



# NANMT

# NEWS

Volume 2, Issue 1

Spring 2002

## PRESIDENTS MESSAGE

A greeting to you all as we begin a new year with the challenges and possibilities 2002 has to offer. As the new president of NANMT, I wish to thank you for your support and confidence in electing me to this position. Thanks to former president, Jame Listebarger, for the incredible progress she spearheaded during her term. In the last 2 years we tripled our membership, crafted a strategic plan, and held a highly successful and inspiring annual conference in Charleston, SC. Thanks to Jamie for setting high standards for us all.

Out of NANMT's organizational goal, "To advance the specialty nursing practice of nurse massage therapy", our strategic plan defines six objectives. We need more members to take an active role in bringing about the growth necessary to keep our organization moving forward in each of them. Here are the first two:

Objective #1: Provide the official forum and organization of Nurse Massage Therapists.

To further this objective, NANMT currently needs its East Regional Director and West Regional Director positions filled. Please contact the Association if you are interested in joining an active board that works together to help each department reach its goals. We support each other a lot!

Objective #2: Increase the number of contributing NANMT members.

This takes all of us reaching out to other Nurse Massage Therapists and encouraging them to join. Many NMT's still don't even know we exist, so let's change that.

As a specialized group of nurses, we need everyone's participation and leadership at both state and local community levels to bring awareness and interest to our cause: introducing the value of holistic nursing care through massage to the medical world. If you can identify with this cause, I ask you to step forward and serve. Join your Officers and Board of Directors in representing our dual profession with joy, enthusiasm and conviction. NANMT is here to help us provide optimal care for our clients and mutual support for our fellow practitioners. In the coming quarters, I will outline the other objectives of our strategic plan, and let you know how you can help.

Cam Spencer, President NANMT



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## GIVING OF ONE'S ENERGY AND HEALING

In the aftermath of the disasters on September 11, 2001, the American Massage Association was invited by the northern Virginia firefighters to provide seated massage to firefighters at the Pentagon. Following many frustrating phone calls and planning, another RN and massage therapist and myself drove to Crystal City, VA. And Wednesday, September 19, arriving at 7 a.m. at the Marriott Residence Inn on Army-Navy Drive to volunteer our services for a shift. The command center was in a conference room where we provided I.D. with a copy of birth certificate, driver's license, and MD State license for massage and National Certification paper. Then, we had to wait several hours till we received a 2-hour mandatory training in disaster training by the association. A few hours later we walked about 4 blocks to a tunnel leading into the grounds carrying portable chairs and equipment with a "leader" to a tent where army personnel reviewed our driver's licenses and we were given badges. Next we went to one of two tents, this one close to the site of damage. Viewing this in person was more striking than seeing it on T.V., with office equipment and a computer up on one floor where the building had been cut away by damage from the plane. The two of us went to another tent closer to the perimeter of the grounds and a chain link fence and worked upon several firefighters, giving 15 minute massages to EMT's and firefighters from Alexandria, Arlington, Fairfax counties and Dulles airport. These men had been working for days; 12 hour shifts and still were energetic, positive, but aching and tired. They expressed gratitude in words and nonverbal expressions for our efforts and were relaxed and physically looked relaxed. One gentleman stated during his treatment "This will never happen again", which left me speechless and reflective.

Another aspect that I noticed was that multiple groups of people were working together on this massive task such as the Army, EMT's, FBI, and Police. The entire grounds were filled with tents from AP Hill to free food tents such as two from a Baptist Congregation from North Carolina.

Even though I spent a short time there, it left a great impact on me with many visual scenes that I will not forget, memorable people after a frustrating start. Hopefully, we were there to ease some of their physical and mental aches and pains. They also gave something to me.

From: DEBORAH P. MYERS

**!!! NEW WEBSITE ADDRESS !!!**

<http://www.nanmt.org>

LOOK US UP ON THE WEB

## DID YOU KNOW ???

A BOOK REVIEW by Jamie Listebarger

Andy Bernay-Roman, visionary healer and NANMT's founding president has done it again! Andy's new book, Deep Healing: the Heart, Mind and Soul of Getting Well is a winner! This fascinating book offers outstanding insight into the inner worlds of a highly effective holistic mind/body therapist. Andy, who has spent the last eleven years as the Director of Psychological Support Services at the Hippocrates Health Institute in West Palm Beach, FL draws, on his eclectic background as a nursery school teacher, an ICU nurse, a hospice counselor, a licensed mental health counselor and a professional massage/bodyworker, to produce a book that is a remarkable integration of intellect and experience.

Andy presents his unique mind/body approach to healing which he calls "Centropic Integration" by building on a foundation of topics such as evolution of the brain and psychoneuroimmunology. He concludes that because we are hard-wired to avoid pain by inwardly dissociating from it, we end up unknowingly carrying it around deep within the tissue of our body. He suggests that we mingle fragmented feelings from the past into our present world, all the time recreating circumstances to help those feelings make sense.

Fortunately, Andy believes that imprinted pain is not so hard to elicit. In fact, it's the therapists job to "harvest" these feelings fragments in a therapeutic setting and then, with support, let nature take it's integrative course. As such, he makes the case for the goal of therapy being "an integration of feelings and updating of the body-response from past trauma". This involves a shift from the sympathetic, emergency mode to the parasympathetic, healing mode. With a focus on the senses and the body, often incorporating hands-on bodywork, Andy stays one step beyond the conscious mind and defenses of his client to bring about this shift.

Andy's writing is heartfelt, caring and honest...and funny. It sheds new light on the mind/body mechanics of psychotherapy and the affect that

heart, mind and soul play in recovery from illness.

This is a fascinating book, which nurse massage therapists and anyone interested in mind/body healing will thoroughly enjoy. In fact, when you order a copy, make sure to get at least two so you can share this gem with a friend or colleague!

Deep Feeling, Deep Healing: the Heart, Mind and Soul of Getting Well sells for \$19.95 and can be ordered by calling 1-800-BOOKLOG or order on-line <http://www.atlasbooks.com/00572.htm>

By Leonard S Devidando....and Jamie Listebarger

## ANNUAL ELECTION

Our annual election has been held and the ballots counted and the winners are!!!!

Carroll "Cam" Spencer President  
Cam lives and practices in Charleston, SC

Angela Melton Secretary  
Angie hails from Pearlsburg, VA

Norma Harnack Legislative Director  
Norma resides in St. Louis, MO

Jamie Listebarger was appointed by the Board of Directors to serve the remainder of Cam's Vice-Presidency.

We are pleased to have these fine people on board to work with and to enjoy their contributions to NANMT and our on going goals.

### Deep Feeling, Deep Healing: The Heart, Mind, and Soul of Getting Well

by Andy Bernay-Roman  
LMHC, NCC, MS, RN, LMT

#### DISCOVER:

- how the body's network of mood-altering neuropeptides creates a virtual reality we refer to as "the mind"
- how to apply the thirteen principles of psychoneuroimmunology to achieve balance and wholeness
- how to use the five "invisible factors" of heart, mind, and soul to speed your recovery and keep yourself healthy



ISBN 0-9708662-0-8  
320 pages, paperback  
\$19.95 + shipping

1-800-BOOKLOG

*"...like NLP on steroids, hypnotherapy with eyes wide open, a heart to heart encounter, and a deep massage of the nervous system..."*

—Leonard Devidando, Spectrum Healing Press

Here are some CPT Code related websites sent by Andy Bernay-Roman. They may be of help to those who use them.

<http://65.108.157.126/sample.html> - CPT Coding Made Easy

[http://www.quickcom.net/csom/html/cpt\\_codes.html](http://www.quickcom.net/csom/html/cpt_codes.html) - CPT Codes

<http://www.neumed.com?CPTCodes/cpt.htm> - Reimbursement Codes

<http://danke.com/Orthodoc/cpt/html> - Treatment Codes for Massage Therapy



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EDITORIAL NOTES FROM OUR FOUNDING PRESIDENT

Congratulations to Jamie Listebarger and Norma Harnack for getting accepted into the Johns Hopkins End of Life and Palliative Care nursing education program! It means a lot to NANMT in the big picture of things. This new role of NANMT's might just provide the wedge we've been looking for to convince the nursing boards in all the states to fully acknowledge massage as a nursing intervention. This will in turn bring the hands-on approach into a much more credible light in nursing, and beyond that, through the endorsement of insurance programs that reimburse nursing care, help it emerge more into the mainstream of the wider medical world. Can" you feel it? NANMT" goals are getting more palpable. We've come a long way over the years to establish ourselves as a bona fide nursing specialty, and I feel the whole process rising to a point of critical mass. The past efforts of many dedicated NANMT players, the proper alignment of the times, and active support from your colleagues, all add up, Jamie and Norma, for you to carry our high-touch mission to places we've only dreamed of. Godspeed!

By Andy Borow Roman, DNMS, LMT

- B. Provide information regarding NANMT to potential members.
- C. Facilitate recruitment of new members.
- D. Provide a resource to support current NANMT members.
- E. Collaborate with the Regional Director regarding member Questions and concerns.

3. CURRENT PRACTICE ISSUES:

- A. Be aware of regulations and issues that pertain to the practice of Nurse Massage Therapy in your state.

The above is provided for your information so that you will know what is involved in becoming a State Representative. We hope that YOU will join us.

**REMEMBER**

**SEPTEMBER, 27 – 29 2002  
NANMT  
ANNUAL CONFERENCE**

**BEMIDJI, MN**

Our annual conference this fall will be held at Concordia Language Villages in northern MN. Come see the fall colors and enjoy the wonderful hospitality of Concordia. Eat Vegetarian if you like, network with old and new friends and get CE's for both massage and nursing at the same time. More information will be available in the summer newsletter and a special mailing. We at NANMT are going places and we'd love to have you come and join us.

## STATE REPRESENTATIVES

We have these state reps currently serving:

Paulette (PJ) Lepine of South Carolina  
Karen Mader of Minnesota  
Holly Casey of Washington  
Sharon Burch of Hawaii

They all may be contacted through [simpson@nebi.com](mailto:simpson@nebi.com) and e-mails will be forwarded to them.

### ----- Advertising Rates 2002

	1X	2X	4X
Full Page	\$425	\$750	\$1325
_ Page	\$250	\$450	\$800
_ Page	\$140	\$250	\$450
1/8 Page	\$75	\$135	\$250
Business Card	\$50	\$80	\$160

This newsletter will be published quarterly on Jan. 30, Apr. 30, July 31, and Nov. 30. Requests for ads, articles, or suggestions for inclusion, must be submitted one month prior to publication. Correspondence should be addressed to:

NANMT  
P.O. Box 267  
The Dalles, OR 97058

Printing of this issue is being provided by:



Mid-Columbia Medical Center was the first hospital in the United States to implement the Planetree philosophy of patient-centered care, hospital wide. Over 400 hospitals from throughout the United States and as far away as Japan and New Zealand have sent representatives to study MCMC.

The Planetree philosophy promotes humanizing, demystifying, and personalizing healthcare in order to facilitate healing and promote individual responsibility for health. MCMC has received national recognition in Bill Mores acclaimed "Healing and the Mind" series as well as articles written in such diverse publications as Hospitals, Prevention, and Consumer Reports.

A recent LA Times article notes, "leading healthcare experts say Mid-Columbia offers lessons for hospitals large and small with its emphasis on patient education, preventive care and medical approaches that emphasize the emotional as well as the physical aspects of healing".

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## CONGRATULATIONS NANMT

The Johns Hopkins Institute for Nursing announces that NANMT has been selected to participate in the Nursing Leadership Academy for End of Life Care that will be held in Baltimore in August.

Jamie Listebarger RN, BSN, CMT and Norma Harnack RN, BSN, CMT have put together a proposal that was accepted by Johns Hopkins for the Academy. It is named as follows:

### A PLAN TO ESTABLISH EFFECTIVE PAIN MANAGEMENT THROUGH THE INTEGRATION OF NURSE MASSAGE THERAPY PRACTICE INTO REIMBURSABLE HOSPICE SERVICES

NANMT's goal in this project is to create a paradigm shift in the delivery of palliative care services, thereby making it financially feasible to integrate NMT into existing hospice nursing services. Creating this change to include NMT as a usual and customary nursing service will ultimately change and profoundly improve the quality of care available to families receiving palliative care services.

This is an exciting leap forward for NANMT and we will keep you informed in the coming months. There may be opportunities for member involvement. If you are interested in this project, please let us know.

1-800-262-4017      nanmt.org      simpson@nebi.com

### NEWSLETTER BY E-MAIL !!

Let us know if you would like to receive your newsletter by e-mail. You can e-mail me at:

[Sallyb42@gorge.net](mailto:Sallyb42@gorge.net)

## HOSPITAL BASED

### MESSAGE NETWORK

**HBMN.com** is alive and well on the net. Our good friends there have provided us with the remaining printed copies of back issues of their quarterly newsletter. Issues are available as follows in limited quantities:

One of '95-96 issues, first 6 newsletters @ \$15.00 and 11 '95-'97 @ \$25.00 and 3 '98-2000 @ \$25.00. Mail orders to: NANMT  
P.O. Box 267, The Dalles, OR 97058

HBMN website will continue to provide a Message Board, a Links Page, a Hospital Program Survey, and a Colleague Survey online. Also available are 3 publications from HBMN and these are available through Information for People at 1-800-754-9790 or online at [www.info4people.com](http://www.info4people.com). Check it out. There is lots of help out there for those wanting to integrate massage into the mainstream medical establishment.

## NANMT CONTACT INFORMATION

**1-800-262-4017**

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GRAND ISLAND NE 68801**

**<http://www.nanmt.org>**

NATIONAL ASSOCIATION OF NURSE  
MESSAGE THERAPISTS

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POSTAGE

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