

NANMT NEWS

"We Know the Power of Touch"



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My Experiences at World Massage Festival—Deb Vierling

This year the World Massage Festival (W.M.F.) was held in Cullowhee, N.C. at Western Carolina University. While this article details both positive and various negative experiences at the 2011 W.M.F., let me say that I would be willing to go again. I am seriously considering going to the 2012 W.M.F. and am trying to convince my husband to go with me. It will be held at the Tuscany Suites and Casino in Las Vegas next year.

Two of NANMT's officers attending this year's W.M.F. decided to stay at a hotel with another massage therapist. Joyce Garland, (Vice President of NANMT) and I (Treasurer) stayed at a Holiday Inn Express about twenty minutes away. We shared our suite with a great friend of NANMT, Tiffany Bennett. I'll explain that comment a little later.

Joyce and I are both somewhat directionally challenged (LOL). Tiffany, a fellow massage therapist that we met at last year's W.M.F., helped us get around the college campus. My GPS worked wonderfully except on the campus. Basically it had no map of the campus on it. We were given a paper map, but it was still sometimes difficult to figure out where we were.

Tiffany came into our lives through our President, Deborah Shields, last year at the 2010 W.M.F. Deborah was unable, through no fault of her own, to get a rental car to drive herself from the airport to the campus last year in Berea, KY. Tiffany, whom she did not know, intuited that Deborah was in a pickle. When Tiffany asked Deborah about her situation, Tiffany volunteered to drive Deborah to the W.M.F. and invited her to stay at the hotel with her.

Through Tiffany's kindness, Deborah had a wonderful place to stay versus where she would've had to stay if she'd stayed on campus. Tiffany made the hotel arrangements for the 2011 W.M.F. for us and herself. Thank you, Tiffany!!

The 2011 W.M.F. registrar corresponded with NANMT before the 2011 W.M.F. regarding the meeting place for NANMT's annual meeting on Thursday, July 14, 2011, to be held on the campus. On Saturday, when we spent the day in the vending area with our NANMT shirts on, nurse massage therapists asked us where our meeting had been held and indicated they hadn't been able to find us. Thus, other than Joyce and me, there were no nurse massage therapists at the NANMT meeting held at the 2011 W.M.F.

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NANMT Announces 2012 Election

In preparation for the 2012 ballot, the NANMT Nominating Committee would like to announce the upcoming 2012 ballot. The 2012 NANMT Ballot will consist of four elected positions: President, Vice-President, Secretary and Treasurer. NANMT will be accepting nominations until noon on Tuesday, August 16.

The NANMT requires that active members interested in holding office meet the following qualifications: 1) Is an active member in good standing for one or more years (the office of President requires two years) and 2) Able to meet time and

travel commitments of office.

The NANMT Board of Directors during this election process is also asking NANMT Members to submit their names if interested in participating in the Education Committee, the Law & Legislation Committee or serving as a Regional Director. To serve in these positions an individual must be 1) an active member in good standing for at least one year. Those interested in the Education Committee should have a background or interest in developing educational information for constituents. Those interested in the Law & Legislative Committee

should have interest and/or experience in interfacing with legislative process and attorneys. Those interested in being a Regional Director should have an interest and/or experience interfacing with members of NANMT. Again, the deadline for nominations is Tuesday, August 16.

The slate would be announced in mid-September. The election would begin mid-October, ballots will be received by mail and email, and conclude during the first week of November. Download Bylaws for Terms of Office and Responsibilities: <http://goo.gl/QGe52>

Personhood is defined as "the state of being an individual or having human characteristics and feelings".



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 consulting services for eldercare. Published in the Mar/2011 issue of *Massage Today*, www.massagetoday.com

Understanding Alzheimer's Part 2—Ann Caitlin

Facts give us the big picture about the disease, demographics and guidelines. I've been around people with dementia my entire professional career. I've seen how this disease takes the brain a little at a time and the heartbreaking loss that families endure. My formal education focused on impaired intellectual and functional abilities as the phrase "death by a thousand subtractions" I reflects.

But facts are only part of the story when it comes to understanding Alzheimer's disease. A new body of knowledge is emerging that shines a light on the inner life of the person living with Alzheimer's and what remains intact. I'm excited to find others speaking out about what I've witnessed for years - that, in spite of the disease, the individual within remains and is capable of a worthwhile life.

New Perspectives

Personhood is defined as "the state of being an individual or having human characteristics and feelings". A person living with Alzheimer's is often thought of as a former person - one who has lived but is no longer "there". New perspectives beg to differ. We now see that Alzheimer's is about much more than memory loss, but rather complex layers of both cognitive deterioration and largely intact abilities. The key, it seems, is to find ways to focus on the abilities. John Zeisel in his book, *I'm Still Here*², tells us:

The skills and capabilities of people living with Alzheimer's that don't diminish over time, or do so more slowly, provide windows for connection and communication.

Through those windows lie

opportunities to establish and build new and vibrant relationships supporting both care and well-being.

I couldn't agree more. Through my work as a Compassionate Touch practitioner, I've witnessed the profound impact of touch in bringing forth the intact person within the fog of the Alzheimer's. A gentleman, I'll call James, resided in a skilled nursing facility. When I



met him he was able to share much of his life and was very engaged with his family. James had been an entertainer and a businessman.

As a young adult he was a radio broadcaster and loved to sing. He shared with me a recording of him singing a beautiful Italian song. His young tenor voice was lovely. We played that recording many times during our visits and, while I gave him a back massage, he would tell me stories that music brought to mind. As his condition worsened and he no longer knew who I was when I arrived, the touch and music helped him access the memory of our relationship. One day he surprised

me by asking about my son, clearly remembering things I had told him months before. Even near the end of James' life he enjoyed the connection we had through the medium of touch.

Touch As Connection

What is it about touch that is so powerful? That is a complicated question but two reasons are near the top of the list in my opinion: oxytocin and hardwiring. Oxytocin is a neurotransmitter in the brain related to childbirth, sexuality and social behavior. Touch stimulates production of oxytocin leading to feelings of safety, caring, trust and decreased anxiety. It's been called the "care and connection" hormone.

Zeisel talks about hardwired human abilities. These are universal abilities all humans share. He explains that touch is one, along with emotions, singing and facial expressions. People with Alzheimer's don't lose the capacity for human emotion or recognition of a caring touch. What I've seen is that even a person in the very late, severe stage of Alzheimer's retains all these capacities.

A case in point is a woman who was largely non-verbal, her muscles were contracted and she barely could move. She could no longer feed herself or tell someone if her nose itched or if she was in pain. Her days were spent either in bed or in a reclining chair with very little interaction with others except during her physical care.

I saw her weekly for 30-minute sessions. Sometimes I would see very little obvious response to the hand, shoulder or foot massage I provided. But I had a

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Shaking Hands and Kissing Babies - 3 Keys for Networking Success

UGH..."not another article about networking" you may be thinking. I mean, who has time for boring, unproductive - did I say "boring" yet - meetings? Well no one actually, including me. So I want to help you find success in one of the most potentially beneficial business and marketing activities out there.

But first, let's define NETWORKING.

Networking is simply about making business connections and relationships that can be of help to you and others down the road. You never know what solutions or opportunities may come just by meeting one or two new people - or evening opening the lines of communication with people that you already have come in contact with.

Successful people are often involved in a variety of groups from their church or children's schools to neighborhood associations and/or the boards and committees that make up a variety of political, civic and charitable organizations. These are all good places for networking and getting to know

people in your community and establish more meaningful personal or business relationships with people you know in these groups. Networking within these types of social groups also allows you to quietly "sell" yourself without being "salesy" about it.

Some ideas...

1) Set a specific goal for each planned event. From collecting a certain number of business cards to passing out a stack of flyers about your upcoming event to connecting with a specific person within a group, having a plan for each networking event you attend is a must. It gives you something to aim for - and to measure later - to help you become successful.

2) Put on a nice smile, firm handshake and veil of confidence (and fake it if you have to.) People are attracted to confidence and positive attitudes both at a meeting and after. Show them why you are the right choice for the services you offer before they ever come in.

3) Meet and focus on one person at a time giving

them your ear and attention as much as you want theirs. As much as you want to let people know about what you do, it is important to remember that networking is a two-way street. Ask people what their goals are for the meeting or their business and what kinds of clients they are looking for. And if you know a way to help them through a referral or other action, take action to help them if you can.

To make networking truly successful, go into it with the idea that you are going to establish or enhance personal relationships with others rather than "making a sale" and you'll have a much better chance of success.

As Dr. Ivan Misner, the founder of BNI has said: *"Networking is not about hunting. It is about farming. It's about cultivating relationships. Don't engage in 'premature solicitation'. You'll be a better net-worker if you remember that."*

I encourage you to be prepared to share your business with others and to be open to the possibilities that come from "planting" and "watering" the seeds of networking.



Felicia Brown, LMFT is the owner of Spalutions (www.spalutions.com), a firm that provides business and marketing coaching programs and products for massage, spa and wellness professionals, and is passionate about inspiring others to succeed in their lives and careers. With appearances at many state, national and international industry conferences, Felicia is a sought-after speaker and educator. Felicia can be reached at Felicia@spalutions.com

My Experience—cont'd

(Continued from page 1)

However, other massage therapists were welcomed in and given water and candy. We were there from about 7:00 to 9:00 PM. We enjoyed our interaction with the various massage therapists visiting us, especially Tiffany! Good ole Tiffany was a great asset at our meet-and-greet meeting, too. She helped us pack everything up and carry it out to our vehicles afterwards, especially Joyce's.

The class that Joyce and I attended was called "Stone Medicine." It was held on Friday and Sunday. Thus, we decided to spend much of the afternoon on Saturday in the vending area with our NANMT shirts on. (By the way, they look great!) Including some input from Tiffany, we decided to do that in order to advertise NANMT's presence at the 2011 W.M.F. We also took brochures with us plus bottles of water labeled with NANMT's name and other information. Once again

Tiffany even helped us with advertising NANMT's presence in the vending area by passing out brochures and bottles of water with us. Joyce and I decided to give her one of the NANMT's shirts, in appreciation for all her tremendous help. She wore hers in the vending area, like Joyce and I did. Thus, we did manage to meet up with other nurse massage therapists and met other

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Healing the Earth, One Womb at a Time—Kryisia Tscherewick-Schwab



Kryisia Tscherewick-Schwab is a Certified Massage Therapist, Reiki Master, ATMAM (The Arvigo Techniques of Maya Abdominal Massage) Practitioner, Qigong Instructor and Hypnotherapist.

She has worked with Reiki and alternative healing since 1995. When working with Kryisia, you receive the benefit of her experience and training in massage therapy, Cupping therapy and Qigong, Reiki, Aromatherapy healing, Cranial Sacral, Reflexology and The Arvigo Techniques of Maya Abdominal Massage.

With all of our Modern Day complaints, we need to find the more natural approach to healing from the inside out. So many illness' and problems were dealt with, in the past, with a much more gentle and natural approach, healing ourselves every day.

Women have found that Painful or irregular menses, Blood Clots, Varicose Veins, Infertility, Uterine Polyps, Painful Intercourse, Uterine infections, Frequent Urination, Weak newborn infants, Premature deliveries, Cancer of the Cervix, uterus, colon or Bladder have become much more prevalent in modern day. In times past, women would massage themselves to good health. Unfortunately this has become a thing of the past, due to busy lives and other factors.

Men also are finding that, Prostate swelling and inflammation, varicose veins, Impotency, Frequent urination and Chronic stomach problems are becoming more prevalent world wide. All due to the same reason, not having the time to take care of ourselves. And also the loss of generations of information being handed down.

So in my Business of Massage, I decided to take another step forward and go back in time, learn what we used to know and what we have forgotten.

I Studied with Rosita Arvigo, DN., who is from Chicago but living in Belize for the last 30 years, apprenticing with Don elijio Panti, the last of the traditional Maya Shaman.

The Arvigo Techniques of maya Abdominal Massage combine modern science with traditional healing and wisdom to produce a holistic path to physical, emotional and spiritual well being. For the Reproductive and digestive systems, it is an external, non-invasive, manipulation using only hands to reposition reproductive organs and improve blood flow to digestive organs.

These are ancient Maya healing techniques that eliminate the primary cause of reproductive and digestive complaints in men and women and the congested pelvis and abdomen thereby preventing the progression of symptoms to chronic disease. Today modern medicine tends to focus on relieving the symptoms but arvigo practitioners are able to apply these techniques to remove the causes of disease.

Maya abdominal therapy supports the body's natural healing capacity. The inherent ability to be self regulating, self healing and self regeneration, known as homeostasis, or balance within. As healers we work in the realm of the divine science

removing the obstructions and deterrents to nature's healing force. We do not cure disease, we assist the vital flow of fluids and energy to nourish and repair the organs and systems naturally.

This is ancient knowledge that has been passed down from generation to generation in central America. And is still most of women's health care is in the realm of the traditional home birth attendant, the midwife. using simple home remedies, the traditional healers are able to perform the functions of gynecologist, obstetrician and pediatrician. Besides birthing they treat diverse disorders such as painful menstruation, chronic miscarriages, yeast infections, infertility, PMS and menopausal symptoms. Don Elijio was famous for his simple uterine massage techniques that attracted women from all corners of Central America to his humble clinic. He taught that the uterus is a woman's center and if it is out of balance she will be physically, emotionally and spiritually out of balance. Dr. Rosita Arvigo a naprapath, was fascinated with the work of the midwives and shamans like Don Elijio and started to study with them. She practiced for over 30 years and now brings back the techniques, herbs and spiritual mo-

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New Massage Program Integrates Naturopathy, Energy Medicine

Naturopathic School of the Healing Arts announces a new addition to the school's commutable schedule, a 700-hour Integrated Massage Therapy/Energy Medicine program which fulfills the first year of their three-year

Naturopathy (ND) diploma program. Students will receive progressive classical massage education following NCBTMB standards. Successful completion of the program qualifies students who wish to go on to

achieve an ND diploma to enter as a second year student of the Naturopathy (ND) diploma program. More details at www.naturopathicschoolofannarbor.net

My Experience—cont'd

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people who showed an interest in NANMT.

I really enjoyed going to the vending area. Two areas I particularly enjoyed visiting were the Pilossage area and the Sacro Wedgy area. I received two little continuing education classes from the two sites' vendors. My neck and shoulders were tight and hurting so Karen Kowal, who developed the Pilossage method of massage, successfully worked on those two areas. I, also, was able to watch her work on a couple of other persons. Her method is very ingenious. Her company makes various sizes of massage pillows used for massage or for personal use. The massage pillows contain golden flax and various herbs, such as lavender and peppermint. She heats them up and massages through the pillows. The heat helps to make more flexible the fascia and to relax the underlying muscles. In addition, the heat feels wonderful, and the herbs in the pillows produce their own aromatherapy and medicinal magic. Karen, by the way, is a member of NANMT

I really enjoyed her treatment and definitely benefitted from it - i.e., the crick in my neck was ninety per cent alleviated. I, also, enjoyed talking to her. She has presented her work at the American Society for Pain Management Nursing and at the American Academy of Pain Medicine, to which physicians belong. Karen suggested that NANMT should consider coming under the organizational umbrella of the American Holistic Nurses Association (A.H.N.A.). Karen said that through her Pilossage company, she has spoken of and demonstrated at professional conferences what nurse massage therapists can do for peo-

ple in pain— i.e., decrease their pain, increase their range of motion, and improve their quality of life. By the way, she will be a presenter at the 2012 W.M.F.

The other vending site I particularly enjoyed was the Sacro Wedgy site. Cindy Ballis was the woman who gave me a treatment using the Sacro Wedgy. Her father developed the Sacro Wedgy as he worked with professional football players. I think he was a coach. The Sacro Wedgy tools combine the use of a neck roll and the Sacral Wedgy. It is almost like doing craniosacral work without hands. The system is for personal and professional use in dealing with low back pain, sciatica, hip pain, knee pain, and "pain in the butt." While she used the Sacro Wedgy tools with me since I was having low back pain, she used them in conjunction with stretches and massage to loosen up my low back. This system not only loosened up, and decreased the pain in, my low back and hips, but, also, in the medial aspects of my knees. That system was very helpful.

Joyce and I, also, attended the two-day class on Stone Medicine, for which we received sixteen hours of continuing education credit. It was led by two women (Jenny Ray and Janelle Lakman) who were mostly of Native American Indian ethnicity. I enjoyed both women and their instruction on the therapeutic use of hot stones and cold stones. Ours was a beginning class on Stone Medicine. Two of the things attracting me to their class were that they were, also, incorporating some Native American Indian ceremony and were dressed up in their traditional garb during the ceremony.

Native American Indian spirituality really speaks to my spirit, though I am not Native American. I love their emphasis on unity with the earth, creation, and other earthly creatures/beings besides their own people. In fact, my business, which is called Medicine Hands Massage Therapy, is based on incorporating some of their ideas. To quote my website, "Medicine" in Native American spirituality denotes that which creates a sense of connectedness and frequently resides in Nature. Anything that gives you a feeling of being connected to Something Larger than yourself, such as hearing the ocean or seeing a beautiful sunset or hearing inspirational music is medicine. My ardent desire is that my hands and heart will be medicine to youthrough the gifts of massage and healing energy."

Another instructor for the Stone Medicine class and vendor that I enjoyed meeting was Sandra Houk. She owns a company selling utterly beautiful stones called Shenandoah Valley Stone. She, also, owns a massage therapy school. As Joyce suggested, maybe we could ask Sandra if NANMT could hold a conference at her massage therapy school in Virginia one day. She has a lovely personality.

Joyce and I met two other nurse massage therapists at the Stone Medicine class. We networked some with them and gave them NANMT brochures and bottles of water with NANMT's label.

Well, to quote a well-known country western song, "That's my story, and I'm sticking to it."



Deb Vierling is a registered nurse specializing in Adult Psychiatric/Mental Health Nursing Services. Deb is a certified massage therapist in both Indiana and Kentucky and currently works at a chiropractor's office in Batesville, Indiana.

Deb is a member of several professional organizations including the Associated Bodywork and Massage Professionals, the National Association of Nurse Massage Therapists, Nurse Healers-Professional Associates, the American Nurses Association, Sigma Theta Association, the Association of Humanistic Psychology, and the Better Business Bureau of Cincinnati.

Understanding Alzheimer's—cont'd

(Continued from page 2)

sense that there was more than met the eye happening. She seemed to relax into her bed a little and her face relaxed. And sometimes she would look me in the eye with a little smile. One day as I massaged her hand she held my hand, turned to me and said in a weak voice, "You are very kind. I love you." Not only was she capable of receiving love, she was capable of giving it - also a hardwired human trait.

Benefits of Sensitive Massage and Focused Touch

I believe that touch - in the

form of sensitive, gentle massage and holding - taps into reserves of hardwired abilities resulting in the following special benefits for those living with Alzheimer's disease:

- Increases body awareness increasing a sense of self and alertness.

- Feelings of reassurance and trust, diffusing overwhelming confusion or anxiety.

- Builds a bridge of connection with people and activities in immediate surroundings.

- Helps to calm agitation that is often based in fear and confusion.

- Eases the effects of isolation,

loneliness and boredom.

- Acknowledges and affirms the individual within encouraging feelings of worthiness and well-being.

- Reduces pain leading to improved physical comfort and sleep quality.

A hand massage, back massage or simply holding a person has the power to elicit positive, life-affirming feelings and responses. For the person with Alzheimer's, touch becomes a language of the human heart and a remembrance of his place in the world.

welcome

New and Returning Members

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

RETURNING MEMBERS

Vicki Grabicki RN LMP, Bellingham, WA

NEW MEMBERS

Sharon Thompson, RN NCTMB CDP CIC, Raleigh, NC

Susan Oknefski, LPN, St Augustine, FL

Brandi Trigger, GN LMT, Houston, TX

Jessica Stiles, LMT NCTMB, Sumter, SC

Fran Arnold, RN NCTMB CMT, Herndon, VA

Holly Olivero, LMT MMP, Dallas, TX

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.

Healing the Earth, One Womb at a Time

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dalities to north America teaching us how we can prevent so many diseases with these simple Maya techniques and the modern science of Naprapathy.

In the non pregnant state the uterus is about 3 inches long, 2 inches wide and 1 inch thick, weighing 4 Ounces. During menstruation the uterus can weigh as much as 8 ounces. In pregnancy, it can reach a maximum weight of thirty pounds. This is all held in place by the fourteen ligaments. The walls of the uterus are elastic and

stretch during pregnancy to hold the developing fetus. The arteries are spiral to allow for this increase in size and the uterus can make new arteries during pregnancy.

The Uterus can slip out of place due to the support of ligaments that are subject to lengthening and shortening as well as connective tissue which can become distorted and inelastic. Ligaments are vascular, receiving approximately 5% of arterial blood of the uterus. They damage easily but are aided in healing with proper

knowledge and application of these repositioning techniques. Women and men suffer needlessly from a barrage of physical complaints that can easily be corrected by returning the uterus and prostate to their proper function and position. These techniques facilitate relief of up to 36 gynecological and obstetric complaints as well as many issues surrounding prostate health. As the term implies, Maya Abdominal Massage is also healing and normalizing to all digestive organs. It improves digestion, assimilation and elimination dramatically.

Today modern medicine tends to focus on relieving the symptoms but arvigo practitioners are able to apply these techniques to remove the causes of disease.



Membership Application

Contact/Name _____ Email _____

Business/Company/Institutional Name _____

Mailing Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell _____ Fax _____

Nurse/Massage Business Phone _____ Website: _____

**** Professional Designations (Include all that apply) ****

RN LPN LVN _____ LMT MT CMT NCBTMB _____

** Student Nurse _____ Institution _____ City State _____ ** Massage Student _____ Institution _____ City State _____

**RN/LPN Lic# _____ State # _____ **Massage Lic# _____ State # _____ Not Required

**NCBTMB/NCTMB # _____ Business Lic# _____ State/County/City _____ Not Required

Nurse Specialties _____

Massage/Bodywork Modalities _____

I want my information to appear in the NANMT public online referral directory at www.nanmt.org Yes No
(For Active, Elder and Supporting Members with Nurse Massage Therapy Professional Designations currently offering services.)

How did you find NANMT? Web School Book Referral Friend 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 licensed 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. **Please send proof of status by mail, fax or email. This is required to process Active Members.** \$100 yearly dues

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

STUDENT: (non-voting) One of the following applies: a licensed nurse enrolled in a massage therapy/bodywork program which will qualify him/her to take a state massage licensing exam or the NCBTMB exam; a nurse massage therapist enrolled in a graduate level nursing program; a practicing massage therapist who is enrolled in an accredited school of nursing . **Please send proof of school enrollment by mail, fax or email. This is required to process Student Members.** \$55 yearly dues

INSTITUTIONAL MEMBER: (non-voting) A university, college or school of nursing or massage therapy, corporation, or individual business supporting NANMT's goals and mission. Benefits: discounted advertising and exhibit space at conferences. \$300 yearly dues

SUPPORTING MEMBER: (non-voting) An individual interested in supporting NANMT's philosophy and goals. \$75 yearly dues

ELDER MEMBER: (non-voting) An individual age 65 or over. \$65 yearly dues [Type not mandatory – you may choose to be Active if qualified or Supporting.]

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

****PLEASE SEND PROOF OF STATUS:** copies of licenses, certifications, student status proof of enrollment, etc.
MAIL or FAX TO: 937-698-6153 Attn: Membership **EMAIL SCANS to:** info@nanmt.org

** Required

**NATIONAL
ASSOCIATION
OF
NURSE
MASSAGE
THERAPISTS**

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The Power of Touch...

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New Product

NANMT now carries a new product to help you support of your National Association of Nurse Massage Therapists. You can find these online at www.nanmt.org. You pay only \$17 for this high quality 100% cotton t-shirt.



New Product!