007 Convention in Cedar Rapids.

If you attended, you know exactly how it was. If you did not attend, make a note to do just that for the Fall Convention in Davenport, September 15 - 16.



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**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 gggrieb@iowatelecom.net
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@gmail.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 wolfiii98@hotmail.com
Membership	Joyce McKinley 908 Cottonwood Ave. Iowa City, IA 52240 (319) 338-5756 bodymyrgh@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

July 14, 2007 (for publication end of August)
Oct 13, 2007 (for publication end of November)
Jan 12, 2008 (for publication end of February)

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
(563) 556-5491

Make checks payable to: AMTA Iowa Chapter

From the President . . .



Spring for me is a time for renewal. I am excited for what this year

brings me both personally and professionally. Every spring I take time to reflect on the year past and look forward to the year to come. With that I set my goals for 2007. My #1 AMTA goal is to provide leadership to the chapter by planning for succession upon completion of my second term as President. In March 2008 my tenure will end and the chapter will elect a new president. I KNOW that my successor will lead the chapter to an even higher level than we currently enjoy! I look forward to this transition and I am willing to do whatever it takes to continue our proud Iowa traditions. I hope this Spring bring to all of you a time of renewal and rejuvenation!

Another successful Iowa Chapter convention in the books! What a busy and fun weekend the Spring 2007 Convention in Cedar Rapids turned out to be. James Waslaski provided a tremendous educational session focusing on lower extremity dysfunction. James is among the best and we are fortunate to have him visit Iowa. Thanks, Terry, for all of your excellence in planning and executing this incredible event.

My favorite parts of our chapter conventions are **YOU**, the members! I always enjoy catching up with the “regulars” as well as meeting the “newcomers” at these events. There is just something wonderful about being in the presence of 130 other massage therapists! I hope you plan to join us in Davenport in September for another terrific weekend. I challenge everyone who regularly attends to bring a massage therapist with you! Introduce them

to the Iowa Chapter!

It is now the time to start the planning to attend the National AMTA Convention. This year the convention will be held in Cincinnati, OH September 26-29. From MANY airports in Iowa it is a DIRECT flight, or for travel by car it would be around 10 hours! If you have never attended a National Convention I HIGHLY recommend you put it on your list.

The Iowa Chapter website (www.amtaiowa.org) is available as an ongoing member resource! Our goal is to have the chapter site be the information source for ALL massage therapists in Iowa. We welcome any feedback you may have that will help us to make this website the best.

Yours in Health and Happiness,
Chris Rider, PRESIDENT

Convention Coordinator Update . . .

Greetings Fellow AMTA Members.

It was great to see those of you that attended the Spring 2007 Convention featuring James Waslaski. The education was outstanding and our social featuring Kooky Karaoke was also very well attended. I would like to thank all you for attending and encourage everyone to attend our upcoming Fall Convention.

We will be featuring Meir

(pronounced My-ear) Schneider as our presenter. He has presented at many other State's AMTA conventions and had great reviews. I have had the pleasure of meeting Meir and have read his book titled *Movement For Self Healing*. It is an incredible book with an amazing story of Meir's story and the struggles in his life that brought him to the field of massage. You can also learn more about him on his web-site [http://](http://www.self-healing.org/)

www.self-healing.org/.

Please register early as this class is expected to be highly attended.

Have a great summer and I look forward to seeing you again in the fall.

Terry Eicher, 1ST VICE PRESIDENT





407 West Windsor Rd
Champaign, IL 61820
866-325-7668

www.nmtmidwest.com
doug@nmtmidwest.com

If you would like a CD ROM about PNMT sent to you, please call, email, or write.

Fine Tune Your Therapeutic Skills with PNMT!

Like tuning a fine instrument, successful therapy depends on the smallest turn of the hand done with clarity of purpose and full attention to detail.

Deepen your understanding of the art and science of massage therapy with Precision Neuromuscular Therapy (PNMT) and take your practice to the next level.



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

June 1-3, 2007 Head and Neck

The neck is a daunting area to study, so fascinating because of its complexity and amazing mobility, yet the neck is a work of artistic beauty and wonder. In this seminar, you will learn how to efficiently address patients with various types of head and neck pain including headaches, whiplash, herniated disks, military neck, reverse curve, and reduced range of motion. You will learn strategies to determine effective and efficient treatment protocols.

Cost: \$395 Continuing Education Hours: 19

August 24-26, 2007 Spine and Thorax

This training is meant to teach you to see, touch, and understand the truly magnificent role that the complex series of muscles we call "the back" is. At the end of the training, you will never see or treat the spine in the same way. Great training should transform your vision and your touch to new heights.

Cost: \$395 Continuing Education Hours: 19

October 13-14, 2007 Precision Muscular Mobilization: The Spine \$295

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 \$295

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

NMT MidWest, Inc is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.

NMT MidWest has been conducting seminars and researching PNMT since 1997. Currently offering over eighty seminars annually, read more about NMT MidWest at

www.nmtmidwest.com

866-325-7668



Legislation Update . . .



Hello all -- welcome to spring! It was great seeing so many of you at Spring Convention. Reporting on the March State

Examiners Board meeting, I'll begin with the changes in our state's license renewal. You will now be able to be renew your license on line beginning in June. Actually, the Board indicated this will be the preferred method. You should receive a postcard advising you 60 days in advance of your expiration date, and will be able to renew anytime during that time period. Late renewals will be available online for 30 days after license expiration, however, licensees are required to pay the renewal fee and an additional late fee. The web site for renewal is <http://www.licensediniowa.gov/>. This should make things easier for most.

Regarding CPR -- the State Board of Examiners for Massage Therapy, when asked what kind of CPR they want massage therapists to have, replied that therapists are free to use whichever fits their scope of practice. It is up to the therapist. For example, if you are also an EMT, Paramedic, or RN then you will require CPR certification for a Healthcare provider. If you only work with infants and children then you would take whichever course meets your needs. I hope this clears up this issue. If you have any other questions, feel free to call me for clarification.

At this time First Aid training is a renewal requirement, however, it is not a CE requirement. You will get 2 hours of CE for renewing CPR but not for First Aid.

The Federation of the State Massage Therapy Boards survey is complete and can be found on their web site at <http://www.fsmtb.org/>. 70 people

from Iowa responded to the survey; this was the second largest response from any state. Way to go, Iowa!

The Federation's test should be available by October 1st, 2007. This test will be available at multiple testing locations sites within the State, as is the current test. Both tests will still be available. The student will know immediately after they have taken the test whether or not they passed. The Iowa Board of Massage Therapy states that the student who passes will have their license within 48 hours.

This concludes the information discussed at the March State Board meeting. Thank you for allowing me to serve and inform you of the legislative happenings in our state. May you keep safe till we meet again.

Tricia Neilssen, 2ND VICE PRESIDENT

Immediate Past President . . .

have ever had the privilege to



experience. I look forward to seeing you there for a lot of fun to be had.

Please also consider attending our 2007 AMTA National Convention in Cincinnati, Ohio September 26-29. It is such a great opportunity to meet and spend time with members from around the country as well as international members in such a positive and supportive environment.

Thank you members for the wonderful work that you do through your hands and your hearts.

In Health and Happiness,
Wayne Pakulis, IMMEDIATE PAST PRESIDENT

How artistic are you? Interested in designing or helping design a new logo for the Iowa Chapter?
Get your creative juices flowing, and watch for details in the next (Aug. 2007) newsletter.

Sunny Summer Greetings Members -

Thank you to all who attended our Spring 2007 Chapter Convention, and to Terry and her team for helping to make this an educational, fun and successful event.

Congratulations to Board of Directors election winners Terry Eicher, 1st Vice President/ Convention Coordinator, Cindy Pancratz 3rd Vice President/ Newsletter Editor and Jeanne Griebel, Secretary. We are very fortunate to have such dedicated, hard working and competent individuals willing to step up and volunteer their time to improve and evolve our chapter, association and profession.

Mark your calendars and plan to attend our Fall Convention, September 15-16, 2007 in Davenport. Our educational presenter Meir Schnieder is one of the most inspirational speakers that I

**AMTA- Iowa Chapter
FALL Convention ~ September~ 15-16-2007**

PRESENTS~ Meir Schneider

Self-Healing Through Massage and Movement

Radisson Quad city Plaza Hotel/River Center~ 111 E. 2nd St. Davenport, IA~563-322-2200

Please Print CLEARLY:

Name: _____

Name for nametag, if different from above _____

Address: _____

City / State / Zip Code: _____

Phone #: () _____

You MUST provide us with ALL applicable numbers (AMTA, Iowa and NCBTMB) to guarantee continuing education hours.

AMTA membership # _____ AMTA Member Status Professional/Associate
(Please Circle one)

Iowa License # _____ NCBTMB # _____

Is this your first time at an Iowa Chapter Convention? Yes/ No (Please circle one)

Current Student of massage? Yes/No Name of School _____

PLEASE INDICATE YOUR CHOICE OF MEAL: Vegetarian Meat Choices subject to availability-
if No choice circled you will be ordered a meat choice.

NOTE: On-Site/Late Registrants may NOT receive meal choice.

REGISTRATION FEES: (PLEASE circle appropriate option)

\$185 -- AMTA Member early registration (by Sept 5th)

\$250 -- Non-Member early registration (by Sept 5th)

\$175 -- Current Massage Student early (by Sept 5th)

\$25 -- Sat. Lunch* If attending lunch/Business meeting only-Not addl fee for full registrants

REGISTRATION FEE INCLUDES:

12 CE hours / Saturday & Sun Hot Buffet Breakfast/social

Break food/ Lunch/ All class materials

***NOTE: ALL late/On-Site registrations please add an additional \$25 fee.

All late/On-Site registrations please be sure to call for class availability.

TOTAL AMOUNT ENCLOSED \$ _____

***Make checks payable to: AMTA IA Chapter**

*****IF PAYING BY CREDIT CARD*****

Please circle: Visa / Mastercard Card Number: _____

Exp. date _____ Name on Card: _____

Signature: _____

Meir Schneider~ Presenting at the AMTA Iowa Chapter Fall
Convention~September 15-16, 2007~Davenport,IA



Meir Schneider was born with cataracts and other serious vision problems. After five unsuccessful surgeries on the lenses of his eyes, which left them shattered and filled with scar tissue, doctors pronounced his condition hopeless and he was certified legally blind. Meir performed his reading and schoolwork in Braille.

At age 17, Meir learned the Bates Method of eye exercises. He practiced them with a diligence that probably no one had ever applied to them before, up to 13 hours a day, undeterred by the skepticism of family and friends. To this he added his own regimen of self-massage and movement. Within six months, he could recognize visual objects for the first time; within 18 months, he could read print without glasses. His vision continued to improve, and today is 20/80. He holds a current unrestricted California driver's license.

During his recovery process, while still a teenager, Meir began to help others with a wide range of degenerative conditions, such as polio, muscular dystrophy and multiple sclerosis. He found that the same principles which enabled him to gain functional eyesight could be applied to the entire body. His discoveries led to the creation of the Meir Schneider Method of Self-Healing through Bodywork and Movement, helping tens of thousands of people with serious physical and visual conditions worldwide.

An internationally respected therapist and educator, Meir is the founder and director of the School for Self-Healing in San Francisco, California. He was awarded a Ph.D in the Healing Arts for his work with muscular dystrophy.

For more information go to www.self-healing.org

Or read his book titled-Movement for Self-Healing by Meir Schnieder

Public Relations Update . . .



Greetings friends! I hope you are all having a great spring. I just want to remind everyone of a few things from

the Public Relations arena.

First, please let me know if you have any items that you want to be distributed to the written news media. I have a contact list created in order to quickly distribute Press Releases to all print media in the state.

Secondly, please remember that we are putting together a theme selection committee to name the theme for this years National Massage Therapy Awareness Week. We still have a couple of openings on the selection committee, so if you are interested please let me know either by email (wolfiii98@hotmail.com) or by cell phone (319) 350-7346.

Lastly, along with our committee we are still accepting theme nominations. We did receive many wonderful nominations that will make the committee members really work to come up with a single theme. So if you have a good idea

... please submit it for a chance to win one of those AMTA polo shirts. We will be accepting nominations through June. You can send any nominations to my email address at (wolfiii98@hotmail.com).

That is all from me for this newsletter. If you ever have any questions or concerns, please feel free to contact me.

Dan Schmidt, PUBLIC RELATIONS CHAIR

Speak Up AMTA Members

You may have received several e-mails on this subject, however, if you do not have an e-mail account, you may have missed this call for comment on a draft guidance from the US Drug and Food Administration entitled “Complementary and Alternative Medicine Products and Their Regulation by the Food and Drug Administration.” Since the deadline of April 30th, 2007 has been extended, I felt it worthy to include this in this newsletter issue, taking this excerpt from the National AMTA website. (editor’s note)

In addition to contacting members, AMTA also has contacted more than 1,000 massage therapy product manufacturers and distributors about this call for comment.

AMTA President Guptha stated,

The FDA states clearly that they neither can nor should regulate massage therapy. In the draft guidance, however, they do state that oils, lotions, creams, and other products and massage devices that we use in our practice may be subject to FDA regulation.

On behalf of AMTA, I want to encourage you as massage therapists to use this excellent opportunity to comment to the FDA on this issue.

Please note that we’ve asked FDA for an extension to their deadline, but as of now the comment period will end April 30, 2007. So, there’s only a short time to express your views.

You can read the Federal Register notification about the call for comment here: <http://www.fda.gov/OHRMS/DOCKETS/98fr/E7-3259.htm>

You can read the draft guidance here: <http://www.fda.gov/OHRMS/DOCKETS/98fr/06d-0480-gld0001.pdf> (PDF)

To comment on the draft guidance directly to FDA click here (Be sure to reference docket number 2006D-0480): http://www.accessdata.fda.gov/scripts/oc/dockets/comments/COMMENTSMain.CFM?EC_DOCUMENT_ID=1451&

Please take some time to voice your professional opinion about the FDA draft guidance.

AMTA encourages all massage therapists and those who are associated with the massage therapy industry to express their views to the FDA before the **May 29, 2007 deadline**. (*The deadline was extended from the original date of April 30.*)

(www.amtamassage.org)



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Education Updates . . .



Hi, everyone!
It was so nice to see a lot of familiar faces at Spring Convention and meet some new faces as well.

I'd just like to touch base on a few things about continuing education requirements. The State of Iowa has made some slight adjustments.

- A maximum of **six hours** may be obtained in independent study courses in the areas of massage/bodywork techniques, ethics, mandatory reporter training, and practice management.
- **Two hours** of credit in CPR may be obtained for every two-year renewal period.

First Aid is not in the continuing education area of the State law, but it is still a *renewal requirement*. We are still waiting on any changes with the First Aid portion of the law, anticipating that one day they will take it out completely, but in the meantime, it is still a renewal requirement. Please keep checking the State of Iowa website and our Iowa Chapter – AMTA website for further updates.

State of Iowa: www.idph.state.ia.us/licensure

Iowa Chapter – AMTA: www.amtaiowa.org

Have a great summer!

Brianne Goetzinger, EDUCATION CHAIR

Ironman Wisconsin Seeking Massage Therapists

Are you a massage therapist who works with athletes? Do you enjoy the comradery of working with other professionals and students at events? If so, we would like your help at the 2007 Ironman Wisconsin Triathlon in Madison, Wisconsin, September 9th, 2007. Last year over 40 therapists and students worked with the competitors and the appreciation was stunning. Over 2000 athletes start on the 140.6 mile course at 7 a.m. and their bodies respond dramatically to massage therapy.

To sign up, visit www.Ironmanwisconsin.com and click on "Volunteer".

You may also contact Jonathan Walton via phone at 608-239-6612, e-mail at jonathanwaltonbodyworker@yahoo.com or Jennifer Crye at 608-241-4060 for more information.

REFERENCES

Iowa Board of Massage Therapy Examiners
Professional Licensure Bureau
Lucas State Office building, 5th Floor
321 E. 12th 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

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

AMTA-Iowa Website
www.amtaiowa.org



Continuing Education Summer 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.**

JUNE

June 1 - 3	PNMT for the Neck & Head / Doug Nelson 19 CE www.carlsoncollege.com	<i>Anamosa</i> 319-462-3402
June 2	Intro to Asian & Subtle Energies 8 CE www.bmsi-institute.com	<i>Overland Park, KS</i> 913-649-3322
June 16 - 17	Healing Touch 12 CE www.iowamassagetherapy.com	<i>Ankeny</i> 515-965-3991
June 22	Benevolent Touch and Infant Massage 8 CE www.lakeside.edu	<i>Milwaukee, WI</i> 414-372-4345
June 22 - 24	The Magic of Hot Stone Massage 18 CE www.osmt.com	<i>Omaha, NE</i> 800-399-3964

JULY

July 7 - 8	Neuromuscular Therapeutics 12 CE www.CollegeofMassage.Info	<i>Des Moines</i> 515-277-2126
July 7 - 10	Neuromuscular Therapy I www.windemere.org	<i>Decorah</i> 800-874-0905
July 14	CPR - Iowa College of Natural Health 2 CE www.iowamassagetherapy.com	<i>Ankeny</i> 515-965-3991
July 23	Ethics for the Massage Therapist 6 CE www.hacmassage.com	<i>St. Louis, MO</i> 866-647-8080
July 26 - 29	Core Zero Balancing I 25 CE www.zerobalancing.com	<i>Omaha, NE</i> 402-390-2606
July 27 - 29	Geriatric Massage 17 CE www.iowamassagetherapy.com	<i>Ankeny</i> 515-965-3991

AUGUST

Aug. 4 - 5	Emotional Freedom Technique / EFT 12 CE www.CollegeofMassage.Info	<i>Des Moines</i> 515-277-2126
Aug. 4 - 7	Neuromuscular Therapy II www.windemere.org	<i>Decorah</i> 800-874-0905
Aug. 17 - 19	Orthopedic Testing 24 CE www.lakeside.edu	<i>Milwaukee, WI</i> 414-372-4345
Aug. 24 - 26	Active Isolated Stretching - The Mattes Method 24 CE www.osmt.com	<i>Omaha, NE</i> 800-399-3964
Aug. 24 - 26	Spine & Thorax with Doug Nelson 19 CE www.carlsoncollege.com	<i>Anamosa</i> 319-462-3402



Calendar of Events

Sept 15-16, 2007 **AMTA-IA Fall Convention
Davenport**

Sept 26-29, 2007 **AMTA National Convention
Cincinnati, OH**

Oct 21-27, 2007 **National Massage Therapy
Awareness Week**

**CINDY PANCRATZ
NEWSLETTER EDITOR**

**PRSR STD
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