

2018

ASSOCIATION OF NEW BRUNSWICK MASSAGE THERAPISTS
ANNUAL GENERAL MEETING AND CONFERENCE

ASSOCIATION NÉO-BRUNSWICKOISE DE MASSOTHÉRAPEUTES
ASSEMBLÉE GÉNÉRALE ANNUELLE ET CONFÉRENCE



A SHOW OF HANDS

PRENONS LES CHOSES EN MAIN

NOVEMBER 3-4 NOVEMBRE

DELTA HOTEL SAINT JOHN

39, RUE KING ST | SAINT JOHN, NB E2L 4W3

SATURDAY, NOVEMBER 3, 2018

GORDON COSMAN, COSMAN BENEFITS AND PENSION SOLUTIONS

Lunch & Learn: Open discussion & one-year-later follow-up regarding the Healthcare Benefits Plan Report (September 2018)

12:00pm-1:00pm

CEUs: 0.5 CEU Cat B

What to Bring: Pen and paper

About the Instructor:

Gord has been advising clients on the management of their employee benefits and corporate retirement plans since 1995. He opened Cosman Benefits & Pension Solutions after 18 years of consulting experience. His insight and drive ensures that our clients receive the very best of care.

Education/Designations

- CEBS – Certified Employee Benefits Specialist
- RPA – Registered Pension Associate
- WME - Wealth Management Essentials
- Bachelor of Commerce - Saint Mary's University

Organization / Community Involvement

President – Cosman Benefits & Pension Solutions

SATURDAY, NOVEMBER 3, 2018

AJ RIPLEY, Beam DIVERSITY CONSULTING

Understanding Gender Diversity: Validating and Celebrating Gender Diverse Colleagues & Clients

1:15pm -3:15pm

CEUs: 1 Cat A / Max: 25 registrants

Fee: \$50.00 ANBMT Members / \$70.00 Non-Members

What to Bring: Pen and paper

Course Description:

Beam Diversity Consulting offers professional development workshops that teach the knowledge and skills necessary for bridging understanding about gender diversity and finding opportunities to validate and celebrate gender diverse colleagues and clients. Participants will leave Beam workshops with expanded ideas about gender identity and expression and equipped with adaptable strategies related to gender inclusive language and terminology for effectively communicating with queer, trans, and gender diverse people in a positive and meaningful way. The mission of Beam Diversity Consulting is to work with individuals where they are at, teaching ally tools and leadership skills so that these individuals can create systems of professional support for gender diverse colleagues and feel comfortable and confident interacting with gender diverse clients in a respectful and approachable way.

About the Instructor:

AJ Ripley is a Human Rights professor at St. Thomas University and a PhD student at the University of New Brunswick. AJ Ripley's research area of study is the transgender and gender diverse populations. AJ Ripley has many years of experience leading diversity workshops and facilitating inclusive conversations across a number of roles in various nonprofit organizations. They are also a published writer and media creator. In 2015, AJ was the co-producer and host of a feature-length VICE documentary called "On Hold," which addressed transgender healthcare access across Canada.

SUNDAY, NOVEMBER 4, 2018

Joanne BAKER, RMT

Structure, Symmetry, Foundation (SSF)

9:00 AM - 5:00 PM

CEUs: 3.5 Cat A / Max: 24 registrants

Fee: \$175.00 ANBMT Members / \$275.00 Non-Members

What to Bring: Lunch will not be provided, nutrition breaks will be provided
Portable massage table
Pen/pencil/paper and highlighter (Manuals will be provided)
Wear comfortable clothes for optimal movement
Linens or lotions are not required

Course Description:

A good foundation consists of structure and symmetry in motion. Add these two together and the results are improved function. Based on Muscle Energy Technique (MET), Proprioceptive Neuromuscular Facilitation and symmetrical movements, this course will teach you how to perform assessments and corrections of the sacrum/pelvis.

MET is one of the most effective and valuable manual techniques for the assessment and correction of somatic asymmetry and hypomobility. It works using the muscle spindles to release tight muscles and decrease tone and excitability, thus restoring movement within the joints to normal mobility.

This workshop will enhance your pelvic assessment skills and give you a different approach to treatment that you can incorporate immediately into your clinical practice.

Course Objectives:

- Enhance palpation of "barriers" in joint movement
- Palpate landmarks of the pelvis and sacrum
- Structurally evaluate the pelvis and sacrum
- Perform structural corrections for the Pelvis and Sacrum
- Introduce Total Motion techniques

About the Instructor:

Joanne Baker is a Registered Massage Therapist, and has been in private practice since 1995. She has extended her career in manual therapy techniques, and has focused her treatments in the direction of structural and functional symmetry in the body. In addition to post graduation education in various modalities, Joanne has pursued training in the sport massage field and has worked with athletes at all levels of competition including the artists of Cirque du Soleil and Odysseo, by Cavalia.

Joanne's passion for teaching has grown tremendously over the past 20 years and she is excited to bring her experiences to the classroom. She prides herself on the ability to motivate students and practicing therapists to incorporate optimal critical thinking for best results.

SUNDAY, NOVEMBER 4, 2018

CHRISTINE LÉGER, RMT

Communicating, Reporting & Invoicing Insurance Companies

9:00 AM - 5:00 PM

CEUs: 3.5 Cat B / Max: 30 registrants

Fee: \$175.00 ANBMT Members / \$275.00 Non-Members

What to Bring: Lunch will not be provided, nutrition breaks will be provided
Pen & paper
**Note: Course forms and handouts will be bilingual*
**Avis : Les formulaires et documents de cours seront bilingues*

Course Description:

This one-day course provides a solid foundation on how to properly communicate with, write reports, and invoice insurance companies for motor vehicle collisions in New Brunswick. More than ever massage therapy is becoming accepted by medical professionals as a regular part of healthcare, and as a result, massage therapists are able to invoice insurance companies for massage therapy treatments related to motor vehicle collisions.

Learning how to communicate, write reports, and invoice insurance companies for massage therapy treatments can help build your massage therapy practice. Since each insurance company has different plans and rules around submitting reports and invoicing, learning how to ask the right questions to the right people will help guide you to build a professional relationship with adjusters.

This course was created from my own research (along with adjusters from various insurance companies) and based on exactly what they expect from massage therapists when submitting reports and invoicing due to motor vehicle collisions in New Brunswick.

About the Instructor:

Christine Léger lives in Notre-Dame, NB, with her fiancé and their four sons. She received her massage therapy diploma with honours in 2006 from the Atlantic College of Therapeutic Massage (ACTM) in Fredericton, NB. Since her graduation, her love for sharing her knowledge has given her the opportunity to become a massage therapy instructor. She teaches anatomy, massage theory and techniques, and business to students at the Collège Atlantique de Massage Thérapeutique (CAMT) in Dieppe, NB, since their opening in 2008. Christine is also a member in good standing with the Association of New Brunswick Massage Therapists and the College of Massage Therapists of New Brunswick (CMTNB).

SUNDAY, NOVEMBER 4, 2018

CHRISTINE LÉGER, MTA

Communiquer, Écrire des Rapports et Facturer des Compagnies d'Assurances

9h00 - 17h00

CEC: 3,5 Catégorie B / Max: 30 inscrits

Coût: 175,00 \$ pour des membres de l'ANBMT / 275,00 \$ pour non-membres

Quoi apporter: Le déjeuner ne sera pas fourni, des pauses-nutrition seront fournies

Stylo et papier

**Note: Course forms and handouts will be bilingual*

**Avis : Les formulaires et documents de cours seront bilingues*

Description du cours:

Ce cours d'une journée fournit une base solide sur la façon de communiquer correctement avec les compagnies d'assurance, d'écrire des rapports et de les facturer, suite à des collisions de véhicules à moteur au Nouveau-Brunswick. Plus que jamais, la massothérapie est reconnue par les professionnels de la santé, et les massothérapeutes peuvent donc facturer aux compagnies d'assurance les traitements de massothérapie liés aux collisions de véhicules à moteur.

Apprendre à communiquer, à rédiger des rapports et à facturer les compagnies d'assurance pour des traitements de massothérapie peut vous aider à développer votre pratique de massothérapie. Étant donné que chaque compagnie d'assurance a des règles et des plans différents en matière de soumission de rapports et de facturation, apprendre à poser les bonnes questions aux bonnes personnes vous aidera à établir une relation professionnelle avec les ajusteurs.

Ce cours a été créé à partir de mes propres recherches (en collaboration avec des ajusteurs en sinistres de diverses compagnies d'assurances) et correspond exactement à leurs attentes concernant les rapports et la facturation de la part des massothérapeutes à la suite de collisions automobiles au Nouveau-Brunswick.

À propos de l'instructrice :

Christine Léger habite à Notre-Dame, N.-B., avec son fiancé et leurs quatre fils. Elle a reçu son diplôme en massothérapie avec distinction en 2006 du Atlantic College of Therapeutic Massage (ACTM) à Fredericton, au Nouveau-Brunswick. Depuis son diplôme, son amour pour le partage de ses connaissances lui a permis de devenir instructrice en massothérapie. Elle enseigne l'anatomie, la théorie et les techniques du massage et l'entrepreneuriat aux étudiants du Collège Atlantique de Massage Thérapeutique (CAMT) à Dieppe, au Nouveau-Brunswick, depuis leur ouverture en 2008. Christine est également membre de l'Association néo-brunswickoise des massothérapeutes du Collège des massothérapeutes du Nouveau-Brunswick (CMTNB).

SUNDAY, NOVEMBER 4, 2018

TRACIE BLAIR, R.AC., RMT

Facial Cupping

9:00am – 5:00pm

CEUs: 3.5 Cat A

Fee: \$175.00 (Members) | \$275.00 (Non-Members)

What to Bring: Lunch will not be provided, nutrition breaks will be provided
Participants should bring comfortable clothes (tank top)
Portable massage table
Yoga mat or towel/blanket to lay on
Favourite lotion for facial work

Course Details:

This modality allows for a unique approach to the fascia and sinews. Cupping has an ability to affect much deeper tissue, remove fascial restrictions and move fluid, and increase range of motion, lending itself to be an effective treatment for several facial ailments. We will specifically target sinus issues, headaches, TMJ dysfunction in addition to learning more general techniques that can be universally applied to other ailments of the face and head. We will explore some Traditional Chinese Medicine philosophy to better understand some of the commonly seen ailments and how our treatment can bridge Western and Eastern approaches to assessment.

We will combine Traditional Chinese Medicine massage techniques with cupping massage, Gua Sha techniques and block therapy, etc. to present very effective and holistic approaches to common disorders we often see.

Participants will leave with a thorough and more holistic view of disorders of the face and head, as well as a new tool set to effectively treat them. Students incorporate a different view of treating sinew and fascia as a whole.

Course Objectives:

- Introduce general concepts of Traditional Chinese Medicine and cupping and gua sha
- To gain a working knowledge of the anatomy of the face, head, and structures specific to dysfunctions
- To effectively utilize the various cups, tools and techniques
- To effectively choose and apply the appropriate treatment
- To understand the indications and contraindications and precautions for cupping therapy and gua sha
- Health and safety of cupping and gua sha

About the Instructor:

Tracie Blair is a registered massage therapist and a registered acupuncturist. She has owned and practiced at a thriving multi-practitioner clinic in Winnipeg, Manitoba, since 1998. Her passion for Eastern medicine led her to begin studying acupuncture in 2008. Since completing her acupuncture diploma, Tracie has immersed herself in the study of different philosophies of acupuncture. Tracie prides herself on respect of the ancient traditions while incorporating the more modern styles of treatment when applicable.

Tracie is a director and instructor at the College of Acupuncture and Therapeutics, an instructor at the Massage Therapy College of Manitoba, and a frequent presenter at various seminars for fellow healthcare professionals and the general public of Manitoba, and a frequent presenter at various seminars for fellow healthcare professionals and the general public.

INFORMATION

Hotel room rate \$120.00 + HST for a standard room with 2 double beds.

Delta Hotels Saint John, 39 King Street, Saint John, NB, E2L 4W3

Tel: 506-648-1981 OR Central Reservations 1-888-236-2427 ask for the Association of NB Massage Therapists block at YSJDB

To receive the preferred room rate of \$120.00 + HST at the Delta Saint John, please indicate the account as: Massage Therapists NB Rate

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

Prix de la chambre d'hôtel 120,00 \$ + TVH pour une chambre standard avec 2 lits doubles.

Delta Hotels Saint John, 39, rue King, Saint John, NB, E2L 4W3

Tél: 506-648-1981 OU téléphonez au service des réservations au 1-888-236-2427 et demandez pour le bloc réservé pour l'Association néo-brunswickoise des massothérapeutes (Association of New Brunswick Massage Therapists) à YSJDB

Pour recevoir le tarif préférentiel de 120 \$ + TVH au Delta Saint John, veuillez spécifier le compte comme: Massothérapeutes Tarif NB (Massage Therapists NB Rate)

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

