

NANMT NEWS

"We Know the Power of Touch"



Inside this issue:

Massage Ther-
apy Foundation
Elects Two 3

Working with
Awareness 4

nutritionDay in
the U.S. 5

NCBTMB vs
Florida Board
of Massage 6

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"Keep the Fire Burning" Message from The Founding President

As the founding President and with 22 years of involvement with the inner circle of NANMT under my belt, I have finally decided to resign from the NANMT Board. Although I love and totally support the vision and purpose of the organization, I have decided to let go of Board-level involvement. So I'm writing to say thank you, and to tell you a few good stories.

I first thought of creating an organization for nurses who've been trained in massage when I was working the night shift in the ICU at St. Joseph's Hospital in Atlanta, and attending the Atlanta School of Massage in the afternoons before work. That means for months at a time, sometimes after giving or having been given one or two massages before my shift, I'd go in to the hospital stoned on an endorphin high! I loved it, and immediately started sharing my new knowledge with my friends and colleagues at St. Joseph's.

Something big clicked for me: I know the power of touch! And I want everyone else to know it too. I was on fire! I rubbed by patients' feet and watched their capillary wedge pressures normalize before my eyes. I rubbed their sore backs and limbs and watched them relax and sleep where even morphine hadn't brought relief. I did healing touch treatments like unruffling my patients' energy fields and saw them stop bucking the respirator for the first time in hours. I was on fire. I know the power of touch!

To formalize this new blend I was experiencing into some sort of organization made sense to

me for two reasons: nurses need to know how cool massage work is, and how well it fits with the hands-on ethos of nursing, and secondly, I wanted to have some sort of nursing specialty credentials that could justify my using more hands-on with my patients.

So I invented the Georgia Association of Nurse Massage Therapists, wrote a newsletter, printed up brochures, and started spreading the word. Serendipitously, within a week I met Ann Eaton, LPN, and Jerry Weinert, RN, both nurses trained in massage who worked in my hospital! They immediately joined GANMT, and we were a bone fide organization!

Two weeks later I attended a public forum in The Atlanta School of Massage. An audience member posed a question to the panel of experts about the medical acceptance of massage. One of the panel members, someone from out of town that I'd never met before, commented, "Why, massage is so well received by the medical community, there's actually a state organization of nurse massage therapists. Have you heard of it?" Wow! The next week we received our first application for membership in the mail-- from out of state! (I still don't know how that nurse found out about us). Then perhaps a few months later, the fateful and favorable article about us in *Massage Magazine* that catapulted us onto the national scene. Before too long the GANMT was transformed into the NANMT.

I learned something: build the field and they will come. And they came. Our membership



grew rapidly, and each new member shared her excitement to discover us. We were all on fire!

In the last twenty-two years NANMT has made a good difference. We've had a lot of press promoting the benefits of massage. We provided the background information and backup for a Nurse Massage Therapist sued by the Physical Therapy Board in New Jersey, for practicing PT without a license, that helped her prevail, and elicit a judge's ruling that massage was indeed within the scope of nursing practice. We've received written confirmation of that from many state Boards of Nursing. NANMT joined NFSNO and NOLF (now joined into the NOA--Nursing Organization Alliance), establishing nurse massage therapy as a nursing specialty, just like IV nursing or enterostomal nursing. We've lobbied state legislators with our literature, and with our hands, and helped change the laws. We massaged delegates at the Democratic National Convention, promoting nursing agendas. We established the Vital Touch Task Force at St. Joseph's Hospital, promoting a hospital-wide high-touch agenda, and have influenced hospital-based massage

(Continued on page 2)

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things out.***

Keep the Fire Burning

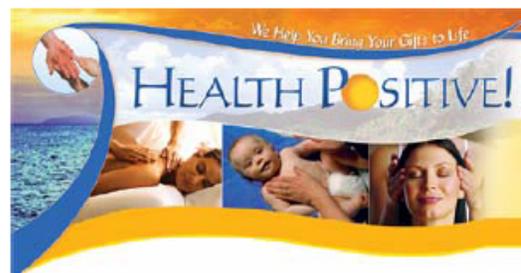
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programs across the country. We've networked together through our publications and our conventions, which were so fun and high that we rode on that good energy alone for weeks! NANMT is at its best when its membership is on fire.

Which leads me to my final message in this little article: thank you! Thank you to the present and past Board and committee members and Executive Directors, for your good efforts to bring forth and promote such a good vision of high-touch in health care. I like

to think of NANMT as a high-touch organization, consistently adding the extra touches to keep contacts personal and warm, even when we're working things out. It's not always easy. NANMT has had a rocky history at times, almost collapsing at one point, or actually being resurrected from the dead! But the goodness and the rightness of the vision and purpose and goals of NANMT made it worth fighting for and giving energy to revitalize. Thank you to all NANMT members for being rebels or pioneers, and for supporting the larger organization.

I say: keep the fire burning! Nurse Massage Therapy blends such good elements: the thoroughness of the nursing process and the intuitive somatic intelligence of massage, in a way that can further both. But especially as a natural inroad for massage in the health care world. NANMT can take loving touch places that it couldn't otherwise go.

I invite you to step up your participation, and to ignite and direct your passion for what you love. You too, know the power of touch.



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MASSAGE THERAPY ELECTS TWO NEW TRUSTEES

The Massage Therapy Foundation welcomes Karen Boulanger (CA) and Clifford Korn (NH) to their Board of Trustees for terms starting March 1, 2008.

Karen Boulanger, NCTMB, MS, PhD (cand) of San Jose, California has been a nationally certified massage therapist since 1999. Her career has included massage therapy, holistic health, education, and public health research. She is currently the Practice Section Editor for the Foundation's new online journal, the International Journal of Therapeutic Massage and Bodywork. Boulanger has also served as a volunteer on several committees for the Massage Therapy Foundation, including the Community Service Grant Proposal Review Committee

and the Research Synthesis Workgroup. She is a PhD candidate at the University of Iowa, studying community and behavioral health.

Clifford Korn, LMT of Windham, New Hampshire is a full-time practicing massage therapist and owner of Windham Health Center Neuromuscular Therapy LLC, Windham, NH. He is nationally certified in therapeutic massage & bodywork and is licensed as a massage therapist by the states of New Hampshire and Florida. Korn is a past-president of the New Hampshire chapter of the American Massage Therapy Association, is a member and lecturer for the Health Resources Committee of the Greater Salem (NH) Chamber of Commerce, and is a former member of the New Hamp-

shire Department of Health and Human Services' Advisory Board of Massage Therapists. He is a past Chairman of the National Certification Board for Therapeutic Massage & Bodywork, and has served the profession for seven years as Editor of Massage Today. He is also an inductee of the 2009 Massage Therapy Hall of Fame. Korn is a former member of the Massage Therapy Foundation's Advisory Council and also serves as a volunteer on the Foundation's Development Committee.

The Massage Therapy Foundation would like to thank outgoing Trustees Doug Alexander (ON, Canada) and Albert Moraska, PhD (CO) and for their many contributions to the board.



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.

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

If you care about living from this place of grace, you might ask how we can turn off this noisy, demanding mind that blocks the voice and experience of God's love and guidance.



Dawn Fleming is a holistic health practitioner, teacher, and author. She has developed two home study courses that provide CE hours for both nurses and massage therapists entitled *Creating a Successful Holistic Health Practice* and *Chakra Empowerment: 24 Days of Transformation* which can be ordered on her website at www.energytransformations.org

Working with Awareness

Would you like to feel empowered to reduce stress or make your life more manageable – even enjoyable or peaceful? We can shift our perspective of our life as well as harness some extra energy to sustain and support us on all levels.

Working in nursing and massage therapy can be demanding taking care of the diversity of needs of management and patients. If we look at our typical day, we rush out of bed in the morning and our mind goes on automatic pilot, telling us what to wear, where we need to go, and runs through the to do list before we have reached our first destination – the bathroom. For those of us who have not yet reached enlightenment, our mind runs us and sometimes consumes us with worry, fear, doubt or guilt, just to name a few.

By mid-day we are exhausted from the feelings of being overwhelmed by all the places that our mind has already taken us for the day – OMG the stock market is falling again, I will never be able to retire; OMG, gas prices are going up, I better not go on vacation; OMG, when will this zit go away, maybe it is an abscess or cancer. We are at work and our mind is everywhere else but work, tuning us into all types of scenarios about our family, friends, stock market, etc. that most likely will never happen. Although these issues may be important to us, if we respond with anxiety we block ourselves from receiving the solutions.

I am very grateful to Wayne Dyer for his first book entitled *Your Erroneous Zones*. In this book he gives all of us permission to let go of guilt and worry – two useless emotions.

He noted that guilt serves no purpose at all and makes us feel bad about ourselves and allows others to control us. Worry is energy wasted on something that most likely will never happen. After reading his wise words, I was able to free myself from the chains of these useless emotions.

Whatever our mind plays host or hostess to impacts our ability to access wisdom, Spirit, Divine guidance, and grace, our I AM Presence. If our mind is full of stuff – OMG! then we tune out Spirit's voice of reason, guidance, and grace. We make the choice not to experience Spirit's love and wisdom, which is what being here is really all about.

OMG!

If you care about living from this place of grace, you might ask how we can turn off this noisy, demanding mind that blocks the voice and experience of God's love and guidance. Awareness is the answer. Develop an inner awareness by paying attention to the mind's rumblings. Not being emotionally controlled by the mind, but just sitting in awareness of the dialog that is occurring. Once you realize that most of the dialog that is going on is not truth, you can begin to tune into and move into the higher realms of truth – aligning and attuning to what truly serves you and your higher purpose.

Next, you make the decision to continue to tune out the mind chatter and to tune into these deeper connections. I liken this tuning into the higher channels as if you are changing your television station to access the premium channels. You released the mind and awaken your awareness (which is aligned in this higher space and has replaced the mind's function). Your awareness now guides you into accessing the premium channels – your Spiritual side. Your awareness quiets the mind's agendas that distract you from the truth with all the OMGs! and leads you into a dialog and experience with Spirit. Activating awareness brings a deep sense of peace with whatever is occurring and provides the inner and outer parts of you resources to address all that life offers. By tuning into the premium channels of Spirit, our balanced emotions feed us energy and support longevity.

So when you wake up tomorrow, you can choose to tune right into station WSPIRIT instead of OMG and listen to what your wise self has to say about your mission for the day. Tuning in here will also provide energy for the day ahead. You can tune into a peaceful and harmonious side of you and begin your day experiencing grace and expecting more grace and Divine guidance throughout the day. I think this is what we call living in Bliss, Zen, Enlightenment, Ascension, Awake or just higher awareness. Everyone has this capacity to change the channel from the worry station OMG to WSPIRIT and experience a better quality of life that supports our purpose.

nutritionDay in the U.S.

A joint initiative of the nutritionDay- Global Team supported by the American Society for Parenteral and Enteral Nutrition (ASPEN) has declared November 5 as nutritionDay in the U.S. nutritionDay addresses improved patient safety and quality of care by raising awareness and increasing knowledge about disease related malnutrition. They see this as an annual

benchmarking of patients' nutritional status for all hospitals with the goal of minimizing disease related malnutrition in U.S. hospitals. While the health care industry focuses mainly on the increasing incidence of obesity, the prevalence of hospital malnutrition is equally alarming. Studies have documented the breadth and severity of undernourishment in hospitals for nearly 30 years.

They reveal that up to 55% of hospital patients are undernourished or at risk. Many have found that it is a variable associated with poor healing, higher complication rates, as well as higher rates of morbidity and mortality and ultimately higher costs to healthcare.

www.nanmt.org/nutritionday.pdf

It's one day data collection takes place on ones scheduled day by all participating hospitals in the United States.

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Register at www.energytransformations.org/workshops.html or call Dawn Fleming, Director, 480-456-8904. Questions can be addressed to reikidawn@yahoo.com or by phone.

Both courses are a continuing education nurses activities approved by the American Holistic Nurses Assoc. (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

New and Returning Members

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

New Members

Lynda Larvie Billings, MT
 Lora D Matos Savannah, GA
 Sharon Mitchell Upper Darby, PA
 Joyce Paragas Philadelphia, PA
 Maria Luisa Ramos-Perez Rolling Meadows, IL
 Georgette Vachon Colchester, CT
 Cassandra Williams Bronx, NY

Welcome Back!

Jeanne L. Brinkley Baltimore, MD
 Dennis E. Hart Columbus, OH
 Eleanor McClelland Ledyard, CT



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.

new members



National Certification Board for
Therapeutic Massage & Bodywork



Christine Bondurant serves as an Associate Editor for *Massage Today*. Published in the June/2009 issue of *Massage Today*, www.massagetoday.com

NCBTMB vs. FL Board of Massage Therapy Lawsuit Settled

In late April, swarms of massage therapists, massage school owners, spa owners, and representatives from major massage therapy associations descended upon the Crowne Plaza Universal at the Florida Board of Massage Therapy meeting. They were all there with one issue in mind: the settlement terms of the lawsuit brought on by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB).

It all started in 2007, when the Florida Board proposed amendments to the language of the examination requirements under Rule 64B7-25.001 (see <https://www.flrules.org>) that would allow for a new application for licensure, and ultimately replace the NCBTMB exams with the Massage and Bodywork Licensing Examination (MBLEx). Nearly six months later, the NCBTMB fired back with a lawsuit (NCBTMB, Inc. vs. Department of Health, Board of Massage Therapy, Case No. 08-2604RP; Rule No. 64B7-25.001), and the two boards have been tangled in the ongoing saga ever since, until now that is.

At the meeting, only the parties involved in the lawsuit were allowed to speak. Both the Florida Board and the NCBTMB stated their cases, while the Federation of State Massage Therapy Boards, the MBLEx creator, spoke as an "intervener" in the case. No one from the audience was allowed to speak. While the exclusion was unusual and caused some disapproving chatter in the audience, it was technically legitimate since the meeting was never announced as "public;" a move which may have been an effort of crowd control.

Finally, with encouragement from the Department of Health's attorney, the Florida Board agreed to the settlement terms announced earlier this year.

As reported in March, the NCBTMB released a late January statement discussing these terms: "The Florida Department of Health, Florida Board of Massage Therapy and the National Certification Board for Therapeutic Massage & Bodywork, Inc. (NCBTMB) are pleased to announce that the

parties will present settlement terms to the Board that will likely resolve the administrative challenge to Rule 64B7-25.001, FAC. The compromise, when fully implemented, will allow for two approved massage therapy examination providers in Florida: the NCBTMB and the Federation of State Massage Therapy Boards. Under the terms of the proposed agreement, counsel for the Florida Board of Massage Therapy will bring a proposal back before the Board at its April 2009 meeting to approve both examinations.' Note: The Florida Board will still have to approve the agreement in principle at its April 2009 meeting."

The Florida Board did approve the agreement and under the settlement terms, they will accept both the MBLEx and the NCBTMB exams for a two-year period in which the case may not be revisited, meaning the MBLEx and NCBTMB exams will be administered for licensure and certification without opposition. The Florida Board plans to amend the language soon permitting the MBLEx to be administered within the next few months.

16 hour Trigger Point Therapy Workshop

A 16 hour Trigger Point Therapy workshop will be held on Friday & Saturday, May 29 & 30, 2009 from 8:00am - 5:30pm at Mercy College of Northwest Ohio. The instructor will be Van Robison, LMT, NCBTMB, Certified as a Myoskeletal Trigger Therapist. This conference has been accepted for 16 CE Hours. Course fee of \$299 includes a Self-Treatment Handbook with Therapists' Companion by Van Robison. Register on-line at <http://>

mercycollege.augusoft.net or call 419-251-1799. Mercy College (OH-183/11-1-09) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Mercy College is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a

continuing education Approved Provider.



Membership Application...

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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
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