

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 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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Keep the Fire Burning

(Continued from page 1)
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

**UPDATE:
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

Meditation – Key to a Great Life!

Meditation provides so many benefits, more than your daily multivitamin. It seems as if most of us on this path of enlightenment can discuss meditation, but do we practice it? We tend to put it off and miss the opportunity to support our bodies, minds and spirit by taking time to meditate. If you are not feeling healthy and ecstatic about your life and truly energized, you might want to think about starting or getting back into a meditation practice.

In Lawrence LaShan's book *How to Meditate*, he states that "Meditation is not something that was invented in – and happened in – history. It is an ageless human experience that has been discovered and explored and used in every period and every culture that we know about. It has always been used by only a few in each place and time, but for those few who have worked seriously at it there has been real gain. It has brought them increased strength and serenity, increased ability to function and find peace and joy." So why not make the time to meditate on a regular basis when the benefits are much larger than the time that is invested?

Meditation is also the best preventative medicine around. It has been prescribed by medical doctors, gurus, and counselors as a preventative to stress, heart disease, diabetes, and many other diseases. During the last swine flu scare my husband's company, a major Health Services Provider, sent an email stating that the swine flu was most likely to be caught by those experiencing too much stress, and the best prevention that they recommended was meditation. Many studies have shown practicing meditation on a regular bases

helps to lower the blood pressure. Meditation has been prescribed for conditions such as anxiety, heart disease, diabetes, cancer, low back pain, chronic pain, headaches, etc.

Today, universities and continuing education programs that provide training in behavioral medicine, include meditation in their programs. Some clinics at major medical centers and local hospitals offer meditation as a form of behavioral medicine. The American Cancer Society's website provides the benefits of meditation as follows: "In a controlled study of ninety cancer patients who did mindfulness meditation for 7 weeks, 31% had fewer symptoms of stress and 65% had fewer episodes of mood disturbance than those who did not meditate. Some studies have also suggested that more meditation improves the chance of a positive outcome."

On the mental and emotional levels, NIH researchers studying meditators who have long-term practices found that brain regions associated with attention, interoception and sensory processing were thicker in meditation participants than matched controls, including the prefrontal cortex and right anterior insula. Between-group differences in prefrontal cortical thickness were most pronounced in older participants, suggesting that meditation might offset age-related cortical thinning. The thickness of two regions correlated with meditation experience.

www.ncbi.nlm.nih.gov/pubmed/16272874

Meditation also creates a deep sense of calmness that follows you the rest of the day. Instead of overreacting to the chaos going on, you become a calm center in the midst of the hurricane. Your sense of peace

allows you to access solutions or guidance that you need. The people around you will notice that you have changed and they will want to know your secrets. Even when you are having a hard time dealing with a situation, take some time out when the harsh emotions subside and meditate. You may actually gain some clarity around the situation.

Meditation clears away the energetic pollution that creates confusion. It makes it easier to process information, because it helps you to focus and concentrate especially for long periods of time. Meditation also enhances your creativity because it opens up the right side of the brain that supports your creative side. Your intuitive nature is awakened when you meditate.

In Napoleon Hill's famous book *Think and Grow Rich*, published in 1937, he writes about what habits made Andrew Carnegie successful after having observed his habits for over 20 years. Hill disclosed that a big part of Carnegie's success was due to his daily meditation practice.

On the spiritual side, meditation is the number one tool (it does not cost a cent, just your time) to opening you up to your higher nature, to eternal peace, to experiencing Oneness with all life, and to knowing God on a much deeper level. Over time a consistent meditation practice will take you to new heights within where you will experience yourself as love and as peace. Imagine merging with the Infinite, integrating pure light vibrations from these realms, and restructuring your cells and DNA. Imagine raising your vibration to support your instant manifestation of what you want to create.

nutritionDay in the U.S.

This is only a short list of what can be experienced when a daily meditation practice is established. Meditation assists the spiritual students and teachers (I believe we are both) to wake up to their true nature and to extend this energy, light and knowledge into all areas of their lives and onto our planet. Then they no longer are bound by the determinates/limitations that they were born into as part of the

socialization process.

As you enter more deeply into the realms of truth, the clarity that you access in meditation becomes the place where you respond to life instead of from a place of stress and tiredness. You begin to see the unlimited possibilities that exist and experience a new sense of freedom in all areas of your life. And that is about as GOOD as it can BE. As we approach the

year 2012 and deal with the circumstances that each day presents open up to your highest nature. Support yourself with daily meditation. Make your mission to create a sense of peace, balance and well-being a priority. Put your self first, no one else is. Use meditation and let it free you to live your best life every minute of every day so that you can experience happiness, health and an inner freedom that supports

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, Directc 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 accredit 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

- Kim Berry, Aliso Viejo, CA
- Katherine Demicco, Farmingdale, NJ
- Arlyce Everson, Melrose, WI
- Nancy Gilliam, Bartlesville, OK
- Jeannette McAleese, Elizabeth, IN
- Ritha F. McDaniel, Garland, TX
- Kay Miller, Mankato, MN
- Ceena Owens, Hays, KS
- Denise Rich, Miami Springs, FL
- Karen Selph, Lombard, IL
- Kris Woods Redlands, CA

WELCOME BACK!

John E Mikelson, Columbus,OH

SPECIAL WELCOME to our newest Institution Member

Arizona School of Integrated Studies
ASIS Massage Education
Clarkdale AZ
Contact: Bradley D Blalock

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,

new mem-



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.



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

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.

MAY 13-15, 2010
SEATTLE



Highlighting
Massage Therapy
in CIM Research



Highlighting Massage Therapy in CIM Research

The Massage Therapy Foundation is pleased to present the second "Highlighting Massage Therapy in CIM Research" conference. This three-day conference brings 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. May 13—15, 2010 in Seattle, Washington. Registration will open October 30, 2009. The Massage Therapy Foundation is calling for Abstracts for this conference. See their website for more information.

www.massagetherapyfoundation.org/researchconference2010.html

Membership Application...

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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



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