

OMTA Executive Committee Update

In the past several months, the Executive Committee of OMTA has undergone several transitions and has a number of new representatives. Results of the October 2006 election were:

President: Bruno De Block

Vice President: Emden Griffin

Our Treasurer, Sharon Jakeways, has resigned. The opening was posted on our web site and yahoo email group to solicit nominations and Michael Jordan was voted in by the Executive Committee to fill the position until elections in late 2007.

The office of Secretary is held by Heather Bennouri and the office of Membership is held by Brenda Schneider. Secretary and Membership will also be up for election in late 2007.

A full listing of our current Executive Committee (EC), is available online at www.omta.net/exec.htm and is also enclosed in this mailing.

The Future of Touchstone

In August of 2006, Toni Bailie, who has developed and produced *Touchstone* for the past five years, resigned. Filling her place will be Heather Bennouri. The Executive Committee reviewed a number of ideas concerning the future of *Touchstone*. As *Touchstone* is one of the benefits of being an OMTA member, we want to ensure that we are providing our membership with informative material in a cost-effective manner.

Touchstone, in the format of the past several years, while professional and informative, the Executive Committee did not feel was as cost-effective as it could be. Changing the format to a less expensive version would allow us to provide other services and expand our area meetings for members.

The first step was sending out a request for ideas and feedback to our membership. Unfortunately, no responses were received. Thus, the Executive Committee decided unanimously to move to an electronic format. This issue and the next issue will be our last print issues. This edition is also available online. To ensure that you can access it, we encourage you to test it before our next issue.

There will be several ways to access *Touchstone*. First,

via the yahoo email group *omta_message*, second, on the same yahoo group web site, and third, privately via email.

If you are not currently a member of the yahoo email group *omta_message*, please send an email to our current Webmaster, Robert Bike, at robertbike@comcast.net. This is a members-only private email group. It does not receive spam and has minimal traffic, usually related to OMTA information and occasionally job postings or legislation concerning massage.

If you would like to receive *Touchstone* privately without joining the Yahoo group, please send an email to touchstone@bennouri.net, with the subject "Touchstone Subscription" with your name in the body of the message. This should be sent from the email account you want to receive *Touchstone* at. You will receive a confirmation email from the editor. For your privacy, your email will not be shared with anyone besides the *Touchstone* editor.

2007 Oregon Massage Legislation

It's that time of year again! The legislature is in session and this year there are two bills that directly affect the field of massage therapy. Senate Bill 399 ("SB 399") concerns the practice of Reflexology. Senate Bill 170 ("SB 170") revises the current statutes that govern the practice of massage therapy and the Oregon Board of Massage Therapists (OBMT).

The OMTA-EC has taken a stance on both of these bills. On SB 399, that stance is NO. On SB 170, that stance is YES. To help you further understand the information in these bills, this mailing of *Touchstone* also includes in a separate packet:

- ◆ Overview of the bills, including where to get more information and how to contact your representatives
- ◆ Contact sheet of your representatives
- ◆ The OMTA -EC's stance, with an explanation
- ◆ A prewritten letter on the OMTA EC stance for you to sign. Please check our web site, www.omta.net under Oregon Legislature 2007 for updates and where to send it to make sure it reaches the appropriate Senator, Representative, or committee. In addition, there are also letters on the web site for download.

The Executive Committee strongly urges you to read

through the information and come to your own informed decision. If you have a differing opinion, you are welcome to write your own letter to your representative. Public opinion is crucial in the legislative process. OMTA was founded to keep massage a licensed practice in this state. The Executive Committee feels that it is critical that we as members of OMTA and as LMTs to continue to speak up for what we feel is important to us as practitioners in this field.

OMTA Membership Changes

There are several changes to OMTA's membership benefits. First, enclosed in this packet is a membership card. You will receive one membership card per renewal. If you lose your card and need to replace it before your next renewal, there will be a \$5.00 processing fee. (Replacement cards will be free if there is a legal name change when you update your records with Membership.)

Second, OMTA has decided to offer multi-year memberships at a discounted rate. One-year memberships are still \$40.00. Two-year memberships are \$70.00 (a savings of \$10.00) and three-year memberships are \$100.00 (a savings of \$20.00).

2007 OMTA Conference at Breitenbush:

Inner Peace Through Healing Harmony

Planning is well under way for the 2007 OMTA Annual Conference. We have planned a return of popular favorites (Watsu I & II) as well as offering newer topics not offered before (Emotional Freedom Technique, or EFT). A full list of classes is at www.omta.net/conference.htm while course descriptions and instructor biographies are at www.omta.net/classes.htm.

Signups for members begin on June 1, 2007 and signups for nonmembers begin on July 1, 2007. Watsu classes filled up quickly last year and ended up with a waiting list. Beds in cabins with bathrooms will be available again for a \$20.00 fee per bed and will be on a first-come, first-serve basis, so get your registration in early to ensure you receive the spaces you want. Look for your flyer in the mail.

This year, to ensure enough tables, there will be a signup to bring a table with your registration form as usual. In addition, those who sign up in advance and check in their table at the gate will be given a \$30.00 refund off conference fees in cash at the registration desk when given cabin assignments.

An additional note; out of respect for your fellow class participants, instructors this year will have the right to dismiss individuals from class who are disruptive, argumentative, or in a non-participatory state (for example, sleeping). Anyone dismissed from class will not be eligible for continuing education credit or for a refund. Please be respectful and attentive so that everyone can learn and enjoy the different offerings available.

Reporting Unlicensed Massage Practice

One of the most common complaints that comes to the attention of OMTA is the practice of massage without a license. The next most common complaint is that the OBMT "does nothing about it," which is felt to be worse in areas outside of Portland and Salem.

This was partially addressed in the OBMT's last edition of Boardline. (This goes out to all LMTs in the state. If you did not receive a copy, you can access it at www.oregonmassage.org or contact the Board at (503) 365-8657.

I spoke with Diana Nott of the OBMT as well, to see what you can do as an LMT and what happens on the Board's end. The Board (and Diana in particular) follows through with every single complaint that comes to their attention. However, since many complaints are submitted without enough information, often there is little the board can do. For example, if the report is "Some guy named Peter was handing out brochures in the Safeway parking lot in Bend advertising massage" and there is no phone number, no address, and no copy of the flyer, the board has very little to investigate short of harassing every "Peter" in the Bend area (which would not be a worthwhile expense to the Board in terms of either time or money).

What is most helpful is to have as much information as possible: full name and phone number at a bare minimum, address of massage location or infraction(s), dates, times, and any observation of massage being practiced for income. A business card or sign without a license number is a valid complaint and can be considered evidence as well. Once you have the information, contact the Board directly via mail, email, or phone. If you must leave a message, be sure to leave your contact information so that the Board can follow up with you as well, although if you leave all pertinent information, you can leave information anonymously if you are more comfortable that way.

Once the Board has information, they will proceed with an investigation. Individuals practicing massage without a license at fairs or one-day events are certainly

harder to catch, although the Board has made immediate road trips upon contact to investigate, caught individuals, and proceeded with appropriate repercussions including fines of thousands of dollars.

Some LMTs are concerned about confidentiality in reporting unlicensed massage. You can make an anonymous complaint to the OBMT. However, if you are still not comfortable with this route, please feel free to contact an OMTA Executive Committee member and give them as much information as possible for them to make the complaint for you.

Webmaster Needed!

Our Webmaster, Robert Bike, has submitted a request to retire from the Executive Committee after 10 years of service to OMTA. You must be an Oregon-Licensed Massage Therapist, have excellent computer skills, a working knowledge of the internet, and know how to design websites or would like to learn if you are interested in this position. Responsibilities include making changes to the OMTA web site (www.omta.net) in a timely manner, managing the Executive Committee Yahoo Group site, managing the OMTA membership Yahoo Group site, and researching the technical needs of the EC and OMTA. The Webmaster receives free attendance at conference. This is an appointed position. If you are interested, have the knowledge (or are willing to learn), and are willing to make a long-term commitment to OMTA, please contact Robert Bike at robertbike@comcast.net.

NCBTMB Clarifications

One of the most common calls that the resource line has received from current LMTs is concerning NCBTMB (National Certification Board for Therapeutic Massage and Bodywork) certification. Of those LMTs who took the National Certification Exam and passed, many often then joined NCBTMB. When it has come time to renew, there are several things you may want to consider.

- ◆ Am I required (by the State of Oregon) to keep my NCBTMB certification?
No. The exam is one of several accepted by the Board. NCBTMB membership is optional after passing the exam and not required even for initial licensure.
- ◆ I already have NCBTMB certification. What is the benefit of keeping it if Oregon doesn't require it?
There are several benefits, which you must decide for yourself where the importance lies.

- ◆ Moving out-of-state. If you think you might, at some point in the future, move out of state and want to continue to practice massage, NCBTMB certification can make it easier to transition to another licensed state in some cases.
- ◆ Professional accreditation. There are some members of the public who, when looking for a massage therapist, look for additional credentials besides an Oregon license. Often nationwide magazines or web articles, when recommending how to choose a massage therapist, suggest looking for National Certification (NCBTMB). This may encourage a new client to choose you over the LMT down the street.
- ◆ Additional continuing education opportunities. If you have "opted out" of the mailing list from the OBMT with your last renewal, you will no longer receive continuing education notices from organizations that contact the OBMT. Even if you have not, NCBTMB offers unique continuing education opportunities (for example, studying Tui-Na at the Olympic Training Center in China) that you may not otherwise have access to.
- ◆ Do I have to do anything special to keep my NCBTMB certification?
Yes. the NCBTMB standards for continuing education are just slightly different from Oregon's. The classes you take must be from "approved" providers and you must take 6 hours in ethics over the course of four years. While all of these classes can be used for your Oregon continuing education, some of the hours you might be able to count for Oregon will not be accepted by the NCBTMB, so choose carefully.
- ◆ How do I renew?
For the most current and up-to date information, you should contact the NCBTMB directly. Your certification can lapse for up to three years before you would have to recertify completely (including possible reschooling and retesting). You can reach the NCBTMB at www.ncbtmb.com or (800) 296-0664.

Book Reviews

In researching several massage pathologies for personal reasons, I was relatively overwhelmed by the number of books out there on massage and pathology. They seemed to be either textbooks for a student that had an excellent range of information, but included things I wasn't looking for, like basics on Swedish techniques and draping, or they

focused on a specific pathology or group of pathologies (cancer or tendonitis, for example). After spending more time looking, I finally found two books that I ordered: *Mosby's Pathology for Massage Therapists*, and *A Massage Therapist's Guide to Pathology*. Both books turned out to be excellent resources, although quite different from each other.

A Massage Therapist's Guide to Pathology

(Third Edition)

by Ruth Werner

published by Lippincott Williams & Wilkins

CD-Rom included

\$47.43 on Amazon.com (\$50.95 suggested retail)

This hefty volume has pathologies divided by body system. Each pathology has an in-depth description including name, definition, etiology, signs and symptoms, treatment, and whether or not massage is indicated (and if so, what precautions to take). With the materials presented, you can develop quite a reasonable understanding of a pathology and its effects on the body. There are also several appendices for quick reference. These can be great for looking things up while a client gets on the table, especially if anything comes up in the health history that you're not quite familiar with and you want to do a reference check before starting the massage.

Mosby's Pathology for Massage Therapists

by Susan G. Salvo and Sandra K. Anderson

published by Elsevier Mosby

\$46.95 on Amazon.com

This volume, while slimmer than the other, has more pathologies, more pictures (some photos are not for the weak of stomach, although excellent illustrations of the conditions), and is a quicker reference for an immediate resource concerning particular pathologies. It also lists pathologies by system and has several good appendices at the back in addition to information on intake and evaluation at the beginning. For each pathology, there is the word root, a brief description, and massage considerations. It "cuts to the chase" in terms of what a massage therapist needs to know concerning a pathology. This book also has several great appendices in the back. Because there are more pathologies listed and the information is so concise, I tend to use this book more often and I really like the "traffic light" indicators for whether or not massage is indicated (green yes, yellow with caution, and red contraindicated).

If you're looking for in-depth information, *A Massage Therapist's Guide to Pathology* is what you need. If you're looking for a vast variety of pathologies, with photographs and need-to-know information only for massage, *Mosby's Pathology for Massage Therapists* is your best bet. Both are excellent resource books, but if you can only afford one, choose which will best suit your needs.

If you have a book (or books) that you are interested in purchasing, but don't know if you want to spend the money, or if you've seen one that you think is outstanding (or perhaps just a waste of money), please let us know, including title, author, price, purchasing availability, topic(s), and why you are interested, or liked (or disliked) it. If you aren't up to writing a book report, please contact the Touchstone editor (Heather Bennouri) with title, author, price, and purchasing information, and she will do her best to research it and include the information in a future edition of Touchstone.

DVD Review

The Art and Practice of Stone Massage

1 hour, 44 minutes (DVD)

Aesthetic Video Source www.videoshelf.com

Narrated by Meade Steadman

VHS \$34.97 / DVD \$49.95

This DVD has valuable information about the history of using stones in therapeutic practices, and how to apply techniques for using stones yourself. It covers everything from history, setup, choosing stones, contraindications, heat and cold usage, draping, and specific techniques. There are enough ideas presented that even experienced massage therapists can gain new information from this presentation. Those just starting out are also offered ideas for less expensive alternatives to begin a hot/cold rock massage setup. If you do have experience, this video can serve as a good review. The only thing lacking was a specific temperature setting (110-160 was mentioned, with a preference for "not too hot to pick up with your hands") although temperature control was strongly reinforced. The massage demonstration is thorough and uses both male and female clients as models for demonstrations of techniques and special considerations.

I do recommend that anyone who watches this skip directly to the menu and begin with the Introduction unless you enjoy watching advertising for the company that produced it and their web site. This DVD is available in the OMTA library. For a listing of all library items and policies, visit www.omta.net/lending-library.htm.

Class Reviews and Offerings

Like most LMTs, you probably receive many continuing education offers in the mail. Everyone has different methods for choosing classes ranging from price and location to dates and subject matter. If you've recently taken a class that you would highly recommend (or perhaps one that didn't meet your dollar and time value to your expectations), let us know so that we can include that information for other LMTs. Information that you should include would be class title, instructor name, topic(s), date, location, and pricing of the class you took, date, location, and pricing of future offerings (if you know), and a constructive review of why you liked (or disliked) the presentation.

On a similar note, if you are an OMTA member, and will be offering classes, we can offer a free listing for you in *Touchstone* that includes your class title, dates, times, location, pricing, and contact information. If you would like a longer listing or would like to have OMTA do a mailing for you, please contact us for OMTA member discounted advertising rates.

Member Referral Program

Do you know another therapist that is looking for a networking group, continuing education opportunities, or even someone who just has ABMP insurance that might be interested in OMTA? If you do, and you refer them to join OMTA, you can receive 5 OMTA dollars (good towards conference, membership, renewals, additional web site listings, advertising, area meetings, and any other service, product, or conference held by OMTA). Just make sure to tell them to let us know who referred them when they join. There is no limit on this offer. A brochure is enclosed in this packet for you to give to a fellow LMT.

Call for Articles

If you have an article you would like to submit to the next edition of *Touchstone*, please contact Heather Bennouri at touchstone@bennouri.net. Articles are welcome on topics related to massage modalities, massage events, updates on members and their practices (if you're opening a new practice, moving to a new space, or even if you just went somewhere cool for a class or vacation, write us and let us know!), legislative issues about massage, products, and anything else that you think would be helpful to fellow OMTA members. We look forward to hearing from you.

Calendar of Upcoming Events

Please note: dates, times, and events may be subject to change. Not all events are sponsored by OMTA.

May 13, 2007 1:00-5:00 P.M.

Kinesiology Review for OBMT Practical Exam

In-depth review and palpation practice for those preparing for the exam, limited to 6 participants.

Free to OMTA members, All others \$20.00

\$5.00 for optional materials

8827 SW Blake St, Tualatin, OR 97062

Registration: (971) 570-5404

May 13, 2007 10:00-11:00 A.M.

Across the Table Talks:

Portland Group Introductory Meeting

Brainstorming and get-to-know you session.

Free to all LMTs and massage students

LMTs eligible for 1 hour CE.

Starbucks (by the Kinko's)

8535 SW Tualatin-Sherwood Rd, Tualatin, OR 97062

RSVP to Heather Bennouri at

(971) 570-5404 or heather@bennouri.net

Please RSVP by Friday, May 11, 2007 with your license number and name as listed on your license-to receive your CE certificate on site or bring a self-addressed, stamped envelope for mailing after the meeting.

June 8-11, 2007

Certified Infant Massage Instructor Training

JoAnn Lewis Melin in Ashland, Oregon

jlewismelin@hotmail.com or (541) 227-8181

October 8-10, 2007

OMTA's Annual Conference 2007:

Inner Peace Through Healing Harmony

Breitenbush Hot Springs

Registration for members begins June 1, 2007

Registration for nonmembers begins July 1, 2007

Base rate: \$460.00 per person (includes lodging, food, and classes). Early signup discounts and member discounts available. Some classes and amenities have extra charges.

Check your mail for a brochure, visit www.omta.net for the latest information, or contact the registrar, Sharon Jakeways at (541) 933-1606.

Treasury Report Year-End 2006

Compiled by Sharon Jakeways,
OMTA Treasurer 1/1/2006-12/22/2006

Income	\$37,767.06
Annual Conference	\$29,321.50
◆ Bend in cabin/bathroom	\$490.00
◆ CE Fees from presenters	\$130.00
◆ Guest Fees	\$1,100.00
◆ Overpayments	\$165.00
◆ Participant Fees	\$25,365.00
◆ Presenter Assistant Fees	\$1000.00
◆ Raffle	\$220.00
◆ Silent Auction	\$476.50
◆ Watsu Fees	\$375.00
Other Income	\$8,445.55
◆ Membership dues	\$8165.60
◆ Micellaneous	\$150.00
◆ Directory Extra Listings	\$65.00
◆ Donations	\$50.00
◆ Website extra listings	\$10.00
◆ Interest Income	\$4.96

Expenses	\$36,818.22
Administration Executive Committee	\$5,519.97
◆ Meeting facility fee	\$565.00
◆ Mileage Reimbursement	\$721.57
◆ Office Supplies	\$977.49
◆ Office Supplies Membership	\$100.49
◆ Office Supplies Other	\$822.00
◆ Computer	\$822.00
◆ Per Diem	\$1,920.00
◆ Postage EC	\$78.24
◆ Postage Membership	\$274.40
◆ Printing EC	\$35.60
◆ Printing Membership	\$25.18
Annual Conference Expenses	\$26,893.80
◆ Conference Refunds	\$885.00
◆ Conference Registrar Fee	\$1,110.00
◆ Facility Fee	\$19,390.00
◆ Merchant Fee on Credit Cards	\$995.10
◆ Presenters	\$2,130.00
◆ Printing-Conference Flyer	\$2,125.00
◆ Misc. supplies	\$55.00
◆ Postage	\$44.85
◆ Raffle Prizes	\$8.85
◆ State Mailing List	\$100.00
◆ Change for Raffle ticket sales	\$50.00
Other/Expenses	\$4404.45
◆ Bank Service Charges	\$56.00
◆ Bank Service Charges NSF	\$144.00
◆ Insurance: Safeco	\$549.00
◆ License fee (State Corp.Div.)	\$100.00
◆ Miscellaneous	\$5.95
◆ Office Equipment Repair	\$80.00
◆ Touchstone Printing	\$3,420.00
◆ Website Expenses: site hosting	\$49.50
Net Income	\$948.84

Touchstone is a journal of the Oregon Massage Therapists Association. Published every other month for OMTA members only, Touchstone features articles relating to the practice of massage, techniques, resources, tools, books, classes, continuing education, legislative information, Oregon Board of Massage Therapists (OBMT) updates, and other related information. OMTA is a nonprofit organization supported by our members, advertising, donations, and events. If you would like information about advertising in Touchstone, or more information about OMTA, please contact the appropriate source listed below.

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