

# NANMT NEWS

"We Know the Power of Touch"



## Inside this issue:

Treating Depression with 2

NOA Membership 4

A Precious Gift to Give 4

Michigan Licensing Bill Becomes Law 5

Facebook for NANMT 6

Touch of Relief 7

## Message from The President

I've entered a new role in my life: President of the Board of Directors for the National Association of Nurse Massage Therapists. Like many of you, my life so far has partially prepared me for my new role. When I was in nursing school, and many years later in massage therapy school, I felt grateful that my previous life experiences helped me make the transition to student. And I am grateful today for this opportunity to help our organization choose and focus on how we will grow as an organization for the next two years.

I felt inspired this morning while reading author Marianne Williamson's book, *The Gift of Change, Spiritual Guidance for a Radically New Life*. When we change our perspective, we change our way of thinking, and our new thoughts create a new life and world for us. Today I choose to see and create positive change for myself and for NANMT. I see an organization where our members are connected to each other and communicating freely about their lives and what makes being a Nurse Massage Therapist so

special to them. I see our members attending NANMT conferences where learning and connecting with others raises us and our skills to new levels of understanding and expertise. I see a growing membership drawn by members reaching out to friends and colleagues and inviting them to join us at NANMT. I see our national organization collaborating with other professional organizations, participating in research, and speaking with legislative bodies to further our specialty nursing practice: Nurse Massage Therapist.

How will we reach these goals?

•NANMT is now on Facebook thanks to Christine Bailor, NANMT Secretary, and our web site has been recently updated by our very own web guy, Andy Bernay-Roman, the Founding Father of NANMT.

•Joyce Garland, our Vice President and immediate Past President of NANMT, is chairing our conference which is in the planning stages for this fall. Joyce continues to be a core member of the Body of Knowledge group collaborat-

ing with members of other professional massage therapy organizations.

•Deb Veirling, NANMT Treasurer, assists staff with our finances and provides guidance on fiscal responsibility.

•Roe Long-Wagner, NANMT Executive Director, and her staff at Long & Associates, Inc. are providing the best support for our members, and implementing changes that will increase NANMT's visibility, membership, and conference offerings.

Members of NANMT....All of us are here for you. We will provide the best possible service to meet your needs. Tell us what you need, what you'd like to see in your newsletter, what would help you as a Nurse Massage Therapist. I'd love to hear from each of you. Feel free to contact me through the NANMT office, directly at [deb-nanmt@embarqmail.com](mailto:deb-nanmt@embarqmail.com), or on my cell 407-595-1461. Together, we can achieve great change and success for NANMT.

Deborah Shields, RN, BA

## New and Returning NANMT Members

We welcome all new members and are grateful to our renewing members.

### New Members

Roseanne Anastacio, San Jose, CA  
Barbara McGlone, McConnelsville, OH  
Kristina O'Neill, Ben Lomond, CA  
Shawna Rai, Sacramento, CA  
Linda Roussel, Lititz, PA  
Rod Storms, Salt Lake City, UT

### Welcome Back!

Famata Koroma, Washington DC

If you want to reach one of these new members, please visit the member public referral section or the online password protected member listing, or call us at 800.262.4017 for the information. If you would like a separate listing snail mailed or e-mailed to you for those members in your state, just let us know.

## Volume 9, Issue 1

NANMT News is published 4 times a year by NANMT Headquarters, PO Box 232, West Milton, OH 45383; 1-800-262-4017; [info@nanmtorg.com](mailto:info@nanmtorg.com). ©2008

**The benefits of massage: Applying massage with the goal of releasing the structural collapse associated with depression will bring the client from a hopeless, helpless collapsed structure to one that is supported and erect.**



## Treating Depression with Massage

Physical pain that is often chronic goes hand in hand with psychological depression. Often, clients who come for massage for pain relief also suffer from depression. Of course, as massage therapists we do not do psychotherapy. However, depression has major physiological and anatomical components; it is in this area that massage can truly have a significant and profound effect.

It is important to understand depression and how it manifests physically. You also need to understand the different types of depression and physically how they individually respond to massage therapy.

**Situational depression:** Many clients are situationally depressed. They usually have situations in life that are stressful and appear overwhelming. Situational depression often arises after loss of a loved one is experienced, typically during the mourning process. The good news is when the situations change massage can very effectively support the client moving out of depression.

**Family of origin depression:** Other forms of depression are more psychological in nature and usually stem from family of origin issues that have been unresolved. Often these clients will have been in therapy to work on these issues and many will be medicated for depression. The seeds of depression will have been around since early childhood, so there has been plenty of time for the body to grow into a depressed and collapsing structure that gets significantly worse when the issues arise. In these situations, there are also endorphin biochemical changes.

Moderate depression, like fam-

ily of origin depression, will be longer term than situational depression. However, unlike family of origin depression, moderate depression will often be triggered by no discernable event. Often the appearance is cyclic even to the time of the year. Because of the longevity and severity of moderate depression there are substantial structural and biochemical changes to the endorphins. It is important that these clients be monitored by mental health professionals during the duration of massage therapy.

Severe depression often requires hospitalization and heavy medication.

These clients usually won't be coming for massage until they have had months of both psychological and chemical therapy. Due to the severity of the depression their issues are often profound, and the changes both structurally and biochemically are more severe. It is important for the massage therapist to be working with the psychiatrist and/or psychotherapist to monitor the risk

for relapse and potential suicide.

Chronic depression is usually moderate to severe. These clients are being treated by mental health professionals with both medication and therapy. Because of the duration of chronic depression there will be significant structural collapse and changes in the endorphins. They should also be monitored by a mental health professional during the course of massage.

Treatment with Massage Now let's identify some of the physiological and energetic



**FREE 1-Hour Ethics Course Online**

**Get 6 Ethics Hours FREE with a CE Package**

Popular courses totaling 25 CE Hours for Only \$197!

**Get 10% Off ANY Purchase**

use Code NANMT2

**PLUS All Packages include FREE Shipping**

Offers Expire March 31, 2009



Browse, Enroll or Request a Catalog

[www.HealthPositive.com](http://www.HealthPositive.com)

or Call 1-888-797-5594

24 HOURS A DAY

**Try Our 90-Day Guarantee Risk-Free**

**Fast Delivery to Your Desktop or Doorstep**

ALL Courses Are Accepted by the NCBTMB, AMTA, ABMP & Most States

## Treating Depression with Massage cont'd

challenges for those who are depressed. This is where massage therapy can accomplish physical changes that normal psychotherapy or medication cannot. With all the above forms of depression there is a structural collapse in the client. This involves a shortening of the abdominal muscles and a tightening of the diaphragmatic arch which pulls the chest down and forward, limiting its ability to expand during breathing. There is an additional medial rotation of the shoulders and internal rotation of the arms resulting in a kyphosis that further restricts breathing. Without the support of the thoracic region, the head and neck will move forward and down and further into collapse. All this distortion of the upper body will lead to further distortion in the lower body and give

the structure an image of being fully collapsed. The degree of structural collapse will depend upon the severity of depression and its duration.

The benefits of massage: Applying massage with the goal of releasing the structural collapse associated with depression will bring the client from a hopeless, helpless collapsed structure to one that is supported and erect. This sense of support will give the client feelings of being stronger and more capable of dealing with the issues of their depression. Key areas to release for structural support are: 1) the abdomen and diaphragmatic arch; 2) the musculature and connective tissue of the front of the chest that cause a sunken chest and medial rotation of the shoulders; 3) the musculature and

connective tissue of the anterior shoulder and upper arms that cause an internal rotation of the arms; and 4) the musculature and connective tissue of the anterior neck followed by the posterior neck and top of the shoulders. Follow this by bringing the legs out of hyper-extension and more under the body. All of this will result in a significant structural change in a depressed client.

While releasing the structural collapse associated with depression you will also be releasing the breath process which will allow depressed clients to energize their system and have more energy. This additional energy will allow them to take part in their lives and move out of depression.



Don McCann, MA, LMT, LMHC, CSETT, is the Founder of Structural Energetic Therapy® (SET) and director of Structural Energetic Therapy®, Inc. He has been in private practice for over 30 years. Mr. McCann teaches Advanced SET techniques in Florida and throughout the country. Published in the February/2009 issue of *Massage Today*, [www.massagetoday.com](http://www.massagetoday.com)

## NANMT Advertising

NANMT is now with a professional management firm. The organization is growing and you have the opportunity to advertise within the website, newsletter and as an exhibitor at the September Conference.

### Website Banners

Banners ad come in sizes and can be animated or static. We have the ability to link your banner ad to your website and to the webpage of your choice. If you do not have a graphics design major, that is not a problem, NANMT staff can assist to design and create your ad. there is a one-time \$20 fee. You may send your graphics in and desired text to [info@nanmt.org](mailto:info@nanmt.org).

### Annual Rates

|                          |      |
|--------------------------|------|
| Small (300 X 38 pixels)  | \$20 |
| Medium (400 X 50 pixels) | \$30 |
| Large (500 X 150 pixels) | \$50 |

### Quarterly Newsletter

This is a quarterly publication mailed to the every growing NANMT mailing list. Ads are due 25 days prior to publication. Prices below are single issue / yearly.

|                        |               |
|------------------------|---------------|
| Full Page (7" x 9")    | \$200 / \$600 |
| 1/2 Page (5.5" x 4.5") | \$100 / \$300 |
| 1/4 Page (5.5" x 2.3") | \$50 / \$200  |

Specs: DPI at least 150 dpi  
Formats: .jpg, .gif, .png formats

### NANMT Conference

September 18-19, 2009  
Cancer Treatment Center of  
America, Philadelphia, PA

Call NANMT Headquarters  
to reserve your spot at this  
year's conference.



For more information contact NANMT Headquarters, PO Box 232,  
West Milton, OH 45383; 1-800-262-4017; [info@nanmt.org](mailto:info@nanmt.org)



## NANMT continues with NOA Membership

The Nursing Organizations Alliance™ is a coalition of nursing organizations united to create a strong voice for nurses.

The Alliance provides a forum for identification, education, and collaboration building on issues of common interest to

advance the nursing profession. NANMT's membership to the NOA is important. Nurse Massage Therapist receive credibility as an acknowledged nursing specialty group as a member of

NOA

Your NANMT membership dues assist with NANMT's membership to NOA.



## A Precious Gift to Give



Dawn Fleming, is a Holistic Health Educator, Consultant/Mentor and author of *Creating a Successful Holistic Health Practice*. She has worked in the field of energywork for 19 years and has been a teaching since 1992.

[reikidawn@yahoo.com](mailto:reikidawn@yahoo.com);  
[www.energytransformations.org/  
workshops.html](http://www.energytransformations.org/workshops.html)

Over the holidays you may have received many different types of gifts and given a few to others. As holistic health providers we seem to always be giving to others, helping people feel better on many levels, and teaching how they can care for themselves. Many times we forget to take care of our own needs, putting ourselves last. It is time to stop living on automatic pilot and begin to take care of our own needs. This is your year to give yourself permission to live the life that you have been longing to live. Be daring. Be different. Let go of what is not working for you. Feel where the energy wants to take you; go boldly. The world is changing and it is time to step outside your comfort zone and test new territories that beckon your attention.

Give yourself permission to travel, to say "no," to speak your truth, to open your heart to receive love at a deeper level, and to find meaning in the most unexpected places. Give yourself permission to be with your breath, feel it move it and out of your body. Be with it as it fills your chest. Feel it nourish and nurture your body on all levels. Take a breath between sentences and connect with Spirit in the pause between your words. Enter deeply into the depths of your spiritual essence. Release this

essence and share it with the world around you.

Give yourself the approval and acceptance that you have longed for from family, friends and coworkers. What a tremendous gift this is. Once you accept and approve of you, then you will no longer need to seek it outside yourself. Look in the mirror and say "I love myself and I am perfect just the way I am." Smile at the image that is reflected to you in the mirror.

Empower yourself daily. Ask, "Am I doing what brings me joy? Am I losing energy or feeling supported in what I am doing?" Act accordingly; you have no time to lose. Life is precious and every moment can be filled with blessings and grace when we say "yes" to what feeds and nourishes us on all levels.

Many people have shared with me their stories of how giving themselves permission to live differently has dramatically changed their life for the better and made it easier to make additional changes. Small steps lead to big leaps in understanding and awareness. Instead of just doing what you have always done or how you have been trained to respond in certain situations, ask yourself "What is right for me in this

moment?" By aligning with the energy of what is right for you at that moment, you bring forth a transformative energy that directs and guides you. You bring forth endless Blessings and Grace into all moments. The world is transformed because you then align with the cosmic breath that expands consciousness and your ability to live in Truth and emanate Truth into the world.

*"Lead with your gifts.*

*What you believe, you become.*

*You are the greatest YOU, you will ever be!*

*Silence the restless thoughts.*

*Find the motivation.*

*Decision changes everything.*

*Take action.*

*Sometimes you don't need sheet music.*

*Your Opus will be the legacy of who you will become.*

*Giving back is the key to success.*

*Dare something worthy."*

The Movie: *The Opus*

Start today! Give yourself the gift of the highest expression of who you are. Blessings and Grace are part of the Creator's natural gifts to you as you give yourself permission to live your Truth.

## Michigan Licensing Bill Becomes Law

On Jan. 29, 2009 Senate Bill 151 became law, marking Michigan as the 41st state to enact massage regulation, and leaving only eight states behind that do not require regulation. (California certification is on a volunteer basis, and is not included in the regulation total.) Much like massage therapists in other states where massage therapy is not regulated, Michigan

therapists have spent countless hours fighting for the reputation of their profession and to be viewed as legitimate health care providers. The legislation establishes a state board of massage therapy, consisting of 11 members appointed by the governor, to establish licensure and competence assessment requirements. Individuals seeking licensure will be required to meet a minimum 500 hours of

training (from an approved school) and pay a \$75 yearly fee. The legislation also exempts practitioners of specific modalities from licensure requirement. Some of the common "practices for which a license is not required" under subsection 17957 include: the Feldenkrais Method, the Trager Approach, polarity therapy, Reiki, Shiatsu and reflexology.

*Michigan therapists have spent countless hours fighting for the reputation of their profession and to be viewed as legitimate health care providers.*

### HOME STUDY-MASSAGE THERAPIST AND NURSES EARN 15 or 24 CEU hours

**Creating a Successful Holistic Health Practice Home Study** - This course steps you through the inner and outer work of creating a successful practice or improving your current one (15 CE hours).

**Chakra Wisdom: 24 Days of Transformation** - This course provides instruction on how to work with your body's energy for healing, to maintain balance and to transform all areas of your life that seem to be blocked. Enjoy the energy boost that you get from realigning your energy to empower and to support you on all levels. (24 CE hours).

Find out more details about each of these classes at Energy Transformations' website listed below. Learn in the comfort of your own home. You have up to six months to complete each course.

Register at [www.energytransformations.org/workshops](http://www.energytransformations.org/workshops) or call Dawn 480-456-8904

## Facebook for NANMT

Hello to all our members, We have recently established a networking group on Facebook for NANMT. We are very

excited because this will give all of us an easy opportunity to network, ask questions and know at the touch of a button

what the latest and greatest news is at NANMT and with our members. We discovered that so many of us were already on Facebook that it made perfect sense to create a group for us to share information. If you don't have a Facebook account, creat-

ing one is very easy. Go to Facebook.com and the prompts will guide you through the process. Please do not be afraid of this process as you can share as much or as little as you choose and your information is secure. Once you are online, or if you already are, head over to the groups section and locate National Association of Nurse Massage Therapists. If you have any questions, please feel free to e-mail me at [christinebailor@thebodyessential.net](mailto:christinebailor@thebodyessential.net). Looking forward to seeing all your faces on Facebook!



facebook



**“Touch of Relief is a bold outreach program providing CAM health care, wellness education, vocational training programs, and humanitarian aid**

## Touch of Relief

If you ask, most massage therapists would give their services away for free -- if they could. The therapeutic healing and spiritual journey that the act of massage bring forward more than compensates them. In this same spirit, Jaime Bernardo, CMT, and Mary Contreras, LMT, created Touch of Relief, a nonprofit organization dedicated to serving special populations in need across the nation.

Bernardo and Contreras both have dedicated years of service to volunteer outreach programs including the Massage Emergency Response Team (MERT) for the AMTA-Md. chapter. It was on one of these MERT's missions that the TOR vision was born.

“TOR was conceived the fall of 2006 during one of our trips to Mississippi for a Katrina disaster response deployment,” said Bernardo. “We wanted to devise a way to bring our services to more people from various traumatized populations, so we felt setting up a nonprofit with that broad mission was a good start.”

And in 2007, their vision became a reality. Touch of Relief is a bold outreach program providing CAM health care, wellness education, vocational training programs, and humanitarian aid to special populations such as injured soldiers, disaster victims and domestic violence survivors, among others.

In partnership with organizations like Fisher House, a foundation that donates homes to family members of injured or ill soldiers, TOR makes it possible for volunteers to bring relief without the usual limitations or excessive regulations brought on by bureaucratic red tape.

“Volunteers of TOR and massage therapists we’ve spoken to often talk of an echoing frustration of their initial enthusiasm and determination to work with [special populations] being deflated by indifferent or ever-stalling tactics by officials or personnel,” Bernardo said. “Through partnerships with other community-based organizations, massage schools and foundations, we have been successful in gaining access to locations usually restrictive to outside groups seeking to provide non-traditional health services to their patients or residents.”

With bureaucratic hassles reduced dramatically, prospective TOR volunteers will spend their time instead on necessary processes. After an interview and proof of current license and insurance has been conducted by TOR staff, prospects may go through requisite screening processes (depending on the program chosen). Volunteers will then attend orientations and trainings for the specialized work involved with their chosen program. “One of our priority goals for launching various programs is to give massage therapists from around the country unique opportunities to work with these traumatized populations,” Bernardo said.

Volunteers have worked with a variety of programs, including My Sister’s Place, a shelter for battered women and their children. Nichelle Mitchem, former executive director of My Sister’s Place, speaks highly of TOR’s influence, “TOR’s vision to serve our clients with this nurturing program of self-healing gives these women a unique opportunity to acquire knowledge and skills related to their physical and emotional

health to enhance the lives of the families,” Mitchem said.

With the impact that TOR has had on so many people and the lives which they have touched around the nation, comes the increasing demand to sustain and grow these services.

“Our top priority is building our funding resources and fundraising campaigns. We need more financial support to bolster our logistical and administrative systems to give all our programs and the many requests for our services a solid base for maintaining and growing operations. In the meantime, volunteer massage therapists in the communities we serve and professionals willing to donate their expertise and time to support our admin efforts would be a tremendous help,” Bernardo said.

If you’re interested in working with TOR, contact Jaime Bernardo at [info.touchofrelief.org](mailto:info.touchofrelief.org). For more information on TOR, including volunteer opportunities visit [www.touchofrelief.org](http://www.touchofrelief.org).



Christine Bondurant serves as an Associate Editor for *Massage Today*. Published in the January/2009 issue of *Massage Today*, [www.massagetoday.com](http://www.massagetoday.com)



## Membership Application...

Name \_\_\_\_\_

Business Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Fax \_\_\_\_\_ Email \_\_\_\_\_

RN  LPN  LVN  LMT  RMT  NCBTMB  Student Nurse  Massage Student

RN/LPN LN# \_\_\_\_\_ Massage LN# \_\_\_\_\_

Nurse Specialties \_\_\_\_\_

Massage/Bodywork Specialties \_\_\_\_\_

New Member  Renewal Member # \_\_\_\_\_

How did you find NANMT?  Web  School  Book  Referral  Other \_\_\_\_\_

I testify that all this information is true and correct. I understand I am responsible for notifying NANMT if any changes in this information occur.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## Membership Type...

Please check the appropriate boxes:

**Active:** (one vote) A license nurse who holds NCBTMB certification or a state license to practice therapeutic massage/bodywork, or has completed a minimum of 500 hours verifiable instruction in massage and/or bodyworks. FEE: \$100 year

As an active member, I am interested in a leadership role within NANMT.

**Student:** (no vote) A licensed nurse enrolled in a massage therapy/bodywork program which will qualify him/her to take a state massage licensing exam, the NCBTMB exam, or a nurse massage therapist enrolled in graduate level nursing program, or a practicing massage therapist who is enrolled in an accredited school of nursing. Please enclose proof of status. Fee: \$55 year

**Institutional Member:** (no vote) A university, college or school of nursing or massage therapy, corporation, or individual business supporting NANMTs goals and mission. Benefits: discounted advertising and exhibit space at conferences. Fee: \$300 year

**Supporting Member:** (no vote) An individual interested in supporting NANMT philosophy and goals Fee: \$75 year

**Elder Member:** (no vote) An individual age 65 or over. Fee: \$65 year

PAYMENT:  Check  Money Order



Please make payable to NANMT in U.S. funds and return completed application and fee to: National Association of Nurse Massage Therapists, PO Box 232, West Milton, OH 45383-0232

NATIONAL  
ASSOCIATION  
OF  
NURSE  
MASSAGE  
THERAPISTS

NANMT Headquarters  
PO Box 232  
West Milton, OH 45383  
Phone: 800-262-4017  
E-mail: info@nanmt.org

WWW.NANMT.ORG

*Hands on Healing...*

ADDRESS CORRECTION REQUESTED

FIRST CLASS MAIL US  
POSTAGE PAID  
WEST MILTON, OH  
PERMIT NO.42

Hertz offers NANMT members special year-round discounts on daily, weekly, weekend, and monthly rentals for business or pleasure; traveling in the U.S. or worldwide. Call 800-654-2210 or visit the Hertz website at [www.hertz.com](http://www.hertz.com). Mention your NANMT code when making your reservation. You must present your Hertz Member Discount Card at the time of rental. It's that easy!



**Advertising Rates 2009**

|           | Single Issue | Yearly |
|-----------|--------------|--------|
| Full Page | \$200        | \$600  |
| 1/2 Page  | \$100        | \$300  |
| 1/4 Page  | \$50         | \$200  |

Newsletter is published quarterly