



# Course Calendar 2020

## Le calendrier des cours 2020

[www.anbmt.ca/course-calendar](http://www.anbmt.ca/course-calendar)  
[www.anbmt.ca/fr/annuaire-des-cours](http://www.anbmt.ca/fr/annuaire-des-cours)

# Course Calendar 2020 / Le calendrier des cours 2020

Registration forms are located online under “Forms” on the main menu.  
PayPal is an option (credit card). [Click here.](#) / Paypal est une option (carte du crédit). [Cliquez ici.](#)

<b>April</b>						
	Course	Members	Non Members	Max Number	CEUs	Registration Deadline
25-26	Evidence-Informed Clinical Cupping (Cupping Canada Inc.)	\$395	\$495	20	8 A	April 11
<b>May</b>						
3	Solving Complex Hip Pain with Simple Solutions	\$150	\$250	30	3.5 A	April 19
15-17	BE1: Basic Elements 1–Rhythm and Dural Tube	\$500	\$600	20	9.5 A	May 1
<b>June</b>						
5-7	CST Use in Sports and Orthopedic Injuries: Integration, Treatment, and Validation (CST and SOI)	\$500	\$600	20	9.5 A	May 22
<b>August</b>						
20-23	Deep Flow In-Motion En Mouvement de Deep Flow	\$625	\$725	20	14 A	August 6 6 août
<b>September</b>						
12-13	Gua Sha Therapy Level 1 & 2 + Advanced MFR and Gua Sha for the Face and Neck	\$350	\$450	20	6 A	August 29
18-20	BE2: Basic Elements 2–The Cranium	\$500	\$600	20	9.5 A	September 4
<b>October</b>						
3-4	Massage Therapy for Pregnancy	\$375	\$475	24	8 A	September 5
31- NOV 1	Joint Mobilizations from the Ground Up	\$300	\$400	30	7 A	October 17

# Evidence-Informed Clinical Cupping (Cupping Canada Inc.)

Instructed by Heather Kew, RMT

**Registration Deadline: 11 April 2020**

**▶ Register Here Now**

*\*IMPORTANT DISCLAIMER: Cupping therapy is considered to be a higher-risk-exposure / invasive modality by Novex (LMI). Participants must submit certificates of training to the ANBMT for endorsement to practice this modality.*

**Learn from the Cupping Therapy Experts!** Join us for this 2-day, hands-on training, and learn how to provide quick and effective pain management for the enhanced mobility of your clients with cupping therapy. Interested in learning how to educate your clients on the ways in which a program of cupping therapy fits perfectly into their wellness activities? Let's delve into the history, theory, research and ethics in cupping therapy providing you with a volume of knowledge: how best to provide this treatment, how to explain it, how to recognize contraindications, and how to enhance overall client retention.

This cupping course is unique in that we do not **focus on one 'type' of cupping therapy, but rather we focus on the research available and the types of treatments that can be provided using the various products in the marketplace.** This approach provides participants with the knowledge and skill on how to use a number of different types of cups to achieve the overall therapeutic outcome that your clients are looking for. (Fire cupping or flames are not used; fire cupping is discussed only in a historical context.)

We provide you with information on how to treat common client complaints by using cupping therapy for the overall outcome of your clients' treatment plan. We will review the functional anatomy of the musculoskeletal system of the body and how to enhance circulation using cupping therapy and provide techniques that are specific in the treatment of injuries and enhancing mobility. There is evidence that cupping therapy can influence the nervous system and it has been shown to influence research subjects' perception of pain...so join us and discover the ways that you can make a big difference in your clients' wellness journey.

Save your body and your hands and most importantly, discover how the versatility of cupping therapy can transform your practice into life-changing bodywork.

## Course Content:

- The history of cupping therapy and its impact.
- The principles of myofascial cupping and supporting evidence.
- The physiological and neurological effects of cupping.
- The indications, contraindications, and precautions for cupping therapy.
- The evidence-informed research for cupping therapy.
- Cupping applications based on assessment of the client.
- How to use and apply cupping therapy with safe and sound reasoning.
- Positioning and technique for optimal results.
- How to identify, address, and modify techniques appropriate for a range of treatments.
- How to perform treatments for the upper body.
- How to perform treatments for the lower body.
- The benefits and outcomes of cupping for educating your clients.
- Review and provide protocols to relieve muscle tension.
- Review and provide protocols to support myofascial release.
- Review and provide protocols to support lymphatic circulation.
- Review and provide protocols to properly sanitize and safely use silicone and vacuum cups.
- How to integrate cupping therapy into your current clinical practice.
- Hands-on, hands-on, hands-on time!

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## What to Bring

- 1 set of sheets
- 1 large towel + 2 small towels
- Pillow
- Massage oil or cream
- Yoga/Gym attire
- Portable massage table (1 per 2 participants)
- Snacks, lunch, water

\*Cupping Canada Inc. Pop-Up Shop—cupping supplies will be available for purchase during the course. <https://cuppingcanada.ca>

## About the Instructor

Heather Kew is a registered massage therapist and certified medical esthetician with over 13 years' experience. She graduated from Grant McEwen's massage therapy program in 2005. She has continued her learning by concentrating in orthopaedic and therapeutic massage, myofascial cupping, hot stone massage, deep tissue and Swedish massage.

Over the years, Heather has refined her skills in some of the top spas in Canada. Her uniqueness has gained her a reputation for specializing in migraine/headache treatment, motor vehicle accident rehabilitation, and chronic pain. Heather is a past president of the Massage Therapist Association of Alberta.

She has been honoured to work with a wide range of clientele from professional athletes to geriatric patients, and everything in-between. When she's not massaging, Heather can be found with her daughter making a mean batch of cookies.

<b>Date:</b>	April 25-April 26, 2020 (2 days)	
<b>Maximum:</b>	20 Registrants	
<b>Time:</b>	8:30am-5:30pm (Saturday-Sunday)	
<b>Location:</b>	Chateau Moncton - Hotel & Suites 100 Main Street Moncton, N.B. E1C 1B9	
<b>Fee:</b>	\$395.00 (ANBMT members)	Non-Member: \$495.00 <i>*This course is \$495 when offered by Cupping Canada Inc.</i>
	<i>*Registration fee includes set of 4 silicone cups (PAYMENT MUST ACCOMPANY REGISTRATION; RESERVATIONS NOT ACCEPTED)</i>	
<b>CEUs:</b>	8 Category A CEUs (CMTNB Approved)	

# Solving Complex Hip Pain with Simple Solutions

Conor Collins, BSc. DipSIT, RMT, CAMA, FMT

**Registration Deadline: 19 April 2020**

**➤ Register Here Now**

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 better able to devise both a treatment and exercise plan for their patients that will lead to the best possible outcomes. Join us for this course on solving complex hip pain with simple solutions.

The overall course objectives are to provide the massage therapist with a competent understanding of the following:

- 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 progress from lower levels of movement through to more advanced stages of movement awareness and competency

## Course Outline

9 -10 Introduction, review relevant anatomy, and pathophysiology of the anterior and posterior hip girdle.

10 -12:30 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.

12:30-1:30 Lunch (there will be two, 15-minute breaks in the AM and PM).

1:30-2:30 The influence of the lumbar spine on hip pain, relevance, and discussion for inclusion.

2:30-4:30 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.

4:30-5:00 Review and course summary, final words.

## What to Bring

- Massage table (1 per 2 participants)
- Snacks, Lunch, Water
- Yoga mat
- Wear comfortable clothing (tank tops, t-shirts, shorts)

## About Conor Collins

Conor Collins is in his eleventh 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 taping experience, Conor applies new concepts of movement-based taping with traditional athletic taping protocols. Outside of clinical practice, Conor instructs upcoming manual therapists at the college level. 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.

**Date:** May 3, 2020 (1 day)

**Maximum:** 30 Registrants

**Time:** 9:00 AM – 5:00 PM (Sunday)

**Location:** Chateau Saint John - Hotel & Suites  
369 Rockland Road  
Saint John, N.B. E2K 3W3

**Fee:** \$150.00 (ANBMT members only) Non-Member: \$250.00 *\*This course is \$250.00 when offered by the Instructor*  
(PAYMENT MUST ACCOMPANY REGISTRATION; NO RESERVATIONS ACCEPTED)

**CEUs:** 3.5 Category A CEUs (CMTNB Approved)

# BEI: Basic Elements I—Rhythm and Dural Tube

Instructed by Gary Keeling, BPE, BSc (PT)

**Registration Deadline: 1 May 2020**

**➤ Register Here Now**

In this three-day class the craniosacral system is introduced in basic detail, including anatomy, physiology and method, with particular focus on the intraspinal membranes and the sacrum.

Topics include:

- the osteopathic origins of this gentle modality
- palpation by anatomical location
- perception of the craniosacral rhythm
- knowledge and delivery of manual CST techniques
- characteristics of energy and intention
- physiology of tissue release
- treatment rationale
- professional ethics
- clinical applications and implementation

The attending student will be able to immediately apply basic CST methods to their practice that facilitate therapeutic change in the fascia of the body and the peripheral nervous system. In addition to practitioners, parents and sponsors of children, and other loved ones with special needs can learn a safe, simple therapeutic touch that can be of help to those on a healing journey.

## What to Bring

- Massage table (1 per 2 participants)
- Bolsters and pillows
- Snacks, Lunch, Water
- Wear comfortable or loose-fitting clothing (tank tops, t-shirts)
- Please be prepared to both give and receive manual therapy

## About the Instructor

Gary Keeling, BPE, BSc (PT) has over 25 years-experience using cranial sacral therapy techniques with his patients. He has completed advanced courses in cranial sacral therapy and visceral manipulation techniques. He has been a physiotherapist for over 25 years. Gary has taught and assisted in numerous manual therapy courses, as well as, cranial sacral therapy courses. Presently he is an instructor at the Atlantic College of Therapeutic Massage in Fredericton.

<b>Date:</b>	May 15-17, 2020 (3-days)
<b>Maximum:</b>	20 Registrants
<b>Time:</b>	2:00pm - 8:00pm (Friday); 9:00am - 5:00pm (Saturday & Sunday)
<b>Location:</b>	STU Conference Centre 368 Forest Hill Road Fredericton, N.B. E3B 5G3
<b>Fee:</b>	\$500.00 (ANBMT members only) Non-Member: \$600.00 <i>*This course is \$498.00 USD or \$658.00 CAD through CST Alliance</i> (PAYMENT MUST ACCOMPANY REGISTRATION; NO RESERVATIONS ACCEPTED)
<b>CEUs:</b>	9.5 Category A CEUs (CMTNB Approved)

# CST Use in Sports and Orthopedic Injuries: Integration, Treatment, and Validation (CST and SOI)

Instructed by Gary Keeling, BPE, BSc (PT)

**Registration Deadline: 22 May 2020**

**➤ Register Here Now**

This three-day class builds on the knowledge of the BE1 and BE2 structural classes and will show a way of integrating what has been learned with mainstream assessment tools to allow better communication between allied health and medical practitioners and a way to show and document objective changes due to CST treatments.

Topics discussed will include:

- Integration with Orthopedic Assessment skills
- Treatment of sports/orthopedic injuries; especially the periphery
- Validation of results using “salient” findings in objective assessment; and use of Heart Rate Variability App for assessing/validating change in ANS
- Explanation of Stephen Porges’ “Polyvagal Theory” with significance to CST
- Relation of Quantum Physics to CST and Implications for SE1/SE2

The attending student—combining knowledge and skills acquired in this class and BE1/BE2—will be able to combine CST, myofascial, and orthopedic assessments to show effects and results from CST treatment. The student will also have a tool to assess CST effects on the ANS with the use of a simple app.

## What to Bring

- Massage table (1 per 2 participants)
- Bolsters and pillows
- Snacks, Lunch, Water
- Wear comfortable or loose-fitting clothing (tank tops, t-shirts)
- Please be prepared to both give and receive manual therapy

## About the Instructor

Gary Keeling, BPE, BSc (PT) has over 25 years-experience using cranial sacral therapy techniques with his patients. He has completed advanced courses in cranial sacral therapy and visceral manipulation techniques. He has been a physiotherapist for over 25 years. Gary has taught and assisted in numerous manual therapy courses, as well as, cranial sacral therapy courses. Presently he is an instructor at the Atlantic College of Therapeutic Massage in Fredericton.

<b>Date:</b>	June 5 - June 7, 2020 (3-day course) <i>*Prerequisite: BE1 &amp; BE2 or Equivalent</i>
<b>Maximum:</b>	20 Registrants
<b>Time:</b>	2:00pm–8:00pm (Friday); 9:00am–5:00pm (Saturday & Sunday)
<b>Location:</b>	Chateau Saint John - Hotel & Suites 369 Rockland Road Saint John, N.B. E2K 3W3
<b>Fee:</b>	\$500.00 (ANBMT members only) Non-Member: \$600.00 <i>*(This course is \$498.00 USD or \$658.00 CAD through CST Alliance)</i> (PAYMENT MUST ACCOMPANY REGISTRATION; RESERVATIONS NOT ACCEPTED)
<b>CEUs:</b>	9.5 category A CEUs (CMTNB Approved)

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# Deep Flow In-Motion

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Instructed by Mylène Bergeron, MT

**Registration Deadline: 6 August 2020**

**▶ Register Here Now**

This program studies functional movement patterns as a mean to release density in the fascial web and reinitiate the body's natural driving force.

Deep Flow's In-Motion program introduces principles of the anatomy of movement, in conjunction with somatic frequencies.

Students will study the relationship between soft tissue tension, joint restriction, emotions, and breathing patterns to understand chronic tension and address functional issues. The teachings integrate specific breath-coaching techniques to guide people to sense and release involuntary contractions as to reinitiate primary movements patterns. This approach promotes long-term mobility for the client while bringing students to experience and work with the body as a multi-dimensional model. <https://deepflow.ca/in-motion/>

## Course Content

- The study of primary movement patterns
- The relationship between tensegrity and bio-tensegrity
- Discover the benefits of Benchwork <https://deepflow.ca/benchwork/>
- Joint play in relation to chronic tension
- Myofascial release to chronic tension
- Body-reading principles based on the moving body
- Manual skills to expand the clients' range of motion
- Breathwork to establish involuntary contractions
- Somatic exploration in relation to the releasing process
- Dynamic biomechanics to support the practitioner's body

## What to Bring

- Portable massage table (1 per 2 participants)
- Yoga mat
- Wear shorts and tank tops (clothes that facilitate movement & body reading)
- A top sheet to cover the massage table and a pillowcase
- 2 crossers (mini bolster) OR rolled towels, pillows, yoga bolsters
- Odorless lotion (no oils, please!)
- A notebook for notes
- Healthy Snacks, Lunch, Closed water bottle
- ***\*Course manual offered in English or French (\$22 + HST. Available for purchase during the course.)***

## About the Instructor

Trained as a manual therapist, Mylène has been immersed in the field of bodywork since graduating from the New Mexico Academy of Healing Arts, in 1999.



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Mylène (Mee-Len) developed Deep Flow in 2006 as a vessel that would weave and link all of her passions and expertise:

- Manual Therapy (Anatomy Trains)
- Functional Movement
- Restorative Yoga
- The Nervous System
- Dance (5Rhythms)
- Embodied Meditation
- The Art of Living

Her engaged and dynamic teaching style involves participants so that they grasp and experience the information delivered from a felt-sense. She believes that it is by generating more conscious, expansive, awake, sensible and grounded people that she can most effectively advance their skill set, or guide one's direction. Mylène teaches around the globe and lives at the beach in El Salvador with her partner and their son, where she lives most of the year and maintains a private practice. <https://deepflow.ca/meet-mylene/>

**Date:** August 20-August 23, 2020 (4 days)  
**Maximum:** 20 Registrants  
**Time:** 9:00am-6:00pm (Thursday-Saturday) 9:00am-4:00pm (Sunday)  
**Location:** Chateau Moncton - Hôtel & Suites  
100, rue Main Street  
Moncton, N.B. E1C 1B9  
**Fee:** \$625.00 (ANBMT members only) Non-Member: \$725.00  
\*(This course is \$650.00 + HST when offered by the course instructor)  
(PAYMENT MUST ACCOMPANY REGISTRATION; NO RESERVATIONS ACCEPTED)  
**CEUs:** 14 Category A CEUs (CMTNB Approved)

# En Mouvement de Deep Flow

Instruit par Mylène Bergeron, MT

**Date limite d'inscription: 6 août 2020**

**➤ Inscrivez-vous  
ici maintenant**

Ce programme étudie les schémas de mouvement fonctionnel pour disperser la densité des fascias et relancer la motricité naturelle du corps.

Le programme En mouvement de Deep Flow présente les principes de l'anatomie du mouvement, en conjonction avec les fréquences somatiques. Les participants étudieront la relation entre les fascias, les restrictions articulaires, les émotions et les schémas de respiration. Il s'agit de comprendre d'où provient la douleur chronique afin de libérer les blocages ancrés profondément dans l'ensemble du corps. Les élèves apprendront également à intégrer des techniques de respiration spécifiques qui amènent le client à faire l'expérience de relâchements conscients afin de réintégrer des schémas de mouvements primaires.

Cette approche favorise le développement de la mobilité, de la flexibilité et de l'agilité dans les articulations primaires, tout en amenant les gens à découvrir le mouvement dît « profond »; celui initié « à la racine du mouvement », pour ensuite devenir une expression corporelle. (<https://deepflow.ca/fr/en-mouvement/>)

## Contenu et objectifs

- L'étude de schémas de mouvements primaires
- La relation entre la tenségrité et la biotenségrité
- Les avantages de travailler en position assise et le « Benchwork » <https://deepflow.ca/fr/benchwork/>
- L'étude de la relation des restrictions articulaires avec les adhérences ancrées
- La compréhension et lecture du corps en mouvement
- Relâchements myofasciaux pour augmenter l'amplitude de mouvements dans les articulations primaires
- La respiration comme outil primordial pour débloquer de nouvelles voies neurologiques
- L'exploration somatique en lien avec le processus de relâchement physique
- Les principes de biomécanique dynamique pour le bien-être du thérapeute

## Quoi apporter

- Table de massage portable (1 pour 2 participants)
- Tapis de yoga
- Porter des shorts et des débardeurs (vêtements qui facilitent les mouvements et la lecture du corps)
- Un drap de dessus pour couvrir la table de massage et une taie d'oreiller
- 2 traversin << mini-bolster >> (ou serviettes roulées, oreillers ou traversins de yoga)
- Lotion inodore (pas d'huiles, s'il vous plaît!)
- Un cahier pour prendre des notes
- Une bouteille d'eau fermée
- Eau/repas/collations

**\*Manuel de cours offerts en français ou en anglais. (22,00 \$ plus taxes. Disponible à l'achat pendant le cours.)**

## À propos de la professeure

Mylène travaille dans le domaine de la santé intégrale depuis l'obtention de son diplôme en thérapie manuelle à la New Mexico Academy of Healing Arts en 1999.

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En 2006, elle a développé l'approche Deep Flow, qui est fondée sur ses multiples passions et champs d'expertise :

- La thérapie manuelle (Anatomy Trains)
- Le mouvement fonctionnel
- Le yoga réparateur
- Le système nerveux
- Danse (5 Rhythms)
- La méditation incarnée
- L'art de vivre

Son style d'enseignement stimulant et dynamique permet aux participants de comprendre et d'assimiler les apprentissages avec une approche pratique. Selon Mylène, c'est en favorisant la conscience, l'expansion, l'éveil, la sensibilité et l'enracinement chez les gens qu'elle peut contribuer au développement de leurs compétences ou à la progression de leur cheminement personnel. Mylène enseigne à travers le monde et vit au bord de la mer, au Salvador, avec son partenaire de vie et leur fils. <https://deepflow.ca/fr/rencontrez-mylene/>

<b>Date:</b>	20 au 23 août 2020 (4 jours)
<b>Nombre maximal de participant :</b>	20
<b>Horaire:</b>	9h00 à 18h00 (jeudi à samedi); 9h00 à 16h00 (dimanche)
<b>Endroit:</b>	Chateau Moncton - Hôtel & Suites 100, rue Main Moncton, N.B. E1C 1B9
<b>Coûts:</b>	625,00 \$ (uniquement pour membre de l'ANBMT)      Non-Membre : 725,00 \$ *(Ce cours coûte 650,00 \$ + TVH lorsqu'il est offert par l'instructrice) (LE PAYMENT DOIT ACCOMPAGNER L'INSCRIPTION; DES RÉSERVATIONS NE SONT PAS ACCEPTÉES)
<b>CEC:</b>	14 Catégorie A CEC (approuvées par le CMTNB)

# Gua Sha Therapy Level 1 & 2

## + Advanced MFR and Gua Sha for the Face and Neck

Instructed by Ailsa Keppie, BSc Hons in Physiology, RMT, MFR Practitioner

**Registration Deadline: 29 August 2020**

**➤ Register Here Now**

*\*IMPORTANT DISCLAIMER: Novex (Lackner McLennan Insurance) has approved Gua sha to be added to the RMT policy. There is no additional premium. Gua sha is considered to be a higher-risk-exposure / invasive modality by Novex. Participants must submit certificates of training to the ANBMT for endorsement to practice this modality.*

### Day 1 Gua sha Level 1

As it relates to massage, Gua sha therapy is a specialized fascial therapy. The Gua sha practitioner exerts force on specific body parts or trigger points with tools or hand manipulation. Treating hypertonicity of the fascia and myofascial trigger points with associated buildup of toxins in the soft tissue. Biomedical studies show that Gua sha therapy can directly stimulate peripheral nerves, improve local circulation of blood and lymph fluid; speed up the metabolism, promote nutritional supply, and facilitate the body's defense systems. This improves the state and function of the soft tissue in the treated area. Gua sha therapy is part of the study and application of Chinese medicine. Using the techniques that are within the massage therapists' scope of practice, Gua sha therapy can greatly enhance the effectiveness of a massage treatment.

#### Course content:

- Student will be able to correctly describe the use, effects, and contraindications of Gua sha therapy
- Student will have awareness of the different types of Gua sha tools and techniques; how to apply them in their practice
- Student will be able to incorporate Gua sha therapy into a massage treatment using correct technique and flushing, so as to minimize discomfort to the client
- Student will be aware of common uses of Gua sha therapy and when it is indicated for a client

#### Learning outcomes:

- Overview of Gua sha history and its current applications in massage therapy
- Intro to tools and techniques for different body parts, demo and discussion
- Practical practice of techniques specifically covering sciatica, lower back pain, and plantar fasciitis. Case studies, guidelines of treatment, integrating Gua sha into a massage session
- Dialogue with clients about the effects, consent, and communication

### Gua sha Level 2 Course content:

- In addition to the skills learned in level 1, we will cover sprains and strains, tendonitis, shoulder restriction, headaches, neck pain, and Dupuytren's contracture (a hand deformity that affects tissue under the skin of the palm)
- Learn and explore the fascial connections to the 12 main meridians in TCM; and learn how similar fascial lines are to the Chinese system
- Clearing blocked chi both mechanically and energetically
- Demos and hands-on practice of all techniques learned

#### Learning outcomes:

- In addition to level 1 outcomes, learning the basic fascial patterns that match the meridians in TCM
- Understand how to treat chronic oedema and inflammation associated with the above soft tissue dysfunctions
- Have more confidence in using Gua sha in a massage treatment
- Feel confident in explaining how fascial work and Gua sha therapy works for a client

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## Day 2

### Advanced MFR and Gua sha for the Face and Neck

This course will provide instruction in advanced myofascial techniques for the facial muscles and the muscle and fascial attachments down the anterior cervical area and along the clavicle. The techniques taught will be based on John F. Barnes' style of fascial work and TCM Gua sha therapy.

Course participants will have a prerequisite knowledge of basic fascial work and of the anatomy of the face and neck. They will also be expected to be familiar with Gua sha technique from the level 1 course.

#### Learning outcomes:

- To review and increase the anatomical knowledge of the facial area, and how to integrate treatment of these areas into a conventional massage treatment
- To have more skill with myofascial release especially of the face and neck area; be able to determine when and where treatment would be beneficial
- To be comfortable integrating facial Gua sha treatment into a session
- To understand how to educate the client on the benefits and the beneficial aftercare for treating the facial area
- To have a better understanding of how treating the fascial structures can help to decrease pain and increase mobility of the joints and soft tissue of the face, jaw, neck, and clavicular area
- To be confident in the amount of pressure required and the right tools for the area being treated

\*\*All Gua sha is contraindicated for pregnancy and is not recommended for young children or the elderly. Other contraindications as for massage.

#### What to bring:

- 1 set of sheets, 1 large towel + 2 small towels
- Pillow
- Massage oil or cream
- Yoga/Gym attire
- Portable massage table (1 per 2 participants)
- Snacks, lunch, water
- \*The instructor will provide a binder with notes for all participants (no additional fee)
- \*A range of Gua Sha tools will be available for purchase during the course

#### About the Instructor

Ailsa Keppie, BSc Hons in Physiology, RMT, and MFR practitioner has studied with John F. Barnes (10 courses) and has been mentored by Peter Stuart, RMT, MFR therapist, for the past decade. Ailsa uses myofascial release as her main mode of treatment in her practice in Halifax, NS. Ailsa has also worked with and was monitored by Dr. Fronie Leroy, OMD, from 2013-2015. During this time, she developed the Gua sha Level 1 and 2 courses with Dr. Leroy. Ailsa has been teaching Gua sha since 2014 and she has continued to practice and study Gua sha therapy. Ailsa is a member in good standing with MTANS and she practices at Inner Ocean Healing Centre in Halifax.

<b>Date:</b>	September 12-September 13, 2020 (2 days)
<b>Maximum:</b>	20 Registrants
<b>Time:</b>	9:30am-4:30pm (Saturday-Sunday)
<b>Location:</b>	Chateau Moncton - Hotel & Suites 100 Main Street Moncton, N.B. E1C 1B9
<b>Fee:</b>	\$350.00 (ANBMT members only) Non-Member: \$450.00 <i>*This course is \$450 when offered by the Instructor</i> <i>*Registration fee includes: Gua sha tool set (5 differently shaped horn tools) + jade heart-shaped tool (for face) \$40 value</i> <b>(PAYMENT MUST ACCOMPANY REGISTRATION; NO RESERVATIONS ACCEPTED)</b>
<b>CEUs:</b>	6 Category A CEUs (CMTNB Approved)

# BE2: Basic Elements 2–The Cranium

Instructed by Gary Keeling, BPE, BSc (PT)

**Registration Deadline: 4 September 2020**

**➤ Register Here Now**

This three-day class is a continuation of fundamental aspects of craniosacral therapy and builds on knowledge and applications learned in BE1, now focusing on the cranium and intracranial membranes.

These topics will be discussed:

- anatomy, palpation, and treatment methodology of the cranial vault
- meningeal membranes, cranial nerves
- use of the cranial bones as handles to manually influence the fluid dynamics and reciprocal tension mechanisms of the craniosacral system
- relationship of prominent facial bones to the cranial vault

The attending student—combining knowledge and skills acquired in this class and BE1—will be able to do a more thorough assessments of the craniosacral system and facilitate therapeutic change in the intracranial membranes that surround the central nervous system.

## What to Bring

- Massage table (1 per 2 participants)
- Bolsters and pillows
- Snacks, Lunch, Water
- Wear comfortable or loose-fitting clothing (tank tops, t-shirts)
- Please be prepared to both give and receive manual therapy

## About the Instructor

Gary Keeling, BPE, BSc (PT) has over 25 years-experience using cranial sacral therapy techniques with his patients. He has completed advanced courses in cranial sacral therapy and visceral manipulation techniques. He has been a physiotherapist for over 25 years. Gary has taught and assisted in numerous manual therapy courses, as well as, cranial sacral therapy courses. Presently he is an instructor at the Atlantic College of Therapeutic Massage in Fredericton.

<b>Date:</b>	September 18–20, 2020 (3-days) *Prerequisite: BE1 Basics Level 1 or Equivalent
<b>Maximum:</b>	20 Registrants
<b>Time:</b>	2:00pm – 8:00pm (Friday); 9:00am – 5:00pm (Saturday & Sunday)
<b>Location:</b>	STU Conference Centre 368 Forest Hill Road Fredericton, N.B. E3B 5G3
<b>Fee:</b>	\$500.00 (ANBMT members only) Non-Member: \$600.00 *(This course is \$498.00 USD or \$658.00 CAD through CST Alliance) (PAYMENT MUST ACCOMPANY REGISTRATION; NO RESERVATIONS ACCEPTED)
<b>CEUs:</b>	9.5 Category A CEUs (CMTNB Approved)

# Massage Therapy for Pregnancy

Instructed by Cindy McNeely, RMT & Angela Brown, RMT  
Trimesters: Massage Therapy Education

**Registration Deadline: 5 September 2020**

**▶ Register Here Now**

*\*This 2-day course is intended for registered massage therapists and massage therapy students.*

The goal of this 2-day course (15 hour in-class instruction) is to provide participants with a solid theoretical and practical foundation of providing massage therapy for the pregnant client. The physical and emotional changes a woman experiences from preconception planning to the birth of the infant are considerable. Upon completion of this course, the massage therapist or student will know how to provide safe, professional, and knowledgeable care for their pregnant clients.

Classes will be composed of practical instruction, videos, discussions, and lectures.

## What You Will Learn

- Physiological and anatomical changes that affect our massage therapy treatments with clients
- Theory and practical techniques for providing massage therapy
- Developing effective treatment strategies relevant to the client's goals, signs and symptoms, stage of pregnancy, and medical condition
- Hands-on component where participants can apply their learned skills
- Contraindications and precautions to provide effective and safe care during pregnancy

## Summary of topics covered:

- Choosing a caregiving team during pregnancy
- Physical realities which may occur in each trimester and how the massage therapist can facilitate increased ease related to these symptoms:
  - morning sickness, fatigue, breast tenderness
  - heartburn, varicose veins, abdominal changes
  - musculoskeletal discomforts, postural changes, blood pressure issues
- Hands-on massage therapy practice appropriate for each trimester, which includes practice with positioning, draping, and technique application
- Developing one's clinical acumen:
  - Case History Information, medical issues, and contraindications
  - Adapting to the individuality of the pregnant woman and her health history
  - Providing safe and effective care, which draws on pregnancy as a 'normal' healthy event in the life of the woman
- Stress and emotional factors which can impact on the pregnant woman
- Self-care exercises and hydrotherapy during pregnancy
- Massage therapy preparation for the birthing experience
- Marketing strategies for establishing a well-known perinatal clinical practice
- Community resources and making appropriate referrals

## What to bring:

- Massage table (1 per 2 participants)
- 2 Sheets, 4 pillows, 2 large towels + 2 small towels
- Massage lotion or cream
- Snacks, lunch, water
- Wear comfortable or loose-fitting clothing
- Each participant will be provided with a Trimester's manual during the course. \*This is included in the registration fee.
- \*The instructor(s) request 1-2 pregnant volunteers (second or third trimester) for demonstrations on Saturday afternoon and for most of the day on Sunday. If there is a pregnant RMT in the training (2nd or 3rd trimester), that would be amazing!

## About the Instructors

**Cindy McNeely, RMT**, has been in practice in Ontario since 1985. Her teaching career in massage therapy began in 1988. In 1995, Trimesters: Massage Therapy Education was formed by Cindy and her colleague Alison Hines Berman, RMT and practicing midwife in Ontario and the Arctic. Their goal was to raise the standards of perinatal massage therapy throughout Canada. Cindy's perinatal teaching has taken her to seven Canadian provinces, where she has taught as faculty for massage therapy colleges. She has also provided trainings for provincial Associations at their conferences, provided workshops within massage therapy and P.T. clinics and spas. Along with massage therapy, Cindy also provides training for labour support provider/doula for those RMTs who wish to attend births. She has worked extensively with parents, babies, and children to provide knowledge, education, and hands-on therapy for infants, children, and within pediatric situations. She created the first Canadian Level III Regional Perinatal Hospital massage therapy program, which has trained massage therapy students for over twenty-five years. The program exists within high-risk pregnancy units, labour and delivery, maternal-newborn units and the NICU setting. In 2002, Trimesters collaborated with the Atlantic College of Massage Therapy to create the most comprehensive college-based perinatal training available in Canada—a 125-hours program devoted entirely to massage therapy during pregnancy, birth, the postpartum timeframe, and with babies and children. <http://www.trimesters.on.ca>

**Angela Brown, RMT**, is a practicing registered massage therapist and ANBMT member since July 2000; a Trimester's trained labour support provider/doula, and infant massage instructor. Angela graduated in 2000 from the Kawartha Centre of Integrated Health Education in Peterborough, Ontario, and she has been serving the Fredericton area for the past 20 years. She is an instructor at the Atlantic College of Therapeutic Massage (ACTM); as well as, a guest instructor for Trimesters: Massage Therapy Education. Angela currently provides therapeutic, prenatal, infant and child massage therapy treatments at Avalon Salon Spa in Fredericton, NB.

<b>Date:</b>	October 3-October 4, 2020 (2 days)
<b>Maximum:</b>	24 Registrants
<b>Time:</b>	9:00pm–6:00pm (Saturday & Sunday)
<b>Location:</b>	Chateau Saint John - Hotel & Suites 369 Rockland Road Saint John, NB E2K 3W3
<b>Fee:</b>	\$375.00 (ANBMT members) Non-Member: \$475.00. <i>*The course manual is included in the fee (\$15)</i> <i>*This course is \$560 when offered through Trimesters Massage Therapy Education</i> <i>(PAYMENT MUST ACCOMPANY REGISTRATION; RESERVATIONS NOT ACCEPTED)</i>
<b>CEUs:</b>	8 Category A CEUs (CMTNB Approved)



# Joint Mobilizations from the Ground Up

Instructed by Conor Collins, BHSc. DipSIT, RMT, CAMA, FMT

**Registration Deadline: 17 October 2020**

**➤ Register Here Now**

If you are stuck doing joint play the same old way, this course is for you!

Joint play is one of the most common techniques used in the massage therapy industry. While it remains popular, very few advancements have been made in the technique itself. During this course, Conor will review the current evidence as it pertains to joint play; as well as, a review of joint play for the entire body. He will offer variations on common techniques and present new concepts to improve outcomes on techniques massage therapists are already using. Lastly, he will discuss at-home exercises to prescribe to patients to provide them with the biggest return for the investment that they put into their health.

The morning of day 1 will be spent reviewing the physiology of joint play as well as gaining practical insight into refining current joint assessment strategies. The common types of joint play will be reviewed; as well as, the goals and clinical indications for each. High versus low-grade mobilizations will be discussed, analyzed and critically appraised as to whether or not there is truly a difference in their utility. Following lunch, four hours of a practical lab will take place, applying mobilizations to the entire appendicular skeleton. Day 2 begins with joint play applications for the cervical, thoracic, and lumbar spine. The afternoon of day two will be spent bringing concepts together. Adding active patient movement to joint mobilizations will be introduced, including key at-home exercises that will help lead to longer positive clinical outcomes.

## Day 1

9-10 Introductions - causes, mechanisms and physiology of joint mobilizations

10-11 Patient indications, contradictions, and selection of joint play type; introduction to clinical reasoning, review of Maitland and Katleborn joint mobilizations

11-12 Practical lab—a review of joint play grades, types and means of assessing passive range of motion

12-1 Lunch

1-3 Lower extremity joint mobilizations: joint play applied to the foot, ankle, knee, and hip

3-5 Upper extremity joint mobilizations: joint play applied to the wrist, hand, elbow and shoulder

## Day 2

9-12 Joint mobilizations to the cervical spine, lumbar spine, and thoracic spine

12-1 Lunch

1-2 Mobilizations with movement—how to use movement to improve your patient outcomes

2-3 Home exercise—making concepts stick and how to prescribe home exercise plans to improve mobility for patients at-home

3-4 The most important at-home exercises patients can do to improve joint play outcomes

4-5 Review, summarize, and clinical application in case study format

## What to bring

- Massage table (1 per 3 participants)
- Snacks, Lunch, Water
- Wear comfortable clothing (tank tops, t-shirts, shorts)

## About the Instructor

Conor Collins is in his eleventh 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 taping experience, Conor applies new concepts of movement-based taping with traditional athletic taping protocols. Outside of clinical practice, Conor instructs upcoming manual therapists at the college level. 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.

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**Date:** October 31-November 1, 2020 (2-day course)  
**Maximum:** 30 Registrants  
**Time:** 9:00am–5:00pm (Saturday & Sunday)  
**Location:** STU Conference Centre  
368 Forest Hill Road  
Fredericton, N.B. E3B 5G3  
**Fee:** \$300.00 (ANBMT members only) Non-Member: \$400.00 *\*This course is \$400.00 when offered by the Instructor*  
(PAYMENT MUST ACCOMPANY REGISTRATION; NO RESERVATIONS ACCEPTED)  
**CEUs:** 7 Category A CEUs (CMTNB Approved)