



# THE TRAINED TOUCH

Summer 2013

The South Dakota American Massage Therapy Association Newsletter

Volume 6, Issue 2

## Michael Uriarte, DC Presents at Fall Convention



Michael has invested his time and talent developing a practical, easy-to-learn and easy-to-use system to help people overcome pain, increase range of motion and enjoy better posture. For more than 20 years he has been deeply involved in research and development of the MYK System.

## Fall Convention Course Overview

### Title of workshop: 7 hour Upper class

Headaches - Assess, treat, and resolve within 4 minutes along with Upper Body Postural Analysis - Reading Imbalances reveals primary nerve cause; boost results!

### Description of workshop/presentation:

Dr. Uriarte says "Posture is the outward expression of the nervous system." In this class we show you how to find Upper Body postural imbalances, the specific nerve pathway problem, and which muscles to combine to fix it. You will also learn how to assess using the yes/no test and the location/type of headache to find the problem. Learn these 4 minute treatments that balance the posture and resolves the headache with lasting results.

NO MASSAGE TABLES NEEDED.

### Title of workshop: 7 hour Lower class

Low back, Hip problems - Assess, treat and resolve within 5 minutes along with Lower Body Postural Analysis - Reading Imbalances reveals primary nerve cause, increase results!

### Description of workshop/presentation:

Dr. Uriarte says "Posture is the outward expression of the nervous system." In this class we show you how to find Lower Body postural imbalances, the specific nerve pathway problem, and which muscles to combine to fix it. You will also learn how to assess using the "fast 5 ways" to determine a problem. Learn these 5-minute treatments that balance the posture and resolves these issues with lasting results.

MASSAGE TABLES NEEDED.

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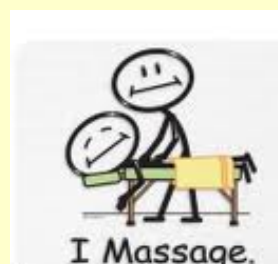
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### Title of workshop: 4 hour Ethics class

### Description of workshop/presentation:

Have you ever ran out of energy at the end of the day but still struggled through your massage? Are there certain things you can not provide for the client due to your own health problems? Ie: bad back, hurt shoulder, lack of sleep. Are you focused on an unpleasant thought? Does your breath stink?

Our 4 hour course takes a look at Standard V: Roles and Boundaries and the ethics of being unhealthy in the healthcare profession. We cover 7 different aspects of health and how if you are not taking care of yourself in these areas you may be limiting yourself in what you could/should be doing in your office.



## SDAMTA Chapter

### Board Members

#### SD OFFICERS 2013-2014



#### President

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## SDAMTA Delegates & Chairs

#### SD DELEGATE ROSTER 2013-2014

#### Delegate 2013-2014 HOD:

Kris Skorseth  
(see secretary)

#### 1st Alternate 2013 HOD:

Suzanne Braun

#### 2nd Alternate 2013 HOD:

Patricia Bleeker  
320 W 6th Ave  
Mitchell, SD 57301  
[pjbleeker@amx.com](mailto:pjbleeker@amx.com)

#### 1st Alternate 2014 HOD:

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#### 2nd Alternate 2014 HOD:

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#### SD CHAIRS ROSTER 2013-2014

#### Historian Chair

Patricia Bleeker  
320 W 6th Ave  
Mitchell, SD 57301  
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#### Conference Site Coordinator

Open

#### SD CHAIRS ROSTER 2013-2014

#### CONTINUED

#### Education and Newsletter Chair

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#### Nominations/Awards Chair

Sheldon Haas  
(see IPP)

#### Website Chair

Karen Peschong  
(see 1st VP)

#### Government Relations Chair

Valerie Rowen  
(see Treasurer)

#### Tradeshow Chair

Nicole Hooth  
Tranquil Touch Massage  
502 S. 6th St.  
Milbank, SD 57252-2527  
605-949-0634 Work



## AMTA 2013 National Elections

Have you considered participating with fellow members at the national level? If so, the "Call for Candidates" is now open. You can choose to run for an elected office for the National Board of Directors or the Commission on Candidacy. Request an application now and complete the process by September 1<sup>st</sup>. Serving at the national level is a great way to meet some wonderful, dedicated people in our profession. Contact Colleen Leeders @ [AMTA's official election website page](#).

## President's Message



Hello South Dakota Chapter Members!

My hope is that each of you are having a successful and prosperous Spring and Summer. It was good to see many of you in Fort Pierre this April for the Spring Convention and Annual Membership Meeting. Board Elections took place and we retained many experienced Chapter Volunteers. Thank you to those who stepped up to lend their time and talents to our Chapter. I could not ask for a better crew to serve with.

That being said, I would like to encourage all members to get involved. There are many volunteer opportunities available. For instance, two of our Chapter volunteers are set to attend the Chapter Volunteer Orientation Program at our National headquarters in Evanston, Illinois this July. This event helps volunteers gain familiarity with our AMTA organization on the National level as well as provide helpful training for their Chapter duties.

I would also encourage all of you to attend the AMTA National Convention in Fort Worth, Texas. This year the dates of National Convention are September 26-29, 2013 and the theme is "Engage. Connect. Thrive."

I, along with Our South Dakota Chapter volunteers, would like to ENGAGE you. We have many common goals as licensed South Dakota massage therapists and AMTA members. We are a team. We are at our best when we are CONNECTED with and supported by one another. It is crucial to connect with other massage therapists and health professionals in order to learn, grow and THRIVE.

Your input and ideas are always welcome. Stay in touch. We are here to serve you. I hope to see you again soon!

*Christine Ellwein*

AMTA South Dakota Chapter President



## You Could be a WINNER!

The name of one South Dakota AMTA member will be drawn to win \$100 at each Fall Convention. If that person is present at the convention they will WIN \$100. If the person is not present the \$100 will go forward to the next Fall Convention and be added to the allotted \$100 to grow the winnings to \$200 and so on ... not to exceed \$500. You must attend to win!!!

The Spring Convention will also allow an opportunity to have a member win a registration fee to that year's National Convention. A nearly \$400 value!!! The member must be present to win, and the registration is nontransferable. Plan to attend the SDAMTA Conventions and you could be a winner in more ways than one!!!



## Welcome New Members!

Amy Burhenn .....	Brandon
Tammy Fischer .....	Centerville
Ashley Fluth .....	Sioux Falls
Melissa Haase-Brownell .....	Rapid City
Gwen Larson .....	White
Samantha Mount .....	Beresford
Kayla Paetow .....	Aberdeen
Merry Sandoval .....	Sioux Falls
Nylla Schmoker (reinstated) .....	Belle Fouché
Samantha Smith .....	Milbank
Taylor Van Engen .....	Rock Valley, IA
Carol Flack .....	from IA to Jefferson
Diane Schiefer .....	from CO to Emery

## ~Friday Night Social~

*Come to the convention and enjoy the BBQ sponsored by Watertown area SDAMTA members.*

*Enjoy an evening of food - fun - and fellowship!*

*7:00 at the country home of Sheila Grabow*

*Free will donation and/or bring a dish to share! Also, B-Y- O-Beverage ☺*

*(Directions and more info available at the convention.)*

Contact if questions ~ sheilagrabow@gmail.com

## DID YOU KNOW?

The "Massage Today" magazine is a FREE publication for licensed massage therapy professionals? This trade journal contains excellent articles including current news and techniques.

To register for a free subscription, go to [www.massagetoday.com/circulation/new.php](http://www.massagetoday.com/circulation/new.php). You may also call 714-230-3150.

Don't miss out on this valuable resource!

## CONVENTION REGISTRATION FORM

Fall Convention September 13–15, 2013

Ramkota Hotel/Watertown Event Center, Watertown, South Dakota

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

### Registration Rates by September 5th:

AMTA Member (Member ID # \_\_\_\_\_) ..... \$150  
 Student in South Dakota Massage School ..... \$50  
 Non-Members ..... \$180  
 At the Door ..... Add \$40

Total Amount Enclosed: \$ \_\_\_\_\_ Check # \_\_\_\_\_

Make checks payable to: AMTA–SD

Send registration and fee to: **Val Rowen; 327 S. Fort Street, Pierre, SD 57501**

No confirmation letter will be sent

- 14 CEU Hours and 4 CEU Ethics (18 total)
- No Shows are non-refundable
- Credit Cards & 2-party checks are not accepted
- Tables, linens and oils are needed

### Room Rates & Reservations

Ramkota Hotel/Watertown  
Event Center  
1901 - 9<sup>th</sup> Ave SW  
Watertown, SD

**605-886-8011**

Room Rates: **\$81.99** plus tax  
(must be reserved by 08/14/13)

### CONVENTION SCHEDULE

#### Friday, September 13<sup>th</sup>, 2013

8:00am - 9:00 am	Registration/Continental Breakfast
9:00am - 12:00pm	Michael Uriarte
12:00pm - 1:00pm	Lunch (on your own)
1:00pm - 5:00pm	Michael Uriarte

#### Saturday, September 14<sup>th</sup>, 2013

9:00am - 12:00pm	Michael Uriarte
12:00pm - 1:00pm	Lunch (on your own)
1:00pm - 5:00pm	Michael Uriarte

#### Sunday, September 15<sup>th</sup>, 2013

9:00am - 1:00pm	(Ethics) Michael Uriarte
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## AMTA - SD 2013 Awards

### Distinguished Service Award

Brenda Lanz has been and is an instrumental member of the AMTA - SD Chapter for many years. She has an enthusiasm that is extremely catchy for what ever project she is working on. The way she does a job is so professional and through that she not only double checks things it might be triple and quadruple checked. She wants to make sure that it is done right and that there are definitely no surprises so as to not let the membership down in any way shape or form.

Brenda has had her hand in so many things with her involvement with the chapter, over the years, that it's hard to know where to start. She spearheaded starting the MERT and Tradeshow committees and has so many ideas and input in so many other areas they are too numerous to mention..

One quality that stands out is Brenda's ability to make anyone feel welcome and to be an instant friend. She can make you feel apart of whatever she is doing if it is taking pictures during a conference continuing education, putting together albums as a historian, making a comment as a teaching assistant, or just simply telling a joke. Take a bow Brenda.



### Chapter Meritorious Award

You can count on Valerie to have sound advice and perspective on the issue whatever the situation. She is always ready to lend a helping hand. Valerie is extremely hard-working, diligent, and conscientious. She always has the members' as well as the massage profession's best interest in mind.

Professionalism is one word that would describe Valerie. Whom ever she is speaking to you can count on her to absolutely represent the massage profession in the utmost.

Valerie is one of the main reasons that there is state licensure in South Dakota. She has been involved since the inception until now a decade later. Valerie has done all this at great personal expense both personally and professionally on many levels. You have earned it Val!



## Spring 2013 Conference & Annual Meeting

### Submitted by Kris Skorseth

The education portion of the Spring Conference was on Chi Nei Tseng (chee nate see'ung), healing from within, presented by Mary Ellen Derwis-Balaz, LMT, CHT. This was like no other conference education that we have had, at least in my 17 years with the chapter. This work is very easy on the therapist's body and focuses on energy, meridians, and the five elements. I found it very grounding and relaxing. In fact, since the conference, my blood pressure has been lower. Coincidence? Mighty Powerful work. Many attendees found themselves surprised at how well they liked this work; that Pat Weller and Shelly Montgomery are setting up a schedule for those serious about certification and having Mary Ellen return to accomplish this.

The 2013 Annual Meeting consisted of the usual meeting agenda, except we had a guest speaker at the beginning of the meeting. Jennifer Stalley, Executive Secretary of the South Dakota Board of Massage Therapy, introduced herself and talked about the changes in the licensing and how that will affect us. It was wonderful to actually put a face to the title and she seems to be very personable and a good listener. If you have any questions about licensing, please contact her. Hope to see you all this fall in Watertown!



Spring Conference Attendees



Grace Lonning, LMT  
Newsletter Editor  
405 – 8<sup>th</sup> Avenue NW #207  
Aberdeen, SD 57401

## Calendar of Events

### **AMTA-SD Fall Convention**

September 13-15, 2013  
The Watertown Event Center  
1901 - 9<sup>th</sup> Ave SW  
Watertown, SD 57201

### **AMTA-SD Spring Convention/Business Meeting**

April 25-26, 2014  
AmericInn, Fort Pierre, SD

### **AMTA-SD Fall Convention**

September 12-14, 2014  
K Bar S Lodge  
Keystone, SD

Deadline for article submission for the next newsletter is October 30, 2013. Please E-mail articles, news and any questions to:

[massagetherapy@nvc.net](mailto:massagetherapy@nvc.net)

## **National Conventions**

### **AMTA 2013 National Convention**

September 25-28, 2013  
Fort Worth Convention Center  
1201 Houston Street  
Fort Worth, TX 76102

### **National Massage Therapy Awareness Week**

October 20-26, 2013

### **AMTA 2014 National Convention**

September 17-20, 2014  
Colorado Convention Center  
700 14<sup>th</sup> Street  
Denver, CO 80202

### **AMTA 2015 National Convention**

August 19-22, 2015  
Pittsburgh, PA