

# Silver State Massage Express

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[About the Nevada Chapter Board of Directors](#)

## Continuing education or core competency.



### Has continuing education lost its appeal

Year after year our massage schools turn out new therapists who will go forward to earn a living in the services industry as a massage therapist. Many of these graduates soon recognize that to be successful at their new craft, they must have a differential advantage. So off to school they go to learn greater skills that will enhance their practice.

Continuing education and advanced learning has long been the hallmark of the professional. Many would argue that attending classes for continuing education does nothing to advance the skills or improve the quality of the massage.

I would beg to differ, but I leave the decision in your hands. After all, you know what your hands can do.

Here is what I think about the problem of continuing education.

I have been a practicing

therapist for 13 years. I soon found that I knew practically nothing about massage soon after I left, not one, but two massage schools. So I decided that in order to improve my skills I needed the additional tools of advanced learning. After all, who doesn't like a string of letters behind their name?

I began by taking the NCBTMB exam and passing that, so far so good. Soon I was taking Reiki, Cranio Sacral Therapy, Aston Kinetics and QiGong. In all, I have spent thousands of dollars and lots of weekends studying different techniques.

For many people, continuing education is a social component of our profession, a way of connecting with like minded people who enjoy using vacation time for learning with the added perq of a tax deduction. Many of our continuing education instructors host classes on shipboard or in exotic locales in order to combine the learning opportunity with a nice vacation while still getting the tax benefit.

For others, the extra expense of learning is onerous. Many would just as soon go online for an inexpensive way to get credits towards renewal of license. There are so many classes online now that it is becoming difficult to choose from the variety.

Both of these alternatives have their pitfalls. Classes that are too full to learn, or lack the content or quality that gives a return on your dollar spent for these classes. And the minefield of online classes is even worse. In both cases, one must ensure the credits apply toward meeting the license requirements within that State.

Some of our leaders suggest doing away with continuing education and the industry is exploring that as an alternative. For now, most States require it so it is what it is. I would suggest that whichever alternative you choose, research the instructor and the class to ensure the credits will be allowed on your license. If you wish to take a class that is not approved, that is fine too, but your state may not accept the credits. Just saying.....

To learn more about renewal of your license go to the website at NV

[massagetherapy.nv.gov/](http://massagetherapy.nv.gov/)

## Links to MORE:

- 2012 amta-nv Annual Meeting [Report & Pictures](#)
- March 14 [NCBTMB announcement](#)
- August 14 [City of Las Vegas regulation update](#)
- August 17 Member Meeting [Report & Pictures](#)
- Continuing Education [classes in Nevada](#)—[Submit](#) your NEVADA CE class
- [Submit a professional article](#) for the AMTA-NV publications
- [National Massage Therapy Awareness Week®](#)
- [2012 AMTA National Convention](#)



## Chapter board of directors

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## Exercise Smart and Reduce Stress

June 11, 2012 By [Mark Lamm](#)

### Your Health and Life and the Quality of Both Depend on It!

No matter how well you eat or how much water you drink, no matter how many supplements you take, none of these things will take the place of exercise.

You must do some type of exercise every day. For the greatest overall health benefits including stress reduction, 20 to 30 minutes of aerobic activity three or more times a week is essential.

You also need some type of full breathing practice as well as muscle strengthening activity such as free weights or fitness machines.

Adopt the mindset that you can exercise anywhere at any time — at home or in the office.

**Take fitness breaks throughout the day.** You can spend 3 – 30 minutes mixing it up: Stretch, bend, squat; rebound; jump rope; walk; try a treadmill desk or a fitness ball chair!

#### **STRETCH YOURSELF**

Gravity is the unseen, powerful force that is with us 24 hours a day, 365 days a year, holding us on the planet. It is vitally important that we, as humans living in a gravitational force field, do anti-gravitational movements, in other words, **stretch!**

If you observe animals, you'll notice, when they awaken they stretch. It's their instinct that moves them. We need to reawaken this instinct in us. An easy, whole body routine should be followed daily as a positive compensation for each days accumulated compressions.

**TIP:** Never bounce into a stretch instead use steady relaxed movements to work into a full extension, allow your breath to flow easily and naturally during the stretch, and finally, do not force a stretch, rather extend yourself into the movement.

#### **BREATHING LIKE A BABY**

Breath is life and life is breath. You would think that as we grow older and wiser we would automatically be better at doing what comes naturally — breathing. Wrong. We need to relearn how to breathe as we once did as babies and young children.

**For breath is life, and if you breathe well you will live long on earth.**

~ Sanskrit Proverb

Starting each day and closing each evening with this simple breathing practice will enliven the day and soothe your sleep. This is an immediately effective stress reduction strategy too! Conscious breathing will bring you to a neutral point of situational awareness creating a harmonic edge when dealing with stress.



Sit or stand erect (proper physical posture is important) through the entire exercise and lift both arms above your head, open them to a 45 degree angle with palms facing each other. Maintain this position while fully breathing out through the mouth and then inhaling through the nose. Practice this breathing method for 3 full breaths and then lower your arms and relax. Repeat this exercise at least twice more.

Without food, you can live for 60 to 80 days, without water for 5 to 7 days, and without oxygen 3 to 5 minutes on average. Breathing is much more than inhaling and exhaling. With each inhalation, there is an intake of oxygen or life giving energy (**prana**) and with each exhalation there is a release of carbon dioxide or waste (**apana**). Incorporating this daily breathing practice will promote a more natural breath throughout the day, reduce stress, improve your health and increase your energy. Here's a great article by Gretchen Cruda for NPR — [Just Breathe: Body Has A Built-In Stress Reliever](#).

**EXERCISE SMART:** If you have had surgery especially open heart, knee, hip, back or shoulder check with your health practitioner before starting an exercise program. If you are just beginning an exercise routine or have been inactive for a while, start with less strenuous activities such as conscious breathing, swimming or walking. Beginning at a slow, comfortable pace will allow you to naturally become physically fit without straining your body. Once you are in better shape, you can gradually expand the length and intensity of your workout.



Mark Lamm, BioSync® Founder

**About Mark Lamm** — Mark Lamm's gift of transformational touch has taken his clients beyond limiting beliefs, beyond pain, beyond traumatic life events to lasting results through [BioSync](#).

Mark maintains an active private practice serving a worldwide client base of entertainers, politicians, diplomats, celebrities, CEO's, athletes in the NFL, NBA and ATP, track & field and figure skating Olympians as well as extreme athletes in snowboarding, surfing and motocross who want results that give them both a physical and psychological edge.