

2019

ASSOCIATION OF NEW BRUNSWICK MASSAGE THERAPISTS
ANNUAL GENERAL MEETING AND CONFERENCE

ASSOCIATION NÉO-BRUNSWICKOISE DE MASSOTHÉRAPEUTES
ASSEMBLÉE GÉNÉRALE ANNUELLE ET CONFÉRENCE



anbmt

Association of New Brunswick Massage Therapists
Association néo-brunswickoise de massothérapeutes

A SHOW OF HANDS

PRENONS LES CHOSES EN MAIN

NOVEMBER 16-17 NOVEMBRE

Delta Beauséjour Moncton

750, rue MAIN Street | MONCTON, NB, E1C 1E6

SATURDAY, NOVEMBER 16, 2019

MORGAN E. RICHARD, BA, BSC (UNB PHD GRADUATE STUDENT)

ANBMT Sexual Harassment and Assault Survey Results and Further Considerations: A Follow-Up

1:00pm-1:30pm

What to Bring: Pen and paper

About the Presenter:

Morgan graduated from the University of New Brunswick with a BSc majoring in Biology, and a BA honouring in Psychology. Her honours thesis focused on rape myth acceptance among university students and its associations with bystander intervention attitudes and sexual assault. Morgan is currently a PhD graduate student in the Experimental Psychology graduate program at the University of New Brunswick. Her research interests (broadly) include sexual violence, intimate relationships, and sexual health.

ANDIE MARKS & MELANIE PERRIN, MEd, RMT

Understanding Sexual Violence—Fredericton Sexual Assault Centre (FSAC)

1:30pm-5:00pm/ PM Break: 3:00pm

CECs: 2 CECs Cat A

Fee: \$10.00 (ANBMT members) \$20.00 (Non-Members) **Amount to cover the fee for printing the course manual*

Understanding Sexual Violence is a workshop created by the Fredericton Sexual Assault Centre (FSAC). FSAC has over 40 years of specialized experience in supporting survivors of sexual violence and service providers by increasing awareness and facilitating education and prevention activities throughout the province of New Brunswick. FSAC is considered a leader in expertise on sexual violence in the province of New Brunswick. This workshop will cover the foundation of why sexual violence occurs, the effects of trauma on survivors, and those around them; how to support a survivor without causing further harm, as well as, harm reduction strategies for reducing sexual violence. The goal of this workshop is to increase understanding of what is sexual violence, why it happens, how it may affect the individual, and those around them; as well, as provide tools and information for everyone to use in their individual work. There will be ample time at the end of the workshop for questions and debriefing, as well resource information on community and government programs working with survivors of sexual violence.

About the Instructors:

Melanie Perrin, MEd, RMT, has been working as a registered massage therapist since 2006. She began her counselling career in 2012 with a focus on violence against women and trauma recovery. Melanie has been working as a full-time counsellor at the Fredericton Sexual Assault Centre since 2017. With a background in bodywork, Melanie is always looking at the mind-body-spirit connection in her clients, with an awareness of the impact that sexual violence has on all of these spheres within the individual's life.

Andie Marks has been a member of the Fredericton Sexual Assault Centre collective starting in the spring of 2016 and began her journey on staff in 2017 as the Community Facilitator. Andie works throughout New Brunswick in both official languages to deliver professional development training and help communities build capacity when developing sexual assault services for survivors. Andie is passionate about helping individuals and communities feel empowered and capable when advocating for survivors.

SUNDAY, NOVEMBER 17, 2019

CONOR COLLINS, BHSC. DIPSIT, RMT, CAMA, FMT

Solving Complex Hip Pain with Simple Solutions

9:00am - 5:00pm

CECs: 3.5 CECs Cat A / Max: 22 registrants

Fee: \$175.00 ANBMT Members / \$350.00 Non-Members

What to Bring: Loose comfortable clothing / Tank top
Yoga Mat
Portable Massage Table (1 per 2 participants)

Course Description:

Hip pain is complex and can range from nagging pain to often debilitating and dysfunctional conditions. While the hip can present with an array of conditions, these can be isolated to a few primary dysfunctional mechanisms. From a thorough assessment, the practitioner can gain an understanding of pain driving mechanisms in the hip. From here they are able to better devise both a treatment and exercise plan for their patients to lead to the best possible outcomes. Come and join us for this flagship course on solving complex hip pain with simple solutions.

The overall course objectives are to give the massage therapist a competent understanding of:

- Relevant anatomy and pathophysiology of the conditions in the hip
- An understanding and interpretation of assessment findings and how they may carry over into the treatment
- An understanding of the influence the lumbar spine and trunk can play on hip dysfunction
- How to apply findings from the assessment and carry them over into program design for rehabilitation
- How to take hip pain and build a home program for a patient which will allow them to take themselves from lower levels of movement up to more advanced stages of movement awareness and competency

Course Outline:

- 9am-10am - Introduction, review relevant anatomy, and pathophysiology of the anterior and posterior hip girdle.
- 10am-12:30pm - Organizing your assessment. From intake to range of motion, palpations, and special tests. Understand their meanings, why it matters, and tease out any irrelevant information.
- 12:30pm-1:30pm - Lunch (there will be two, 15-minute breaks in the AM and PM).
- 1:30pm-2:30pm - The influence of the lumbar spine on hip pain, relevance, and discussion for inclusion.
- 2:30pm-4:30pm - How to take what you find in assessment and build a bulletproof hip program for your patients. We will discuss scenarios from patients with lower movement competencies to advanced level patients. Program outlines will include core stability exercises, self-mobility drills, static stability drills, and dynamic movements with the goal of taking someone from entry level to more advanced stages of movement.
- 4:30pm-5:00pm - Review and course summary, final words.

About the Instructor:

Conor is in his thirteenth year of manual therapy and movement education. As both a massage therapist and sports injury therapist, Conor provides a unique approach to clinical practice combining disciplines of manual therapy integrated with movement-based rehabilitation strategies. With over a decade of experience, Conor's philosophy applies the most current researched methods of massage therapy while drawing for disciplines in athletic therapy, physiotherapy and chiropractic. Outside of clinical practice, Conor instructs upcoming manual therapists at the college level where he is currently on faculty at Mohawk College in Hamilton, Ontario. During his career, he has also had the pleasure of managing athletes and consulting for national level and club teams in both the NHL and NCAA. Conor shares a special clinical interest in concussion management and has spent many years treating endurance triathletes and runners.

SUNDAY, NOVEMBER 17, 2019

DEBBIE BOEHLER

Ayurvedic Foot Massage (Padabhyanga) Practitioner Course

8:00am - 5:00pm

CECs: 6.5 CECs Cat A / Max: 14 registrants

Fee: \$195.00 ANBMT Members / \$275.00 Non-Members *Includes the Kasa Bowl \$30.00 value

What to Bring:

- 1 pillow or bolster each
- 1 large beach-sized towel
- 2 sheets and a blanket
- 1 massage table or zero gravity chair (1 per 2 participants)
- 1 stool on wheels (1 per 2 participants)
- 1 heating pad (1 per 2 participants)

Course Description:

This certification course includes theoretical and practical instruction. A certificate of attendance will be awarded at the end of the course. You will be learning how to do a beautiful hour-long Ayurvedic Foot Massage session while your client is lying down fully clothed. The class is limited to 14 students.

*There is a 3-hour home study segment, which you will be required to complete before the course. All materials will be sent to you a week prior to class time.

The art of Ayurvedic Foot Massage, or Padabhyanga, has its roots in Ayurveda and includes a combination of various massage and Reflexology techniques, Kasa bowl work and Marma Therapy. Caring for the feet in the Ayurvedic form of foot massage is beneficial to the entire body. An Ayurvedic Foot Massage relaxes the nervous system, balances energy, relieves pain, and increases blood and lymph circulation. It also helps with the detoxification of the body and will also help to bring about an improvement in physical and emotional ailments.

Massaging the feet is akin to massaging the entire body, according to Ayurveda and Reflexology. The use of oils with a Kasa bowl, small metal bowl, will encourage detoxification and balancing. Various tridoshic oils can be used such as sesame, jojoba, almond and/or olive. Marma points are worked on to also bring about detoxification, relaxation, and healing. Although we will be touching on some basics of Ayurveda, this course is not a course in Ayurveda.

8:15am - Home study review; cover theoretical materials in the manual

10:00am - Section 2: Starting techniques

11:00am - Section 3: Foot and leg techniques

12:00pm - Lunch

12:30pm - Section 3: Foot and leg techniques continued

2:00pm - Section 4: Finishing techniques

3:00pm - Review of all techniques

5:00pm - Closing

About the Instructor:

Debbie Boehlen has been a holistic practitioner since 2001 and completed her original Indian Head Massage (Champissage) training in 2002 through the London Centre of Indian Champissage International (LCICI) and became a certified practitioner. In 2003, she completed her instructor training through the same school and started teaching at that time. In 2008, she developed the IHM course now being taught. Debbie travels throughout Canada to offer training in Indian Head Massage, Rejuvenating Face Massage, Ayurvedic Foot Massage, Usui Reiki, Animal Reiki, and Axiatonal Alignment.

SUNDAY, NOVEMBER 17, 2019

JEFF PHILLIPS, RMT & JENNY R. HACHÉ, RMT

Jadestone Therapeutic Massage (bilingual course)

9:00am - 5:00pm / AM Break: 10:30am PM Break: 3:00pm

CECs: 3.5 CECs Cat A / Max: 12 registrants

Fee: \$385.00 ANBMT Members / \$430.00 Non-Members

- What to Bring:** Material - Requirements from each participant
- Three sheets
 - Two pillowcases
 - Two pillows
 - Blanket
 - Towel to reinforce draping
 - Medium (oil, lotion) of your choice
 - Portable Massage Table (1 per 2 participants)
- Materials Provided— For Course Delivery
- Six sets of Jade Stones (Suggested retailers will be provided post event)
 - Six Stone Heaters
 - Instruction manuals (attendees to retain)
 - Guided walkthrough in delivery of a full body treatment using 20 stones

Course Description:

This is more than just another hot stone massage course! Working smarter NOT harder using this modality...

This one-day course will provide you with the techniques required to deliver a full body treatment, using both hot and cold stones, for therapeutic effect.

The course will also demonstrate how to best market/sell the treatment to potential clients, recognize contraindications and indications for treatments; how it can assist in the treatment of various therapeutic condition scenarios and the benefits of having such a hydrotherapy modality ready to hand.

Course content delivers one full-day of practical training including: preparation for treatment, protocols, contraindications; a handbook detailing a step-by-step guide of specific treatment areas, together with your certificate.

All training materials, including stone heaters, a set of 20 Jade stones, etc., will be provided, except linens & lotion which must be provided by you.

About the Instructors:

Jeff Phillips is a 2010 graduate of the Canadian College of Massage and Hydrotherapy (CCMH) in Halifax. He was the proud recipient of the inaugural award, offered by Massage Therapists' and Wholistic Practitioners' Association of the Maritimes (MTWPAM). He is a member in good standing with the Massage Therapists Association of Nova Scotia (MTANS) and was selected to serve as one of a team of Registered Massage Therapists on the Canada Games 2011 Medical Team and has also been an inaugural volunteer member of the province-wide Massage Emergency Response Team (MERT). Spending nearly six months on designing this course, it was launched in mid-2012 and has since been delivered to over 200 attendees, in both Nova Scotia and New Brunswick. In addition to his business, Dragonfly Release, Jeff has served as a part-time lecturer and student clinic supervisor at the Canadian College of Massage and Hydrotherapy (CCMH) in Halifax (2011-2017).

Jenny R. Haché is an active member in good standing with the ANBMT since July 2012 and a member in good standing with the College of Massage Therapists of New Brunswick. Jenny is a 2012 graduate of the Atlantic College of Therapeutic Massage, Dieppe Campus. Jenny received training in the Jadestone course presentational skills and successfully completed a one-day workshop in the presentation and delivery of the Jadestone course. She received initial Jadestone training through Dragonfly Release in March 2019.

SUNDAY, NOVEMBER 17, 2019

JEFF PHILLIPS, RMT & JENNY R. HACHÉ, RMT

Massage thérapeutique Jadestone (cours bilingue)

9h00 - 17h00 / Pause AM: 10 h 30 Pause PM: 15 h 00

CECs: 3.5 CECs de catégorie A (approuvées par le CMTNB) / Max: 12 inscrits

Frais: 385 \$ pour membres de l'ANBMT / 430 \$ pour non-membre

Description du cours:

C'est plus qu'un simple cours de massage aux pierres chaudes! Travaillez plus intelligemment, et non pas plus fort en utilisant cette modalité...

Ce cours d'une journée vous fournira les techniques nécessaires à la réalisation d'un traitement complet du corps, utilisant à la fois des pierres chaudes et froides pour un effet thérapeutique.

Le cours montrera également comment commercialiser et vendre le traitement à des clients potentiels, reconnaître les contre-indications et les indications des traitements, comment aider au traitement de divers scénarios thérapeutiques, et les avantages d'avoir une telle modalité d'hydrothérapie à portée de main.

Le contenu du cours offre une journée complète de formation pratique comprenant la préparation au traitement, les protocoles, les contre-indications; un manuel détaillant un guide étape par étape des domaines de traitement spécifiques, ainsi que votre certificat.

Le matériel de formation sera fourni, y compris les chauffe-pierres, un ensemble de 20 pierres de Jade. Seulement les draps et la lotion doivent être fournis par vous.

Ce qu'il faut apporter: Matériaux - Exigences de chaque participant

- Trois draps
- Deux taies d'oreillers
- Deux oreillers
- Couverture
- Serviette de bain pour renforcer le drap de massage
- Médium de votre choix (huile, lotion)
- Table de massage portative (1 par 2 participants)

Matériaux fournis - Pour la prestation du cours

- Six ensembles de pierres de Jade (les détaillants suggérés seront fournis après l'événement)
- Six chauffe-pierres
- Manuels d'instructions (une gracieuseté de notre part)
- Procédure guidée d'un traitement complet du corps à l'aide de 20 pierres

À propos des instructeurs :

Jeff Phillips est diplômé du Canadian College of Massage and Hydrotherapy (CCMH) à Halifax en 2010. Il a été le fier récipiendaire du prix inaugural offert par la Massage Therapists' and Wholistic Practitioners' Association of the Maritimes (MTWPAM). Il est membre en règle de la Massage Therapists Association of Nova Scotia (MTANS) et a été choisi pour faire partie d'une équipe de massothérapeutes autorisés de l'équipe médicale des Jeux du Canada 2011. Il a également été l'un des premiers membres bénévoles de l'équipe d'intervention d'urgence en massothérapie à l'échelle de la province. Après près de six mois de préparation, le cours a été lancé à la mi-2012 et a depuis été donné à plus de 200 participants en Nouvelle-Écosse et au Nouveau-Brunswick. En plus de son entreprise, Dragonfly Release, Jeff a été conférencier à temps partiel et superviseur de clinique étudiante au Canadian College of Massage and Hydrotherapy (CCMH) à Halifax (2011-2017).

Jenny R. Haché est membre active en règle de l'ANBMT depuis juillet 2012 et membre en règle du Collège des massothérapeutes du Nouveau-Brunswick. Elle est diplômée en 2012 du Collège atlantique de massage thérapeutique, Dieppe. Jenny a reçu une formation en techniques de présentation du cours Jadestone et a complété avec succès un atelier d'une journée sur la présentation et la prestation du cours Jadestone. Elle a reçu une formation initiale de Jadestone grâce à Dragonfly Release en Mars 2019.

INFORMATION

Hotel room rate \$127.00 + HST for a standard room with 2 double beds.

Delta Beausejour, 750 Main Street, Moncton, NB, E1C 1E6

Tel: 844-496-8551 ask for the AMT block at YQMDR

To receive the preferred room rate of \$127.00 + HST at the Delta Beausejour—Deadline to book a room: October 15, 2019.

In addition to the 15% HST, a Municipal Accommodation Tax of 3.5% will be applied to guest room accommodations. Effective September 1, 2019.

[Book your group rate for Association of NB Massage Therapists](#)

Prix de la chambre d'hôtel 127,00 \$ + TVH pour une chambre standard avec 2 lits doubles.

Delta Beausejour, 750, rue Main, Moncton, N.-B., E1C 1E6

Tél: 844-496-8551 et demandez pour le bloc réservé pour AMT à YQMDR

Pour recevoir le tarif préférentiel de 127 \$ + TVH au Delta Beausejour—Date limite pour réserver une chambre: 15 octobre 2019.

En plus de la TVH de 15 %, une taxe d'hébergement municipale de 3,5 % sera appliquée à l'hébergement en chambre. En vigueur à compter du 1er septembre 2019.

[Book your group rate for Association of NB Massage Therapists](#)