THE TRAINED TOUCH

Spring 2015

Volume 8 Issue 1

The South Dakota American Massage Therapy Association Newsletter

"Core Stabilization in Bodywork" with Mary Ann Foster

Over the last 20 years, Mary Ann has adapted core stabilization to holistic massage practices by creating ***an 8-step protocol*** *that practitioners can use to effectively address whole-body patterns. In this kinesiology-based system, the protocol serves as a guide for assessing and activating core muscles and correcting faulty patterns along the spine and trunk.* ***We'll practice many core stabilization exercises for improving posture, joint stability, and overall muscular balance in practitioners*** *and their clients. These exercises have been proven to alleviate back pain associated with poor posture. They are widely-used in physical therapy to treat stability dysfunctions, and will* ***protect your back as you work****.*

This course is ***for practitioners*** *who want an innovative and effective way to integrate somatic movement skills into their massage and bodywork practices,* ***for either personal or professional gain****. We will apply the protocol in three types of learning activities:1)* ***a self-care*** *routine that you'll get to practice several times, 2) as a basis for postural assessments and partner exercises that you can share with clients, and 3) in bodywork with active movement techniques that produce quick results.*

For more information about this seminar and core stabilization in bodywork go to www.emsPress.com. Sign up early to get a FREE Introductory PowerPoint and get a head start on reaping the many benefits of this powerful and effective approach!

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Our Spring Conference Presenter

Mary Ann Foster

SDAMTA Chapter

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SDAMTA Delegates & Chairs

SD DELEGATE ROSTER 2014-2015

Delegate 2014 HOD:
Kris Skorseth
(See secretary)

1st Alternate 2014 HOD:
Tara Hall
(See 2nd VP)

2nd Alternate 2014 HOD:
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2015 – 2016 HOD Delegate:
Dawn Menning
(See Nominations/Awards)

1st Alternate 2015 HOD:
Patricia Bleeker
(See Historian)

2nd Alternate 2015 HOD
Jeanne Thune
(See Membership/Recruitment))

SD CHAIRS ROSTER 2015-2016

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Education Chair
Grace Lonning
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Website Chair
Karen Peschong
(see 1st VP)

Government Relations Chair
Valerie Rowen
(See Treasurer)

Newsletter Chair
OPEN-MOVING OUT OF STATE
Emily Kippes
605-999-9362
emmyk07@yahoo.com

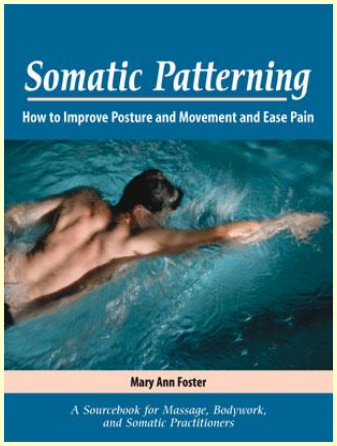
Conference Site Coordinator
OPEN

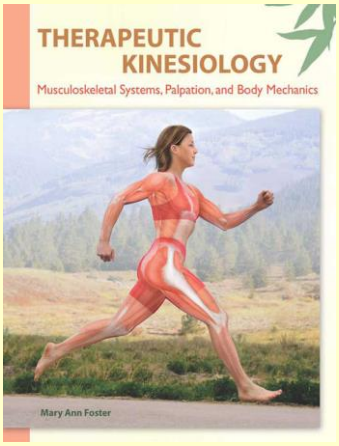
Order Your Patch Now

Brenda Lanz designed the original pin to Unite all SD-AMTA Massage Therapists. The patch measures 3 ¼ inches by 4 inches. Each patch is $12.00, shipping will be extra. Contact Dawn Menning at 605-290-3918, by email: healingessential@yahoo.com, or mail 1228 S. Lincoln, Aberdeen, SD 57401.

Biography of Mary Ann Foster

Mary Ann Foster credits the longevity and uniqueness of her 35-year massage career to the power of using core stabilization exercises as a basis for self-care and bodywork. She has written extensively about this approach in two textbooks, Somatic Patterning and Therapeutic Kinesiology and has been teaching this material in massage courses since 1998.





"I love this approach because it makes my work easier. My clients love it because it empowers them with tools to help themselves and can be adapted for any population or activity. If practiced with focus and commitment, I guarantee this approach will help you achieve a pain-free posture and change the way you see bodies and take the way practice massage to a whole new level!—Mary Ann

October
Janet Vogts ..... Sioux Falls
Donna O' Brien ..... Aberdeen
April Stilwell ..... Rapid City

November
Cindy Hanson ..... Roslyn
Izumi Kane ..... Sioux Falls

December
Shawn Guenther ..... Sioux Falls
Bianca Resch ..... Brookings
Lisa Thompson ..... Mitchell

January
Tracy Lee ..... Rapid City
Tamara Tipton ..... Canton
Christine Thornton ..... Mitchell

5 Years
Noelle Bonjour…Canton
Katrina Knecht…Houghton
Tawny Opp…Eureka
Deb Snyder…Sioux Falls

10 Years
Suzanne Braun…Gregory
Daniel Jensen…Sioux Falls
Heather Oswald…Aberdeen
Peggy Tuhy…Rapid City

20 Years
Lynda Lanners…Clear Lake

CONFERENCE REGISTRATION FORM

Spring Conference April 24-25, 2015

Clubhouse Hotel and Suites, Pierre, South Dakota

NAME_____

ADDRESS_____

CITY, STATE, ZIP_____

PHONE_____

EMAIL ADDRESS_____

Registration Rates by April 15th:

AMTA Member (Member ID #)..... $165

Student in South Dakota Massage School $50

Non-Members..... $195

At the Door..... Add $40

Dinner/Annual Meeting will be at the RedRossa on Friday Evening and it is included in the rate.

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

- 15 CEU Hours,
- No Shows are non-refundable
- Credit Cards & 2-party checks are not accepted
- Tables, linens and oils are needed

Room Rates & Reservations

Club House Hotel & Suites
808 West Sioux Ave. Pierre
605-301-4930
Room Rates: **$119.00** + tax
(Reserve by 03/24)

Comfort Inn
410 W. Sioux Ave. Pierre
605-224-0377
Room Rate: $75 + tax
(Reserve by 3/24)

CONFERENCE SCHEDULE

Friday, April 24th, 2015

8:30am - 9:00 am Registration
9:00am - 12:00pm Mary Ann Foster
12:00pm - 1:00pm Lunch
1:00pm - 5:30pm Mary Ann Foster
6:30pm - 9:00pm Dinner / Annual meeting

Saturday, April 25th, 2015

8:00am - 12:00pm Mary Ann Foster
12:00pm - 1:00pm Lunch
1:00pm - 4:30pm Mary Ann Foster

AMTA -SOUTH DAKOTA CHAPTER MEMBER SPOTLIGHT

NAME: Amber Rasmussen **CITY:** Rapid City

FAMILY:
Amazing Husband Tim of 14 years and a Pug named Ozzie

HOW LONG HAVE YOU BEEN DOING MASSAGE?
This will be my 15th year!!

HOW LONG HAVE YOU BEEN AN AMTA MEMBER?
I am going on 8 years with AMTA.

WHAT GOT YOU INTERESTED/STARTED IN MASSAGE THERAPY?
I can remember back to bus trips during basketball and volleyball in High School and all the girls wanting their shoulders rubbed! I also used to work on my Dad's shoulders and he used to tell me how good I was at massaging. So I guess encouragement from others is what got me started!

YOUR FAVORITE TECHNIQUE:
I would say over the years I have learned so many techniques I love. To narrow down one is difficult. Whatever technique helps the client is my favorite! ☺

YOUR BIGGEST CHALLENGE AS A THERAPIST:
Since I do massage in the evenings and on the weekends only, getting someone in when they are really hurting is challenging since there are ONLY so many hours in the day.

YOUR BEST MEMORY OF BEING A MASSAGE THERAPIST:
The satisfaction knowing you helped someone with a problem they were having.

WHAT WOULD YOU TELL NEW PEOPLE IN OUR FIELD?
To try out different therapists as everyone is different and that you can learn so much from others. Take care of yourself!

WHAT ARE YOUR HOBBIES?
I have really come accustom to camping and boating, 2 things I didn't do much growing up. I also love to scrapbook, drink wine with friends, and most of all riding a Harley through the Black Hills!

ANYTHING ELSE THAT YOU WOULD LIKE TO SHARE? (Something nobody knows about you or would be surprised to know about you):
Something nobody knows about me would be I love to READ!

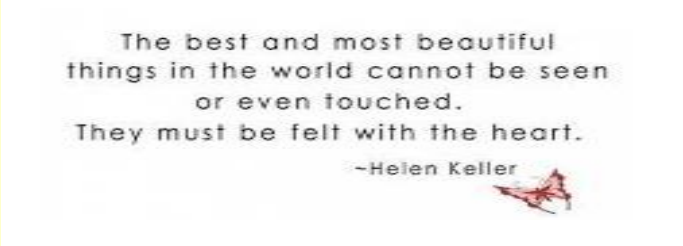
President's Message

Hello Friends,

We are well into the New Year at this point and it is my hope that 2015 will bring growth and positive change for our Chapter. We have a Board Retreat planned for February 21st which will generate ideas to plan for our year together along with budget planning and general brainstorming. It is always exciting to have a New Year ahead, a fresh start. With changes on the National and state levels, AMTA will continue to be an organization that strives to serve the member. I am looking forward to our Spring Conference and Annual Meeting in Pierre this April and hope to see many of you there. As always, please don't hesitate to contact me with any questions or concerns you may have. It is an honor and a privilege to serve as your AMTA South Dakota Chapter President. Let's make this a great year!

Warmly,
Christine Ellwein, President

Fall 2017 marks our 50th Anniversary and to celebrate we will be holding a 50th Anniversary Logo Contest. With a little over two years away we would like to get our members creative minds to start creating. We are wanting to have the Logo created and chosen by SD-AMTA members. We wish to have them ready by Spring 2017 Conference. More information to come at Spring 2015 Conference.



Chapter Awards

Each spring we give awards at our Annual **AMTA** meeting. Go to www.amtamassage.org/awards for more detailed information.

Certificate of Appreciation

- Can be awarded to **AMTA** member or **non-member**
- Recipient(s) are to have contributed to enrich the lives of others and promote awareness of massage which may or may not include massage.

Meritorious Award

- Active **AMTA** member for at least one year
- Acknowledges diligent volunteerism done in an altruistic manner
- Only one nominee from each chapter can be a recipient

Distinguished Service Award

- Must be an **AMTA** member and massage therapist
- There can be more than one recipient in any given year
- Recipient must contribute to the massage profession in outstanding manner
- Recipient shall not have received this awarded in the previous year
- Acknowledges diligent volunteerism done in an altruistic manner

**** Please contact any member of the Chapter Board or the Chapter President if you know anyone who would be a great nominee of these awards, we are interested in hearing who your nominations would be and why. Thank-you!! ****

WANTED - REWARD

The SD chapter of **AMTA** is seeking volunteers who are interested in getting involved, stepping up to the plate and sharing their talents, while collaborating with other volunteers. This volunteerism enriches the lives and careers of massage therapists in SD through **AMTA** and the opportunities our chapter and national provides, including your own. (Education, information, networking, etc.)

Positions up for election in April: 1st Vice President, 3rd Vice President, Conference Site Coordinator, Secretary and Newsletter Chair.

If you are **interested in volunteering** in one of these capacities, or perhaps in another capacity, **please contact:**
Dawn Menning at healingessential@yahoo.com or by phone 605-290-3918.

Position descriptions can be found on the amtamassage.org website under the Intranet section. Once you are there look under documents.

Oh, I almost forgot…the **REWARDS**!! There are many rewards to volunteerism; as a matter of fact they are endless. They start in the heart and build over time, and sometimes there are benefits that help us to move further in our career and/or our personal lives. Ask a board or chair member, past or present, of the benefits they have encountered as a volunteer in the **AMTA.**

****EDITORS NOTE:** To view the complete Job Descriptions go to www.amtamassage.org Sign in as a member, go to "AMTA Chapters" then to "Chapter Management Resources" and "Job"

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Calendar of Events

Conferences

AMTA-SD Spring Conference/Business Meeting
April 24-25, 2015
Clubhouse Hotel and Suites, Pierre, SD

AMTA-SD Fall Conference
September 25-26, 2015
AmericInn
Aberdeen, SD

Dates To Remember

August 1, 2015
Online License Renewal Opens for 2015 Renewals

September 30, 2015
All Licenses expire. All licensees MUST renew by this date.

National Convention

AMTA 2015 National Convention
August 19-22, 2015
David L. Lawrence Convention Center
Pittsburgh, PA

Deadline for article submission for the next newsletter is June 30th, 2015
Please E-mail articles, news and any questions to:
emmyk07@yahoo.com

	Member	Non-Member
Full Page	$150	$200
Half Page	$75	$100
QuarterPage	$50	$65
BusinessCard	$20	$30