

Having trouble viewing this email? [Click here](#)



online newsletter

amtautah.org

hands in motion
AMERICAN MASSAGE THERAPY ASSOCIATION UTAH CHAPTER



Summer Newsletter

August 2015

Presidents Message

I hope everyone's summer has been an enjoyable one. I can't help but to think how lucky I am to be in this profession, to be able to make my own schedule, and to help clients feel better while enjoying what I do. I recently did a trade with a massage therapist who just graduated and it made me remember how scary it was to start out in this career and how unsure I was, if I was doing the right thing or not. You find out quick that it is right when everything falls into place. As a seasoned MT I am so grateful I stuck it out because I have met a lot of different people and have had so many great experiences. Don't be afraid to get involved with the chapter by attending an education class or to attend a Bodyworkers Connection Group event. Attending these events is a great way to network with others.

Thank you for you,

Robyn Ryther

rryther@comcast.net

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well." **Ralph Waldo Emerson**



Mission Statement

The mission of the Utah Chapter of the American Massage Therapy Association is to advance the art and science of massage therapy as a visible means of treatment and preventative practice; and to foster the professional practice of massage therapy in a virtuous, prudent, and proficient manner so as to maintain the good health and well-being of the citizens of Utah

In This Issue

Presidents Message
BCG
Delegate News
New Members
AMTA UT Online
New Members!

Side-Lying Pre/Postnatal Massage Course

Certification Optional

Side-Lying Pre/Postnatal Massage Course

This 24-hour course is designed to prepare you to massage pregnant women in all stages of pregnancy and the postpartum period. Side-lying positioning and semi-reclined positioning will be emphasized, along with specialized draping techniques, body

Upcoming Events

Upcoming Events

[AMTA National Convention](#)

August 19-22
Pittsburgh, Pennsylvania

[Side-Lying Pregnancy Class](#)

September 10-12
Airport Hampton Inn

BOD Meeting

September 16
On-Line

(please contact Robyn at rryther@comcast.com if you are interested in listening)

[Social Network as a Business Tool](#)

November 7
Myotherapy College of Utah

mechanics, and massage strokes. Side lying techniques may be used with anyone who has difficulty lying on their stomach or on their back.

Anatomy and physiology of pregnancy, benefits, contraindications, and special considerations will also be taught, such as emotional challenges that can accompany pregnancy and childbirth. This course prioritizes the safety of the mother and her baby and provides the necessary information to perform a written and verbal in-take, distinguish between low-risk and high-risk pregnancies, as well as identify and address treatable complications.

Certification requires passing a written exam and a pass/fail practicum with a pregnant model; however credit may be earned by passing the written exam and performing the practicum with a class partner.

Dates:

- Thursday, Friday & Saturday
- September 10, 11 & 12

Times:

- 8:30 AM - 6:00 PM
- with 1 1/2 Hours for lunch each day.

Location:

The Hampton Inn - Salt Lake City Airport
307 North Admiral Byrd Road
Salt Lake City, UT 84116 [[map](#)]

[Register ONLINE here](#)

Suggested text: Pre- & Perinatal Massage Therapy - A Comprehensive Guide to Prenatal, Labor, and Postpartum Practice, Second Edition, 2011, Carole Osborne. A limited number of copies will be available for purchase at the class; advanced individual purchase and study is strongly recommended in order to gain the most out of the class. The text includes internet access to video demonstration of techniques.

What to Bring to Class

- Sheets & lotion w/holster
- Large bath towel, 2 hand towels, foot stool
- Pregnancy massage cushions (designed for side-lying or prone), leg bolster
 - If you do not have a pregnancy cushion set, bring extra pillows and a gripper pad the size of a long bath towel.
- 2 regular-sized non-down pillows and a thin or wedge pillow for under the belly
- Bring extra linens & towels on day 3.

Pregnant Model

You are encouraged to invite a pregnant model to the practicum on the afternoon of day 3. Send your model's contact information to the instructor for prior intake/release by September 1st.

Karen Salas Wheeler, LMT, is certified in pre- and perinatal massage therapy (Osborne, 2004) and has taught prenatal, birth, and postpartum massage to massage therapists, doulas, and midwives. Her particular field of interest lies in optimizing pregnancy & birth outcomes, preventing birth trauma, and helping families bond through infant massage. She has been active in the birth and family community to educate the public as well as maternal health professionals about the benefits of pregnancy massage, and co-founded Utah Prenatal Massage Association in 2007 as a way to organize other

therapists around providing safe and effective massage therapy for pregnant women.

Karen Salas Wheeler's Contact Information
karen.wheeler@hsc.utah.edu



Karen Salas
Wheeler

Bodyworkers Connection Group

The Utah County bodyworkers connection group will be hosting their annual potluck dinner at 6:30 p.m. on October 24, 2015 at 5646 West 11270 North, Highland, Utah. Members are invited to bring a guest to this event. Please RSVP Brenda Swadley at 801 763-9417 by October 20, 2015 if you would like to attend this activity. Any AMTA members outside of Utah County who would be interested in starting a networking group in their county are invited to attend this activity.

Delegate News

The 2015 National Convention will convene in less than a month in Pittsburgh, Pennsylvania. The House of Delegates will meet on August 19 from 1:00 to 7:00 p.m. The Utah Chapter Delegates, Brenda Swadley and Anita Egbert, have prepared summaries of the two position statements and three recommendations to be discussed at the 2015 House of Delegates. These have been [posted on the website](#), and members have been invited to participate by giving their input through completion of an [accompanying survey](#). Members were also invited to give their input by attending a networking event on August 1st. Stay tuned for the voting results of the House of Delegates, which will be summarized in newsletter articles this fall by your elected delegates.

AMTA Utah Chapter Online - the basics

Email

It's 2015, 14 years into the new millennium and email is here. Email from the Chapter is how we send you information now. Gone is the expensive and difficult-to-produce paper newsletter. Email is a good way to get quickly to the details of a given subject with tools for taking further action. For example, if we are sponsoring a class, that information will be posted on the website (see below) and an email will go out to members, and others on our mailing list. Typically the email will have the basic information about the event and will provide a link to the website where you can get all the details. Often we will have the link to register right in the email too, so if you don't need to review the details you don't *have* to go to the website first.

Email is also how we get out information regarding other Chapter and National business. It's how we alert you to surveys and polls we take to get feedback from members.

To make sure you receive email from the AMTA-Utah Chapter add the "from" address of this email to you "friendly" or "white" list so email from the Chapter doesn't end up in the Spam or Junk folder. Also, check your spam or junk folder once in a while and search on "AMTA Utah" to see if anything got missed.

Website

The website (amtautah.org) is our Chapter's official website. The most up-to-date information is posted here. If, for example, an email goes out with some information that is slightly off or missing some detail, check the website. The website should always have the most correct and current information. We can keep the website updated but we can't go back and update an email. (If the website is incorrect or missing something send email to the webmaster so it can be updated - webmaster88@amtautah.org)



At the website a snippet of the most recent posts are listed in a blog-type display on the left side of the page. Click an article to see the whole content. At the top of the page are menus that help you navigate to various pages and information. In the far right side of the page are some links to things people are most likely to want to get to quickly.

If you have ideas for how to improve the website, please send your recommendations to the webmaster.

Facebook

Are you a Facebook user?

If so, check out the Chapter's Facebook page. (AMTA Utah Chapter - just type that in your search and you should easily find the page - or just [click here](#)) Here is timely information about the Chapter, Massage Therapy Business, Research, Practice Tips and other fun stuff. You can even post messages to the page and one of our Editors should be able to respond to you.



New Members

April 2015

Val Andreason
Jonathan Barnes
Kala Caldwell
Beth Gaines
Hannah Jenkins
Cheyanne Logan
Krystl Mecham
Rylee Nielson
Jordyn Padelford
Donalyn Punio
Christine Roelandt
Jennifer Syndergaard
Malinda Warren
Timothy Williams
Cassandra Williams

May 2015

William Beadle
Stephanie Beckstrom
Dominique Bell
Gerusha Burkey
Minkay Choi
Lejla Dzaja
Amber Ford
Erik Galbraith
Charmetria Hooper
Lacy Johnson
Ebonee Jones
Michelle Lessar
Kassandra Moreno
Nick Nash
Carrie Nash
Patricia Reid
Lance Sayer
Janalyn Schab
Savannah Shaw
Jamie Smith
Jasmin Sotelo
Jennifer Stanley
Kurtis Steger
Ali Wilkinson
Brionna Worthington
Scott Young
Marisa Zimmerman

June 2015

Shasta Bacon
James Barlow
Soo Francis
Michelle Grimaud
Melinda Hatzidakis
Ryan Liechty
Amber Mitchell
McKeil Ostergaard
Catherine Papworth
Elizabeth Snider
Trystan Thompson
Gabriella Watkins

AMTA - Utah Chapter Leadership

Board of Directors

President: Robyn Ryther
Immediate Past President: Roger Olbrot
First Vice President: Susan DeLegge
Second Vice President: Ennis Mcintier
Third Vice President: Jennifer Hanna
Secretary: Kirk Jorgensen
Treasurer: Maria Allan

Delegates

Brenda Swadly 2015-2015
Anita Egbert 2015-2016

Appointed Volunteers

Awards: Brenda Swadley
Convention / Education: Lynette Taylor
Government Relations / Website: Kirk Jorgensen
Membership: Vacant
Newsletter: Vacant
Parliamentarian: Susan DeLegge
Sports Massage Team: Jennifer Hanna
Standing Rules: Susan DeLegge

Student Outreach: Lynette Taylor

Phone | Fax
Email
Website

[Click Here to Sign-Up](#)

Copyright ©2013 Company Name. All Rights Reserved.

AMTA Utah Chapter, 3699 S 4565 W, Salt Lake City, UT 84120

[SafeUnsubscribe™ bulletin@amtautah.org](mailto:SafeUnsubscribe™_bulletin@amtautah.org)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by bulletin@amtautah.org in collaboration with

