

NANMT NEWS

"We Know the Power of Touch"



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A Review of an Excellent Book

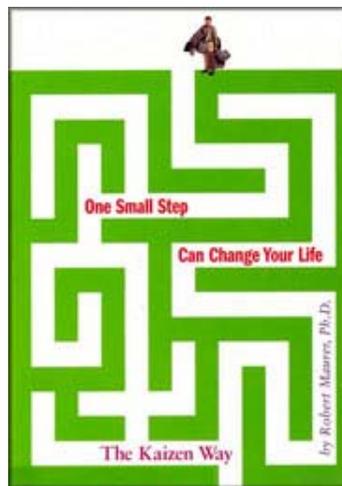
Recently I received an email about a book entitled, One Small Step Can Change Your Life: the Kaizen Way, by Robert Maurer, Ph. D. Now that title enticed me to check it out, and I ended up buying it. I am very glad I did!

I don't know about you, but I have a few areas in my life in which I procrastinate doing things. Three of my biggies are working on clutter, losing weight, and exercising. Interestingly, one article I read a few years ago said that by uncluttering, one would lose weight. That makes sense to me on an energetic level since the outer world is a reflection of the inner world, and vice versa.

The book by Maurer compares two ways of making changes in one's life. One way is by taking more drastic steps to make changes. The other way is by taking very small steps. The problem with the first way for so many people is that drastic changes and drastic steps often tend to evoke fear, which awakens the amygdala. This part of the brain, when it perceives a threat, shuts down nonessential functions, from the viewpoint of the fight-or-flight reaction of the body. A third way for dealing with fear, if the threat can't be fought or fled from, can be paralysis. Procrastination can be a form of emotional paralysis. The perceived largeness of a project or of an envisioned change can, thus, awaken the amygdala and evoke emotional paralysis, in which little or no

action is taken at all on an ongoing basis.

Maurer suggests another way to solve problems without awaking the amygdala. It is by taking such small (even tiny), comfortable steps in the direction of the change that a person wants to make, that the higher cortical areas and creative areas of the brain remain open. Now to the ego, the nonthreat-



ening questions one asks and the ensuing tiny steps that are actions to take *this* day in the direction of the desired change may seem utterly preposterous because they don't amount to a hill of beans, the ego would say.

Actually my creative, intuitive part has suggested to me over the years- when I have felt calm and relaxed- to take tiny steps in the direction of the change I wanted to make, but I would succumb to the ego's critical voice, and then would continue

with nothing being accomplished. Maurer's book has helped to give me permission to thumb my nose at my ego's insistence on doing things its way in this area of my life.

I am sure that the reader is asking similar questions that my ego has asked or is raising objections to the notion of taking tiny steps. After all, if only tiny or ridiculously small steps are taken, it will take way too long to finish the project. It is mainly for *that* reason that I succumbed to my ego's rational explanation. The thing about the ego that Maurer says, in so many words, is that the cognitive functioning is much more limited in its knowledge level than the ego thinks it is. The creative, intuitive aspect knows so much more and/or is connected to fuller sources of knowledge much more easily than the cognitive aspect of our ego is. The creative, intuitive aspect can be counted on to keep on working on the situation so that it won't take forever to accomplish the envisioned goal. In addition, enthusiasm and confidence increase as one builds on many small, even tiny, steps of success. The enthusiasm and confidence help to transform the formerly daunting nature of the project into one that feels less and less daunting, and a person then becomes/feels more and more able to take larger and larger steps.

Now how does this book with its content tie in with the National Association of Nurse Massage

(Continued on page 2)

The book compares two ways of making changes in one's life. One way is by taking more drastic steps to make changes. The other way is by taking very small steps.

A Review of an Excellent Book (con't)

(Continued from page 1)

Therapists and its members' interests, you may be asking. Well, first let me ask you some questions that I would like you to consider answering. The answers you come up with, if they involve small, even tiny steps, are the ones I would like you to consider doing. For example you might ask yourself, what is one small sounding idea that I can think of today that could, in a tiny way, benefit the organization? Now remember, you don't even have to send in the idea on the day you think of it. Just *think* of one tiny idea, one tiny suggestion, that you'd like to see NANMT do that it hasn't done or that it might do in a different way. *If no answer comes to mind in a comfortable period of time that you have designated*, such as in three minutes, for example, *just continue asking the question on the next day and the day after that until an answer does come. If the answer you come up with sounds stupid or ridiculous or too small or preposterous to your ego or your critical self, then you are on the right track. Those are the ones we especially want to hear about.* Sending the ridicu-

lous, small, preposterous, or stupid sounding idea by email might be another tiny step to do on a *different* day. Another example is, what one photo from my nurse massage therapy practice might I want to send to NANMT for its website? If I don't have a photo from my nurse massage practice, what kind of photo from my practice might I *like* to send in? Taking the photo or sending the photo in on a *different* day might be another small step to take. Another example is, what is one idea in one minute that I can think of today that I feel passionate about that ties in with nursing and/or massage? On a *different* day, you might ask yourself, what is one tiny step involving three minutes that I can take today on behalf of that passionately felt idea that ties in with nursing and/or massage? I am sure you can come up with your own questions involving small steps that feel comfortable to you time-wise and energy-wise on a particular day.

In summary, I heartily recommend Maurer's book. Perhaps, the book could be condensed because it does repeat the

same ideas in many ways. It is replete with examples from various walks of life. Personally, however, I find the repetition and the many examples that flesh out the ideas to be especially helpful. I hope you will consider reading it and using its information for your personal and professional benefit and for the benefit of NANMT.



Deb Vierling has her masters degree in Adult Psychiatric/Mental Health Nursing and has practiced in that field for more than 30 years. She has been a massage therapist for 7 years and has practiced therapeutic massage in a doctor's office for nearly as long. In addition, she has her own business entailing massage and spa services. She is, also, the NANMT Treasurer.

Massage Therapy Foundation Conference—May 13-15

Translational Research in massage therapy is focus of conference "HIGHLIGHTING MASSAGE THERAPY IN COMPLEMENTARY AND INTEGRATIVE MEDICINE RESEARCH" hosted by the Massage Therapy Foundation, May 13-15, 2010 at the Red Lion Hotel in Seattle, Washington

This three-day conference will bring together massage and manual therapy practitioners,

educators, CIM researchers, allied health professionals, and others interested in massage research. Current research related to massage and manual therapies will be presented, with a special focus on translational research and public health.

Seven world-renowned researchers and clinicians in the field of integrative health care

will give keynote presentations at "Highlighting Massage Therapy in Complementary and Integrative Medicine Research," hosted by the Massage Therapy Foundation. The three-day agenda, which focuses on translational research and public health, also includes two panel discussions, sixty research presentations and posters, and innovative experiential workshops.

MAY 13-15, 2010, SEATTLE



Highlighting
Massage Therapy in CIM Research

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



Drexel Posts Call for Nominations for Bayada Tech Awards

Drexel University College of Nursing and Health Professions (CNHP) announces the seventh annual Bayada Award for Technological Innovation in Nursing Education and Practice. The award, sponsored by brothers Mel and Mark Baiada, recognizes the importance of incorporating technology in nursing for better patient outcomes. Applications are being accepted now.

Two \$10,000 cash awards will be presented. One goes to a nursing educator whose innovation leads to improved stu-

dent clinical competency or more efficient curriculum delivery. Another is awarded to a practicing nurse whose innovation leads to improved patient care. Judges will consider the inventiveness and impact of the technology, which must be in use six months or longer. A blind judging will be performed. Applications are due by April 30, 2010 and can be found at the link below. Resubmissions from previous years are welcome.

"We are proud to sponsor this award and recognize the vital

contributions of nurses through technology," said Mark Baiada, Founder and President of Bayada Nurses. "Innovation that focuses on nursing education and practice can have a lasting impact on the field of nursing and ultimately provide a better quality of life for the people that nurses serve."

Winners will be recognized at the Drexel University Nursing Education Institute in Myrtle Beach, S.C. on June 22, 2010. The winners must be present to accept the awards; travel expenses will be paid.



www.drexel.edu/cnhp/bayada/bayada_award_form.pdf

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fairly frequently.**



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; www.energytransformations.org/workshops.html

The Energy of Success - Aligning With Greatness

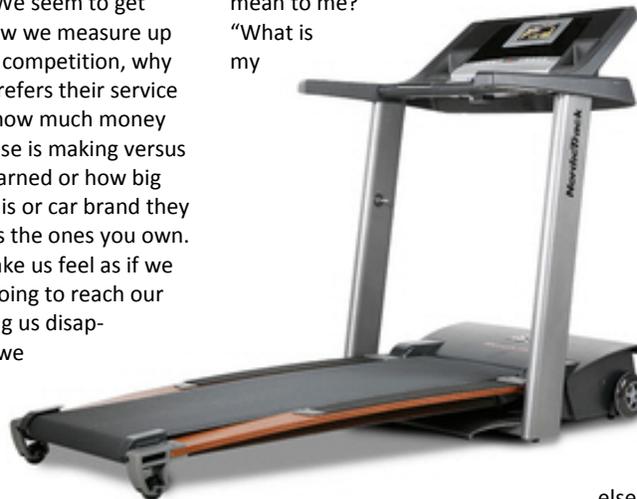
Everything has energy. Even our words and thoughts have energy. They too create a response in the outer world. The need to compare ourselves or measure up to others creates a profoundly negative energy that affects our ability to succeed. Aligning with our Greatness requires that we release this need to compare.

Somewhere we learned to judge our success by comparing ourselves to others whether it is how our holistic health practice is doing compared to someone else's or how busy "they" seem to be versus how busy I am. We seem to get stuck on how we measure up against our competition, why someone prefers their service over ours, how much money someone else is making versus what you earned or how big their home is or car brand they drive versus the ones you own. This can make us feel as if we are never going to reach our goals leaving us disappointed as we strive to be like someone else instead of being Yourself.

Comparison creates the energy of frustration, discontentment and letdown polluting your path with an energy that drains you from the life force necessary to create success. We compare ourselves to others even though our needs and desires are different from those we compare ourselves to. Spending useless time comparing apples to oranges takes us further away from reaching our real goals.

This tread mill of measuring up to others' definition of success

is never ending. It creates an energy of lack and judgment. Untangle yourself from this sticky web that keeps you trapped in someone else's definitions by stepping out of the energy of comparing. Right now release that negative mindset that continues to create limitations for you and your growing practice. Your success is all about You, not them. Let's align with Your inner Greatness that is naturally a part of Your make up. Minus comparison, now focus on your inner strengths that fire your success engine. Begin by asking yourself, "What does success mean to me?" "What is my



ultimate image of how success looks in my work life, home life, and relationship life?" "What are my strengths?" "What is unique about me and what I have to offer in my holistic health?" "What areas do I need to improve and what resources are needed to help me to improve in these areas?" "How can I effectively use my inner and outer resources to reach my goals?"

Count your past successes. Acknowledge them and smile. Align with the Greatness that is

uniquely you. Let the energy of these successes stoke the internal fires to energize you to move forward.

Make sure that you are being realistic with your goals based on where You are, the energy that You are investing toward your goals, and the amount of energy needed to accomplish your goals. Leave timelines open. Pressuring yourself with strict timeframes compresses energy and can drain you of the valuable energy that you need to accomplish your goals.

YOU are an incredible brilliant and creative person. Release the need to compare, measure up to, or judge yourself. This will free up your energy and allow you to express your gifts, wisdom, and creativity that are uniquely you. Success will define itself in its own distinctive way, which may not look like anything that anyone else is doing.

The world around you is constantly changing. Therefore, you must continuously evaluate your goals and change accordingly. The energy of Greatness is within you and is waiting for an opening to be released into all areas of your life. You can open that door now and align with this Greatness or continue to wait another week or year as you look to others to define you. Answer the call for Success by aligning with the energy of Greatness within.

Certified Educator of Infant Massage Training (CEIM)

ASIS is offering an August parent education program based on family strengths using nurturing touch & massage to promote the physical and emotional well-being of babies & young children. Parent instruction occurs in small parent-baby classes, in private sessions or in community parenting programs. Certified Education of Infant Massage Trainings (CEIM) are open to LMTs,

Nurses, Occupational Therapists & is accredited through NCBTMB, CA Board of Registered Nurses and AOTA. Requirements to become a **Certified Educator of Infant Massage (CEIM)** include participation in the four-day workshop, and completion of a home study course which involves practice-teaching with five parents and successful completion of an open-book,

written exam.

Instructors: Deanna Elliott, International Trainer & Documentary Film Producer. Deanna has been training in Infant Massage for 28 years. Olga Morris, Family Nurse Practitioner, Nationally Certified Massage Therapist. Olga brings twenty years of clinical medical practice and application.



www.asismassage.com/continuing-education-massage-therapist/arizona-workshops

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LEARN IN THE COMFORT OF YOUR OWN HOME-WORK AT YOUR OWN PACE

Creating a Successful Holistic Health Practice—15 contact hours for nurses and massage therapists. Learn both the inner and outer work to creating a successful and satisfying holistic health practice. Includes manual, 3 workshop CDs, 1 –CD with 4 meditations & handouts.

Chakra Wisdom—24 Days of Transformations—24 contact hours. Want to **slow the aging process**, feeling overwhelmed by life, or facing some physical challenges—Chakra Wisdom is a very personalized program to get your energetic body into shape to support physical, emotional, and spiritual health. This course answers “what can I do to create health and well-being.” Includes manual and CD with 3 meditations to support your transformation process.

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

*Creating a Successful Holistic Healing Practice is a continuing education nurses activities approved by the American Holistic Nurses Assoc. (AHNA), an accredited approver by the American Nurses Credentialing Commission on Accreditation. Chakra Wisdom is currently being reviewed by AHNA. NCBTMB approved.

New and Returning Members

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

NEW MEMBERS

Terri Elliot, RN NCBTMB, Milan, IL
Alicia Gapstur, LMT, Yarmouth Port, MA
John D. Grayson, RN LMT, Johnson City, TN
Sinthea Hunt, RN LMT, Albany, OR
Stephanie Rollins, RN, Atlanta, GA
Deborah Rosler, RN LMT, Oxford, CT
Laura Simpson, RN MT, Manassas VA
Heather Wahanik, RN, Kimberton, PA

WELCOME BACK!

Iris Gushikuma-Seino, RN CHPN CHTP LMT,
Mililani Town, HI
Joanne Frayne, RN NCBTMB, Saluda, NC
Linda Bowsman, RN NCTMB, Albany, OH
Jeffrey J. Budzek, RN LMT CMT, Northampton, PA
Sarah G. Donly, RN LMT, Hollywood, FL
Annabelle J. Marshall, RN LMT, Columbus, OH
Arline Reinking-Hanf, RN LMT, Alto, MI

If you want to contact one of these new members, please visit the member public referral section or the member section. If you would like a listing mailed to you for those members in your state, just let us know call 1.800.262.4017 or email info@nanmt.org.

new members

What people who survive strokes may need most from us is not found in any kind of therapeutic technique or approach. It's found in our ability to show up and be real in our caring.



Ann Catlin, LMT, OTR has more than 30 years experience with elders in facility care, persons with disabilities and the dying using both her skills as a massage therapist and occupational therapist. She is the executive director of the Center for Compassionate Touch LLC, an organization that provides Compassionate Touch training for massage therapists and other health professionals and consulting services for elder-care and hospice organizations. Published in the March/2010 issue of *Massage Today*,

Communicating With Stroke Survivors: What Matters Most?

It is likely that at some point, someone you know - a grandparent, parent, sibling, friend, neighbor or client - will suffer a stroke. It is one leading cause of long-term disability in the United States. I've met literally hundreds of stroke survivors while working as an occupational therapist in rehabilitation programs, and my grandfather suffered a stroke when I was a child. Even though I've had all this experience, the one thing that stands out as challenging, yet critically important, is communication. The topic of stroke, or cerebral vascular accident, is very complex, and people who suffer a stroke commonly experience physical, behavioral and communication effects.

The focus of this article is communication, so it's important to have a basic understanding of what happens during a stroke that leads to serious communication impairment. The term stroke refers to a situation that occurs when blood flow to the brain cells is interrupted. There are basically two types of stroke. An ischemic stroke is when an artery becomes blocked by a blood clot, depriving cells of oxygen. About 83 percent of strokes are ischemic. Hemorrhagic stroke is when there is actual bleeding from the arteries into the brain tissue, accounting for about 17 percent of all strokes. The resulting functional impairment or disability following a stroke depends on the location of the vascular lesion in the brain. Speech and language is a function primarily of the left hemisphere of the brain,

so when the stroke occurs in the left hemisphere, communication - the ability to speak, understand, read and write - will possibly be affected. The extent is determined by the severity of the damage to the brain.

This brings me to the point I really want to make. What does the stroke survivor experiencing communication disorders need from us? I know what my own observations tell me, but I wanted to see what others say about it so I set off to find out. In the process, I found a jewel of an evidence-based report called "The Psychosocial Spiritual Experience of Elderly Recovering from Stroke." The elders recalled that the early period following the stroke was terrifying. Connection with others was important in recovery, and communication difficulties led to feelings of isolation. They stressed that the work of recovery requires a great deal of physical and psychological effort, and that hope and inner strength were important.

Aphasia is one common communication disorder associated with stroke. It affects the ability to use or comprehend words. It might cause difficulty:

- Understanding words
- Finding the word to express a thought
- Understanding grammatical sentences
- Reading or writing words or sentences

Jill Bolte Taylor, PhD, was a 37-year-old neurologist when

she suffered a massive stroke. Her book, *My Stroke of Insight*, shines a light on what she needed most during her recovery. On the topic of communication and connection with others, Jill has this to say: "I needed people to love me - not for the person I had been, but for who I might now become. I needed those around me to be encouraging. I needed to know I still had value. Focus on my ability, not my disability. I needed people to come close and not be afraid of me. I desperately needed their kindness. I needed to be touched - stroke my arm, hold my hand or gently wipe my face if I'm drooling. I know it can be very uncomfortable for a healthy person to try to communicate with someone who has had a stroke, but I needed my visitors to bring me their positive energy. Since conversation was obviously out of the question, I appreciated when people came in just for a few minutes, took my hands in theirs, and shared softly and slowly how they were doing, what they were thinking and how they believed in my ability to recover."

What people who survive strokes may need most from us is not found in any kind of therapeutic technique or approach. It's found in our ability to show up and be real in our caring. It's found in the simple gift of touch and heart-to-heart connection. It's found in acknowledging that the stroke survivor is a person whose life has been altered, but the individual inside the body remains the same.

Stroke Survivors

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Name _____

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RN/LPN LN# _____ Massage LN# _____

Nurse Specialties _____

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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 or fax: 888-280-6459

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