

SILVER STATE MASSAGE EXPRESS

SPRING 2011

AMTA NV CHAPTER

SPECIAL POINTS OF INTEREST:

- **AMTA NV**
Chapter meeting and learning opportunity
- Dedicate your time and talent to the Nevada Chapter— Volunteer!

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amta nevada chapter state convention

JULY 24 - 26, 2011

Gold Coast Hotel, Las Vegas

featuring

BORIS PRILUTSKY

KARINA BRAUN

NATHAN NORDSTROM

The AMTA NV CHAPTER meeting will be held in July this year. We would love to see all of our members attend and hope to be able to offer you a good educational experience now and in the future. In order to attract these high quality instructors, we need your help. PLEASE JOIN US. That's it, show up and participate and that will help us to continue to bring in talented educators.

Check out the new website as well. Same URL just a whole new look.

Connecting with the member and your Board of Directors is now easier than ever. Here is some contact information:

Billie Shea—BillieShea@amta-nv.org

David Otto—DavidOtto@amta-nv.org

Laura Stendel—LauraStendel@amta-nv.org

Brad Enerson—BradEnerson@amta-nv.org

Pete Blandford—PeteBlandford@amta-nv.org



Register online at:
<http://2011amta-nvstateconvention.eventbrite.com/>

CHECK IT OUT
<http://amta-nv.org/>

2011 amta nevada chapter State Convention
July 24—26th, 2011
Gold Coast Convention Center, Las Vegas, NV

Internationally-acclaimed Instructor

Boris Prilutsky

Nationally-known & Local Instructor

Karina Braun

Guest Instructor

Nathan Nordstrom

On the meeting agenda:

- Nevada State Board of Massage Therapists
- Discussion Panel for Schools (MBLEx)
- Education in Nevada - "What is a good guideline"
- Raffles & drawings
- Chapter Meeting, Election of your Chapter officers, delegates and volunteers
- News & reviews

Continuing Education Courses 2011

Course Descriptions:

Abdominal/Visceral Massage (2 CEHs) - Prilutsky

- ◆ Many studies evidence that 5 to 10 minutes of abdominal massage significantly reduces blood pressure, anxiety, and headaches, and can be beneficial in cases of infertility, constipation, and other disorders of the digestive system. Stress and/or organ dysfunctions cause much venous blood accumulation. This phenomenon of venous stasis initiates many internal organs diseases, significantly worsening existing disorders. Abdominal/Visceral massage practically eliminates venous stasis as well as interstitial edemas, secondarily improving organ function and reduces pain and discomfort. Abdominal massage directly stimulates most internal organs located in abdominal cavities and pelvic floor.
- ◆ You will learn, through medical & anatomical review and practical demonstration, abdominal/ visceral massage techniques to eliminate venous blood stasis, enabling redistribution of arterial blood supply through managing edemas within abdominal cavity and normalization of venous blood drainage from abdominal/visceral regions as well tear down adhesions .
- ◆ You will be able to incorporate a protocol into your massage techniques to aid the elimination of venous stasis, interstitial edemas, as well as break down adhesions techniques, in the abdominal/visceral regions, which is necessary conditions for normal function of internal organs.
- ◆ This class will be held OFF-SITE from the host hotel & convention center.

How to Effectively Integrate Energy Work & Science-Based Massage Techniques (6 CEHs) - Prilutsky

- ◆ Long life in massage therapy careers occurs naturally - how a therapist takes care of him- or herself and, just as importantly, how their clients take care of themselves is critical to help the length of a massage therapist or body-worker's career. So many conditions related to stress (mental & physical) affect all bodies. Boris, with scientifically-based evidence, has developed habits, techniques, and best practices to lengthen your massage career and deliver better care to your client.
- ◆ Boris will teach you how to harness your own energy and deliver it to your client efficiently AND effectively while simultaneously maintaining your physical stamina. Boris has devised a method of integrating energy work into any modality of massage therapy. As a practitioner, you will learn: theories on how energy work is integrated naturally into a massage session, like the principles of Chinese Theory, Inhibitory Regime, Piezoelectricity, and Sense of Touch; techniques you can take to your massage practice that will help you last longer; and, how and what to add to your menu of services when you learn how to add energy work as part of your regular massage work. Practicum will be focused on the lower body/leg musculature.
- ◆ Your massage clients will receive more purely-delivered massages and a 'cleaner' massage will help improve your ability to protect yourself from negative energies and remove stress more quickly, on your own.
- ◆ Supplies: Wear loose clothing, bring table, sheets, towels, oils and creams

Tension Headaches and Chinese Acupressure Protocol (6 CEHs) - Prilutsky

- ◆ Tension headaches are a social medical problem. About 140 million Americans periodically suffer from tension headaches. Many people attempt to manage tension headaches with large doses of painkillers. Sometimes this does more harm than good. Conventional Western medicine recognizes three major causes for tension headaches: Greater Occipital Nerve Neuralgia, Temporomandibular Joint (TMJ) disorders, and Vertebral Artery Syndrome. Through research, Western medicine scientists have developed many protocols of medical massage to treat the above mentioned disorders.
- ◆ At this workshop Boris will present methods of Manchurian acupressure for relief of tension headaches. Through its use during the last 3500 years, this method has proven to be safe, virtually side-effect-free, and in most cases, extremely effective, leading to rapid reduction of the intensity of headaches.
- ◆ You will learn a set of acupressure points, addressing all the possible cases for headaches caused by the mentioned above disorders. In addition to acupressure protocol, Boris will propose Western medical massage techniques for cervical spine disorders as well TMJ dysfunctions that you will be able to incorporate in some cases of neck pain.
- ◆ Supplies: Wear loose clothing, bring table, sheets, towels, oils and creams

Creating Peace with Your Hands- The Wholistic Course for Self Care and Injury Prevention (6 CEHs) - Braun

- ◆ Creating Peace with Your Hands Self-Care class assists you in increasing awareness of your body and correcting your alignment. This course helps you to re-learn the habits of healthy posture through the reversal of poor habits and stabilization of the correct areas of the body. Ideas are given for self-care before, during, and after the performance of massage. Exercises are introduced on how to use the body safely and efficiently to prevent injury.
- ◆ You will: Understand how to maintain body awareness for healthy posture; Understand open vs. closed posture; Gain body awareness, core stabilization, open fascial pathways for a healthy body, especially with the arms and hands; Perform kinesthetic awareness exercises to create health and avoid injury.
- ◆ Supplies: Wear loose clothing, 2 sheets, oil, table, and towel or yoga mat

Bodies...the Exhibition Guided Tour (3 CEHs) - Nordstrom

- ◆ Bodies.. the Exhibition's current home is the Luxor Hotel Convention Center giving an anatomical view of the body. As massage therapists, we have a background that allows us the ability to look through our hands at the muscles of the body. This class give us a view of the body that you can only get through a cadaver class...or Bodies...the Exhibition (where we do not have the odor). We review anatomical structures and components and talk about massage techniques with the best visual aids ever.
- ◆ This class will be held OFF-SITE from the host hotel & convention center.
- ◆ Admission to the exhibit is INCLUDED

Instructors 2011



Boris Prilutsky, MA LMT CMT Author is a world-traveled, -educated, and –renowned Educator. He has been in the massage therapy industry for 38 years, graduating with a physical education degree from the Pedagogic Institute of Higher Education in Vinnitsa, Ukraine, and receiving a degree in chiropractic medicine from the Medical College in Ramat-Gan, Israel. Soviet Sports Medicine and massage therapy for Olympians, professional sports organizations and athletes, and world dignitaries is where Boris spent his first 20 years. After arriving in the U.S. and establishing a school and a medical massage practice and group ties to the medical industry in Southern California, he is settled with his private practice in a Los Angeles suburb, treating clients with neural, muscular, and skeletal disorders. Boris' most comprehensive authoring is "A Simple Approach to Massage Therapy" and he produces his own instructional DVDs and videos published on YouTube. Boris is also approved as a Provider by the NCBTMB #451346-10

Karina Braun, BAAS LMT Author is a nationally certified and licensed massage therapist, registered yoga instructor, and Reiki master. She had her own practice and co-owned a hair salon and spa in Texas for five years. Yogamotion training in 2001 helped both herself and her clients assume self-care. In 2002, Karina moved to Las Vegas, taught at a massage school, and worked at a well-known spa on the Las Vegas Strip. She is now the owner of Get In Touch, a continuing education company that teaches Personal Body Maintenance for many professions. The author of *Creating Peace with Your Hands* and many NCBTMB-approved courses (Provider #450940-09), Karina resides in Las Vegas, where she does massage part-time, writes educational material, teaches personal yoga sessions, hikes, boats, and spends time with her family.



Nathan Nordstrom, LMT LMP NCTMB is a graduate of East West College. He is a nationally certified continuing education provider for Educated Touch (Provider #450634-08). Mr. Nordstrom currently teaches at the University of Western States massage therapy program. He has taught and mentored massage therapists from all over the country. He has been published on everythingmassage.com, and quoted in such publications as "Massage Therapy Journal" and "Massage" magazine. Mr. Nordstrom has worked in the field of massage for over eight years, earning experience working in a retreat spa, and medical offices, owned a day spa, served as President of the Oregon Chapter of the AMTA, serving as an examiner for the Oregon Board of Massage Therapy, and served on national board of the AMTA. He has assisted on committees for both AMTA and NCBTMB.

Nominations: Chapter Volunteers and Officers

During the annual meeting of the Nevada Chapter of the American Massage Therapy Association (AMTA) at the Gold Coast this July 25th at 1pm, Elections will be held to fill the following positions of the Nevada Chapter Board of Directors: 2nd Vice President, 3rd Vice President, Treasurer, Secretary and Delegates (2). All positions, except one Delegate (committing to 1-year), are committing to a 2-year term.

If you are interested in donating your time and talents, we would love for you to volunteer. The time required is minimal and can easily fit most schedules. Chapter President will attend AMTA National convention and must attend the President's Council Meeting and all trainings offered for chapters, schedule permitting. Delegates (2) will be compensated for travel and meals in addition to registration to a maximum of \$1,700. for each Delegate.

Additionally, one chapter officer may attend CVOP (Chapter Volunteer Orientation Procedures) training in addition to the one seat that is paid for by AMTA National. The cost associated with this event may not exceed \$1,900. to the chapter.

Learn more about Officers and Committees at <http://amta-nv.org/volunteer/board-members>

There are also positions available on some of the committees: Communications (Newsletter, Website), Government Relations, Education, Commission on Candidacy, School Outreach.

All positions on the Nevada Chapter Board of Directors and as a Committee Chair or Committee Member require that the applicant be a Professional Member of the AMTA in good standing and to have signed the AMTA Chapter Volunteer Code of Conduct.

Nominations for the Board positions will be reviewed by Karen Sartell and Glad Hillman, Co Chairs, Commission on Candidacy, and brought before the Chapter for voting on July 25, 2011.

The volunteers for the Committee positions will be reviewed by the new Board after they are elected in July, 2011, and notified regarding the first meeting.

What do you have to do to be considered for a position on the Nevada Chapter Board or a Committee?

- ◆ Be an AMTA Professional Member, in good standing.
- ◆ Complete the 'AMTA – Nevada Chapter Volunteer Search Form' included in this newsletter.
- ◆ Complete the "Volunteer Code of Conduct" included in this newsletter.
- ◆ Submit these two forms with your résumé via the methods and address below.
- ◆ All nominees must be present at the State meeting in order to be nominated.
- ◆ Each Nominee will have 2 minutes to speak to the audience/Voters about how s/he qualifies for the position and why s/he wants to serve.

Your résumé, the 'AMTA - Nevada Chapter Volunteer Search Form', the 'AMTA Chapter Volunteer Code of Conduct Form' must be completed and sent to Karen Sartell by **June 21, 2011**. **If the two forms and your résumé are received after that date, you will not be considered for the position you indicated on the 'AMTA – Nevada Chapter Volunteer Search Form'.**

These three items may be mailed, faxed, or scanned and sent via e-mail To:

Karen Sartell
6440 Ironbark Lane
Las Vegas, NV 89107
Fax: 702-384-9776
E-mail: KarenSartell@amta-nv.org



AMTA – Nevada Chapter Volunteer Search Form

Do you have talents and skills that you would like to contribute to the Nevada Chapter and the Association? Are you interested in getting involved in any particular area of AMTA-Nevada Chapter activities? If so, we would like to know more about you!

Please view the Officer Descriptions at <http://amta-nv.org/volunteer/board-members>

To take a more active role in your Chapter - please take a few minutes to fill out the information section below and send it in and your resume. Thank you in advance for taking the time, and the first step.

Name: _____ Member ID: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Fax: _____
Email: _____

Please check the areas in which you are interested and qualified.

Chapter Board Member (Elected Positions):

- | | |
|--|--|
| <input type="radio"/> President | <input type="radio"/> 3 rd Vice President |
| <input type="radio"/> 1 st Vice President | <input type="radio"/> Treasurer |
| <input type="radio"/> 2 nd Vice President | <input type="radio"/> Secretary |

Chapter Committees (Appointed Positions)

- | | |
|----------------------------------|---|
| <input type="radio"/> Education | <input type="radio"/> Legislative |
| <input type="radio"/> Web Site | <input type="radio"/> Finance |
| <input type="radio"/> Newsletter | <input type="radio"/> Student Recruitment |

What experience do you have in the areas you indicated?

The applications will be reviewed and candidates will be notified if there are multiple people interested in the same position. Candidates will be required to present a brief, two-minute statement at the Nevada Chapter AMTA annual meeting on **July 25, 2011 at 1pm**, prior to the elections. Attendees who are Professional AMTA members in good standing will be allowed to vote.

The 'AMTA - Nevada Chapter Volunteer Search Form' and the 'AMTA Chapter Volunteer Code of Conduct Form' must be completed and sent to Karen Sartell, along with a copy of your resume, **by June 21, 2011**. **If the two forms and your résumé are received after that date, you will not be considered for the position you indicated on the 'AMTA – Nevada Chapter Volunteer Search Form'**. These three items may be mailed, faxed or scanned and sent via e-mail **by June 21, 2011**, to:

Karen Sartell
6440 Ironbark Lane
Las Vegas, NV 89107
Fax: 702-384-9776
E-mail: KarenSartell@amta-nv.org

AMTA Chapter Volunteer Code of Conduct Board Motion #0606:37

Allegiance and Diligence: While volunteering for my AMTA Chapter, I will conduct myself in a professional manner in all activities related to AMTA. **Duty of Leadership:** I will promote, support, and follow the AMTA Mission and strategic plan, as they pertain to my Chapter. * make myself aware of AMTA policies pertaining to Chapter financial reporting obligations. * become familiar with the bylaws, policies, Chapter standing rules, and other documents pertaining to the operations of the AMTA. * devote the time necessary to stay current and to participate in Chapter board meetings and conference calls. **Duty of Obedience:** I will ensure that my actions are within the scope of authority as it has been delegated to the Chapters. This requires: * Good faith, responsibility and diligence. * Notifying the National Chapter Relations Department, if I become aware of any activity that is outside the scope of authority that has been delegated to the chapter. **Duty of Loyalty:** I will act in the interest of the entire membership and not allow my personal interests to prevail over the interests of AMTA or my Chapter. **Duty of Care:** I will be diligent and prudent in managing the AMTA's affairs at the Chapter level. **Conflict of Interest:** I will: * Act in the best interests of the AMTA Chapter in which I serve. * Be honest and **fully** disclose actual or perceived conflicts of interest that I have regarding any matters that come before the Chapter Board. * Follow the AMTA's Conflict of Interest policy. To avoid conflict of interest with respect to my fiduciary responsibility, I will: * Not use my position(s) to obtain employment for myself, family members, and/or close associates. * Recuse myself from dialogue, deliberation, and vote, when the Chapter Board business deals with a conflict of interest that directly affects me. I will not exercise individual authority over National AMTA or my Chapter except as explicitly set forth in the bylaws, policy, and or approved Standing Rules, including during interactions with the public, media, or other entities. I recognize the limitations set forth in policy and/or bylaws and will not speak on behalf of or for the Chapter Board except to repeat explicitly stated Chapter Board decisions. **Confidentiality:** I will respect confidential information acquired in the course of my service as a Chapter volunteer except when authorized by the AMTA National or Chapter President, or when legally required to disclose such information. * I will treat as AMTA's intellectual property, all work that is generated as part of any AMTA sponsored project including, but not limited to, National or Chapter Board and committee work and deliberation. * I will only publicly comment on matters of fact that have been approved to be released. * I will not use confidential information for my personal and/or professional advantage. **General Application of the Code:** I understand the National Board of Directors will regularly review the scope and implementation of the code of conduct to ensure that the code remains appropriate for AMTA Chapter volunteers. **Authority:** I understand that any violation of this code of conduct may result in my removal from my volunteer position. **Return of AMTA Property:** When requested, I will return National or Chapter AMTA property (information, tools or equipment) within 10business days. **Statement of Commitment to the Code of Conduct** As a volunteer for the American Massage Therapy Association (AMTA), I have read and I understand the above stated code of conduct. I agree to abide by the AMTA Chapter Volunteer's Code of Conduct, Code of Ethics, and Standards of Practice.

First Name _____

Last Name _____

Member ID _____

Email Address _____

Chapter ___ Nevada ___

Position Title _____

Start Date _____

End Date _____

2011 amta nevada chapter State Convention

MASSAGE THERAPY EDUCATIONAL WORKSHOP and ANNUAL CONFERENCE

Gold Coast Hotel and Casino, 4000 W Flamingo Rd, Las Vegas NV 89103, 800-331-5334

Registration Form

Name _____ AMTA Member # _____ (for 20% discount)

Address _____ City _____ State _____ Zip _____

Phone (_____) _____ E-mail _____

FEES

Date	Course	CEHs earned	Cost Paid	Early (by June 25)	Regular (June 26+)
Sunday, July 24	Abdominal/Visceral Massage	2	_____	FREE	FREE
Monday, July 25	How to Effectively Integrate Energy Work & Science-based Massage Techniques <i>(table required)</i>	6	_____	90	100
	General Meeting/Elections	0	_____	FREE	FREE
	Bodies...the Exhibition Guided Tour	3	_____	75	75
Tuesday, July 26	Tension Headaches and Chinese Acupressure Protocol <i>(table required)</i>	6	_____	90	100
	Creating Peace with Your Hands <i>(table required)</i>	6	_____	90	100
	Bodies...the Exhibition Guided Tour	3	_____	75	75

Total CEHs earned _____ \$ _____

Total Submitted

Include your AMTA member number (above) and take 20% off your Total Submitted

Are you bringing a table? yes no

Please make checks payable to **AMTA-NV Chapter**

go online to completely register and pay via credit/debit card: <http://2011amta-nvstateconvention.eventbrite.com/>

Please send to:

Brad Enerson, 3002 Lake Barkley Road, Henderson, NV 89052-8516

Questions?

Contact David Otto @ (702) 339-4325 or DavidOtto@amta-nv.org

Please sign and return (either by mail or at the Registration Desk) your signed Release of Liability, Permissions, and Statement of Understanding

Convention Schedule

ALL courses, except as noted below, are held at:

Gold Coast Convention Center 4000 W Flamingo Rd, Las Vegas NV 89103

Continental Breakfast and Afternoon Refreshments will be provided the 25th & 26th—other meals are “on your own”

- Sunday, July 24th: 5:30—6pm Registration
Venue: Academy of Healing Arts, 710 S Tonopah Dr, Las Vegas NV 89106
6pm—8pm Prilutsky “Abdominal/Visceral Massage”
- Monday, July 25th: 8—9am Registration
9—12pm Prilutsky “How to Effectively Integrate Energy Work & Science-based Massage Techniques “
12—1pm LUNCH
1—2pm Annual General Meeting—Elections
2—5pm Prilutsky “How to Effectively Integrate Energy Work & Science-based Massage Techniques “
5—6pm DINNER
6—9pm Nordstrom “Bodies...the Exhibition Guided Tour”
Venue: Luxor Hotel & Casino, 3900 Las Vegas Blvd S, Las Vegas NV 89119
- Tuesday, July 26th: 8—9am Registration
9—12pm Prilutsky “Tension Headaches and Chinese Acupressure Protocol”
9—12pm Braun “Creating Peace with Your Hands “
12—1pm LUNCH
1—4pm Prilutsky “Tension Headaches and Chinese Acupressure Protocol”
1—4pm Braun “Creating Peace with Your Hands “
4—6pm DINNER
6—9pm Nordstrom “Bodies...the Exhibition Guided Tour”
Venue: Luxor Hotel & Casino, 3900 Las Vegas Blvd S, Las Vegas NV 89119
- Wednesday, July 27th 8—9am Goodbye Breakfast

Liability Release, Permissions, and Statement of Understanding

AMTA–Nevada Chapter and the massage instructor have taken precautions to provide a safe environment at the 2011 amta nevada chapter State Convention; however, it is impossible to guarantee absolute safety. Successful completion of each AMTA–NV Course does not assume proficiency in a modality or business practice. Massage therapists have the responsibility for ensuring client safety by conducting a thorough intake, devising a safe treatment plan, working within their scope of practice and adhering to the AMTA Code of Ethics and Standards of Practice. Massage therapists are advised to practice the techniques prior to utilizing them in a clinical setting.

I assume the responsibility for safety by complying with the instructors' or staffs directions and by disclosing any contraindication to receiving a massage in class.

I agree to release AMTA–NV Chapter and my class instructor from all liability and responsibility for any injury, loss or damage suffered by me, my property or my clients as a result of knowledge that I have received from this course.

By signing this form, I agree to give the AMTA–NV Chapter permission to use my photograph in educational future communications and marketing materials, should my photograph be taken at the Session.

Participant Signature _____

Date _____

Send completed registration with check or money order
payable to [AMTA–NEVADA CHAPTER](#) to
Brad Enerson, 3002 Lake Barkley Road, Henderson, NV 89052–8516

or

Register online using PayPal at www.AMTA–NV.org,

Send your questions or comments to Registration@AMTA–NV.org
or call David at 702–339–4325

See you there!

What direction is your career going.
Check it out, this issue features
some of the best educators in the
country and many of them will be
in Nevada this year.

