



# Touchstone

Journal of the Oregon Massage Therapists Association

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## 2007 Executive Committee Election Results

The results of the Election are in! 61 members sent in their ballots to vote for the positions of Secretary, Treasurer, and Membership Coordinator. Those elected were inducted into office on Sunday, November 5, 2007.

**Secretary:** Carol Cory

**Treasurer:** Brenda Schneider

**Membership Coordinator:** Heather Bennouri

Kathy Hensley resigned from the office of Volunteer Coordinator. Emden Griffin resigned from the office of Directory and accepted an appointment as Volunteer Coordinator. The Directory responsibilities will be combined with Membership. A full listing of EC officers and their positions is at the end of this issue on page 14.

## Lifetime Achievement Awards

As many of you know, those who serve on the OMTA Executive Committee are volunteers. Over the years, several people have stood out in their time and commitment to OMTA and the EC recently voted to recognize those individuals with Lifetime Achievement Awards. These individuals have served a minimum of 10 years on the EC

and have gone above and beyond the duties required of their positions, making a lasting impact on OMTA. Those who receive this award receive a lifetime membership with OMTA. Congratulations to the three individuals who were selected.

Susan Shawn, founding member and president of OMTA held the offices of Vice President, Touchstone editor, and also served as Treasurer. She was part of the initial group that kept licensure active in Oregon when the legislature was moving to disband the state board, helped remove prostitution from the massage listings in the Yellow Pages, and educational symposia--before the board had educational requirements of any kind (this developed into the annual Conference). Sharon Jakeways held the offices of Secretary, President, 2nd Vice President, Area Coordinator, Librarian, Treasurer, and Conference Registrar. Toni Bailie held the office of Membership and *Touchstone*. Congratulations and thank you for your years of dedicated service to OMTA.

## OBMT Update

Reminder! Beginning in January, 2008, you must have proof of current CPR certification in order to renew your massage license. If you are due for renewal soon and are not current with your CPR certification, contact your local hospital, Red Cross chapter, or another organization to get registered for a class. No matter what date your renewal is due, now is a good time to check the expiration date on your CPR card to ensure that it won't expire before your next massage license renewal--and if it will, to allow you time to become current.

## 2008 Conference: A Time to Heal

Planning has already started on our 2008 conference. We took many suggestions from our survey (see full results of the survey on page 6) and applied what we could of our members' requests this year. Please check our web site, [www.omta.net](http://www.omta.net) and click on 2008 Conference for the most current information. Current class listings are tentative until we have signed contracts from instructors; descriptions of classes and instructor bios will be posted as details are confirmed. A printable registration form will be available once all details are confirmed. Members will again have early registration privileges.

## Message Scam

Many of you have seen an email requesting massage services from someone unknown to you--usually foreign--planning on visiting the area for a week or two, and needing daily massages. The emails tend to go something like this:

Subject: YOUR MESSAGE SERVICES IS NEEDED.  
 Date: Fri, 9 Nov 2007 10:50:31 +0000 (GMT)  
 From: Kate Adam <kateadammoio@yahoo.co.uk>  
 Reply-To: kateadammoio@yahoo.co.uk  
 To: bsl@bennouri.net

Hello,

How are you today? My Name is Miss Kate Adams,I am a Model and I live and live and work here in France. I am 21yrs old.I will be coming to USA in some weeks time for a modeling job and I will be residing in a Hotel within Your Area temporarily until the necessary arrangement for My job has been made before I leave.I will be needing bodywork and relaxation massage of 90 min session 3days a week for 2 Weeks from You,so please tell me a little more about your self and if You can give Me references of people you have worked with.I will be coming over on the 30th of November 2007.

Please get back to Me with the following :

- 1) The Total Cost for 90 min session for 2 Weeks [ 3 days a week ]
- 2) Your Office Address ( if You will be coming to My hotel for the massage or if I will be coming to your office ) .

Please get back to Me as soon as possible.

Thank you very much .

Miss Kate Adams.

### How do you know it's a scam?

There are several things that should tip you off on this as a potential scam.

- 1) Misconjugation of verbs: in this example, from the subject line, "SERVICES IS NEEDED."
- 2) Conflicting information. If you look carefully, you will notice that the name is different on the email header than represented in the message (Adam vs Adams), says she is "here in France" but email address has a .uk extension.
- 3) Random capitalization of words: in this example, Name, Model, Hotel, Your Area, etc.
- 4) The density of appointments requested (six 90-minute sessions in 2 weeks).

- 5) In this example, the "model" is trying to book the appointments herself. In the case of a model visiting for a short period needing that much bodywork, I would guess that their agency would be responsible for booking the appointments at a time that would not conflict with the work schedule, were it genuine.

### Other things to watch for

- 1) Foreign "massage therapist" (or other individual) looking to book appointments for their clients. In this case, someone booking for someone else that you have no way to contact except through the person who emails you initially should be a hint that something is not right.
- 2) Conflicting information within the email itself.

### What happens when you reply to this?

Dates, times, prices, and location are confirmed, and a cashier's check is sent to you for not only whatever price you agreed upon, but a significant amount over what you indicated was due. Once you have deposited the check, your bank will usually show it as having cleared in 2-4 days or so. At about this time, the person who sent the check contacts you and says something along the lines of it being an accounting error and then asks for a refund in the amount of the overpayment.

If you at this point are not yet suspicious, you should be. Foreign cashier's checks apparently take awhile to clear and the scammers know this. The clearance time is actually about six weeks (give or take) and if you send a refund, you will find out shortly that cashier's check was actually fake and the bank reverses the amount of the deposit in your account. Whatever you sent as a refund is gone. At this point, your chances of getting your money back are slim to none.

The Internet Crime Complaint Center is aware of this scam. More details can be found online at [www.ic3.gov](http://www.ic3.gov). The Oregon Board of Massage Therapists is also aware of this, but has no authority over protecting massage therapists from this type of thing other than to warn them.

### How do you prevent yourself from being scammed?

There are a few cases where there may be a legitimate individual who is foreign and does request massage and will pay appropriately. How do you differentiate the two?

- 1) Trust your intuition. If it looks like an email scam, chances are it probably is.

continued on page 13.

## Young Veterans and Massage

*In the first issue of this planned series, a mental health care professional describes Post-Traumatic Stress Disorder and gives massage therapists insight for recognizing PTSD and steps you can take should you have a client exhibit symptoms.*

### Post-Traumatic Stress Disorder

*By Linda Simpson, LPC*

Post-traumatic stress disorder, or PTSD, occurs when someone is exposed to an overwhelmingly stressful event or a series of events, such as war, rape, abuse, natural disasters or witnessing a violent act where the observer believes she may be in danger herself. PTSD is a normal response by a normal person to an abnormal and, often-times, horrifying situation. The traumatic events that lead to the symptoms of PTSD are often so severe or extraordinary that any person would be distressed when exposed to these events. The traumatic event tends to happen suddenly and is perceived as dangerous to self and/or others in a life-threatening way. The event overwhelms the viewer's ability to respond adequately. With this in mind, the symptoms of PTSD make perfect sense because what has happened has overwhelmed normal coping responses and strategies.

In order for a person to be diagnosed with PTSD, she must meet the diagnostic criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders, 4th edition (DSM IV). A person must be exposed to a significant stressor and the person's response involves intense fear, horror and helplessness. The person then begins to persistently re-experience the traumatic event through nightmares, intrusive memories, flashbacks and/or physiological reactivity. Because the persistent re-experiencing of the event is emotionally painful, the person often begins to avoid anything associated with the traumatic event. She may experience a sense of numbness, have an inability to recall an important aspect of the trauma and have a sense of foreshortened future. The person often has significant sleep disturbance, is irritable, has difficulty concentrating and is hypervigilant in that she is extremely aware of her surroundings. Additionally, many people diagnosed with PTSD have an exaggerated startle response and will "jump out of their skin" when a loud noise occurs in their proximity. It is

important to note that these symptoms of heightened arousal were not present before the witnessing of the traumatic event. Typically, a combination of these symptoms has occurred for longer than one month following the time of the trauma and the person continues to exhibit enough distress that her life is disrupted by the symptoms.

Triggers are cues that have become associated with the trauma. These cues are often harmless in nature but, because of the association, they remind the person of the harmful event. There are twelve categories of triggers for a practitioner to keep in mind when working with someone who has PTSD. Triggers can be visual, auditory, olfactory, gustatory, physical, associated with significant dates and seasons, stressful events, strong emotions, thoughts, behaviors and any combination of the above. Additionally, some triggers appear to "come out of the blue" when a person is tired or has let her defenses down.

Developing an understanding of the triggers particular to an individual allows the individual to begin to develop some sense of control. Developing this sense of control begins to free the person from the intense hold PTSD feels like it has on an individual.

When triggered, a person may struggle with dissociation. Dissociation is more likely to occur if the trauma was severe, repeated or occurred when the person was very young. At the time, dissociation is developed; it serves as an effective coping strategy for the person as it

allows them to wall themselves off from the severity of the traumatic event.

PTSD can be resolved and people can recover from it. Recent research speaks to nine vital stages in the process of recovering from PTSD. Briefly, these stages are focused on developing rapport and trust with a client; framing the trauma in language that resonates for the client; providing education about PTSD; grieving the loss created by the trauma; amplifying the feelings associated with the trauma within the safe container of therapy; developing a sense of new possibilities and meaning after the trauma; guiding the client to resources in the community such as mind/body practitioners that will continue to help with the work of "unthawing" after the freezing effect of trauma; and lastly, ending therapy with a review of the recovery process.

Often, people with PTSD struggle with having some-

*The story of  
PTSD is the tale of  
the indomitable  
and indefatigable  
human spirit to  
survive and adapt.*

one work on their bodies since PTSD is usually associated with some type of trauma. Massage can be helpful when the practitioner works with the client and their mental health therapist AND if the client is allowed to set all the limits around physical touching and space. Massage therapists should complete an intake before putting hands on a client. The intake form should include a question about trauma history, and about any areas where they don't want to be touched or are particularly sensitive to touch. Then, during the massage, it would be good to watch for increased breathing, freezing up or an avoidance of having some areas touched. If a client dissociates during massage, the client won't really be present to respond. In which case, it would be good to stop and wait until the person "returns." Further massage without more information and consultation could put the massage therapist at-risk. Encouraging clients who suffer from PTSD or who have symptoms that seem to reflect this diagnosis to seek therapy along with massage is ethically and clinically sound. Massage without the above boundaries could create negative health effects as well.

If a crisis occurs, immediate help can be found by calling 911 or the crisis line for your county. The numbers in the Portland area are:

Multnomah county crisis line: 503-988-4888

Clackamas county crisis line: 503-665-8401

Washington county crisis line: 503-291-9111

*Linda Simpson is a Licensed Professional Counselor working at Samaritan Counseling Centers. Samaritan Counseling Centers has a team of highly qualified therapists who are skilled at facilitating this process for clients. Helping people move from the initial devastation of a traumatic event to develop a sense of renewed meaning in their life. SCC can be contacted at 503.281.3318 or on the web at [www.sccpdx.org](http://www.sccpdx.org).*

### Across the Table Talk:

#### Mental Health and Massage Issues

We are in the process of planning a CE event on the topic of mental health and massage in the near future. As soon as we can confirm a location to host this event, we will post details on [www.omta.net](http://www.omta.net) and on the Yahoo group, OMTA\_massage.

## Oregon School of Massage Winter 2008 Continuing Education

Universal Reflexology	Sun 9am-5:30pm	1/27	\$155
Psychology of Touch	Fri 6:30-9:30; Sat-Sun 9am-4pm	2/8-10	\$305
Self Care for the Upper Extremities	Sat 9am-5pm	2/16	\$150
Hakomi - Tapping Into the Body Wisdom	Thu 6:30-9:30pm	3/6 & 13	\$125
Lower Extremity Toolbox	Sun 9am-5:30pm	3/9	\$155

Visit our website for a complete class schedule: [www.oregonschoolofmassage.com](http://www.oregonschoolofmassage.com)



9500 SW Barbur Blvd. #100, Portland, OR 97219  
(503) 244-3420 or (800) 844-3420

2111 Front St NE, Salem, OR 97301  
(503) 585-8912 or (877) 588-8912

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## Puzzle Corner

### Part I: Kinesiology Quiz

POP QUIZ! You're back in school. Here's a few reminder questions to keep you on your toes.

1. What four muscles make up the abdominal group?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Name 12 muscles that attach to the scapula

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

3. What muscle attaches the pelvis to the arm?

\_\_\_\_\_

4. What muscle has the longest tendon in the body?

\_\_\_\_\_

5. Name two muscles that attach the femur to the foot.

\_\_\_\_\_

\_\_\_\_\_

6. What muscle attaches the scapula to the radius?

\_\_\_\_\_

7. What muscle attaches the scapula to the ulna?

\_\_\_\_\_

8. What muscle attaches the occiput to T12?

\_\_\_\_\_

### Part II: Link that Body

These puzzles are solved by linking common points in the body. Each line of the puzzle alternates between a muscle and an attachment site (origin/attachment). For example, biceps brachii

\_\_\_\_\_ (hint: muscle)

pectoralis minor

The correct answer is *coracoid process of the scapula*.

Note: all origins and insertions are used as listed in the

current edition of *The Trail Guide to the Body*. Puzzles get more difficult as you progress.

1. inner surface of lower six ribs, upper two or three lumbar vertebrae, and inner part of xiphoid process  
\_\_\_\_\_ (mm)

central tendon

2. Trapezius

\_\_\_\_\_ (o/i)

Deltoid

3. Soleal line, posterior surface of tibia and proximal, posterior surface of fibula

\_\_\_\_\_ (mm)

\_\_\_\_\_ (o/i)

gastrocnemius

4. deltoid tuberosity

\_\_\_\_\_ (mm)

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ (o/i)

\_\_\_\_\_ (mm)

external occipital protuberance, medial portion of the superior nuchal line of occiput, ligamentum nuchae, and spinous processes of C7-T12

### Last Issue's Solution



## Survey Results

Along with this year's election, we held a survey. Those who responded indicated a number of preferences (and dislikes) that the Executive Committee will use to help guide decisions over the next year. The results follow.

### Member Benefits

Potential offerings were listed with a rank of interest level with 0 being no interest or not applicable and 5 being very interested. The numbers of responses we received for each level are listed below.

Benefits	not interested	0	1	2	3	4	5	very interested
a. Group medical ins.		2	1	3	5	11	24	
b. Low cost cc acceptance for your bus		20	3	4	8	5	16	
c. Optional web page for each member		16	5	8	11	5	9	
d. Exclusive discounts from suppliers		1	2	4	6	22	26	
e. Exclusive discounts on CEs		0	1	2	4	14	40	
f. Online registration for membership		6	4	5	10	9	24	
g. Online registration for classes and conference.		7	4	3	10	8	23	

### Conference class formats

	Dislike	Neutral	Like
a. Only 9 hour classes	13	22	17
b. Only 6 hour classes Saturday, 3 hour classes Sunday	5	26	24
c. Starting conference earlier	15	25	11
d. Adding 1-2 days to conference	14	25	14

Preference for taking CE classes	not interested	0	1	2	3	4	5	very interested
a. 1-2 weekend classes each licensing period		2	2	5	9	15	21	
b. few classes throughout year		1	1	1	13	17	17	
c. One intensive week long class		28	3	0	8	4	3	

### How much money are you willing to spend on continuing education each 2-year cycle?

\$0-\$200	\$200-300	\$301-500	\$501-750	\$751-1000	\$1000+
5	7	24	10	2	3

There was also room to comment on different topics. The comments we received follow. Survey comments are in bold and EC responses are in plain type.

### BENEFIT suggestions

#### Deeper discount for liability insurance. After years of consistent membership in OMTA/ABMP

OMTA now offers two- and three-year memberships at a discounted rate, which is indicated on the renewal form and application. However, ABMP is a separate entity from OMTA, thus we cannot change the discount rate that ABMP sets. As far as offering discounts after years of membership, with all other costs rising (postage, supplies, etc.), we are continually looking for ways to offer the same benefits at lower costs so that we don't have to raise membership rates.

#### Monthly continuing education meetings on various massage subjects and for networking as well

We currently have four active area representatives:  
 Carol Duncan, State Coordinator and Roseburg Area  
 Heather Bennouri, Portland Area  
 Larry Johnson, Albany Area  
 Ramah Rosenquist, Ashland Area.

These area representatives are volunteers and put together a number of different events over the past year. We are looking for more individuals willing to help in other areas of the state so that we can offer more events in more places. Please keep an eye on the web site as all events are open to all LMTs and we try to keep the calendar current.

#### Liability insurance

The EC has looked into offering this directly through OMTA instead of through ABMP in the past. Currently, the rates available to us to do this are higher than what they would be through ABMP or AMTA. Until we can find a provider to offer this that

## Survey Results, continued

we can contract with at a good rate, we will not offer insurance directly to our members.

### More continuing education available in Grants Pass

We are still looking for an Area Representative for Grants Pass. Currently, our Ashland Area Representative is willing to do events that incorporate both locations. Please contact Ramah (EC contact information is on page 14) if you'd like to set up something in your area.

### Educational workshops with national instructor.

Assuming national instructor means an NCBTMB Category A certified provider, we coordinated two classes last year with special discounts for OMTA members: Compassionate Touch with Ann Catlin and Negative Pressure Massage Cupping with Jesse Maclean. We do want to continue to offer more of these classes.

### More classes throughout year, more variety

We will work on this! Please let us know if you have specific requests. Our Area Coordinators can set things up in specific areas and we try to incorporate Mind, Body, and Spirit techniques at conference.

### Instructor suggestions

Robert Siachi, LMT, Iris Wolf, PT MET, Crain., Kathleen Goforth, LMT, LAC Qi gong, Sherry Morales PNF, Bruno DeBlock, Dennis Specht, Marian Dixon, myofascial, Uma Malcom, Wendy Ward, Robert Bike, Patrice Morency, Marcia York, Deb Thomas, MVA Billing

*Thank you for your suggestions and we will pursue these when planning classes for the next year.*

### Class suggestions

Intro class on animal massage, Reflexology, Muscle Energy Technique, Jin shin do, Qi Gong, Sports massage, Strain Counter Strain, Ai chi (water tai chi), Hydrotherapy, repeat ethics, Hot Stone, Reiki, Thai Massage intro, Tried and True, Upper body stretch and release, mole id – slide show, CPA – P & C sched C class on exp., Deep tissue, Yoga at other times (besides morning class), Shiatsu, Lymphatic drainage, massage for fibromyalgia, Orthobionomy, indirect myofascial, Bodymechanics, polarity, Breast massage, chair massage, MVA Billing, SOAP charting review, Yoga instruction for massage clients, EMT, CPR First Aid, hot stone, Exercise ball, massage cupping, Spa therapies, marketing, Breema, Retirement, Income Planning for future

*Thank you for your suggestions! We tried to incorporate several of these when we planned classes for this year.*

### Conference suggestions

#### Yoga, etc. early Friday of conference

We considered this (and have discussed doing other classes during Friday daytime). It may involve a change of weekend at Breitenbush as our current weekend falls immediately after Breitenbush Staff has their own retreat ending one hour before our conference begins. Unfortunately, this will not be a change we can implement this year.

#### Would like class on Sunday

We offer two classes on Sunday: an early morning one-hour class and a morning three-hour class. Offering an additional class in the afternoon would require renting Breitenbush for an additional day, raising the cost of conference by a minimum of \$125.00 per individual. We have considered and review every year changing the format, length, etc. of conference and can take this for consideration as well.

#### Conference at different time of year

This has been discussed before with our EC. Currently, our by-laws state that Conference must be held in October. Furthermore, because our by-laws reference conference in timing with the elections process, this would involve changing the by-laws in several places. At this time, no one has submitted a proposal in writing at an EC meeting to change the bylaws. However, this does not mean we cannot hold a second conference at a different time of the year. We can consider this for the future, although since a conference takes close to a year to plan, it may be a little over a year away before we could make one come to fruition.

#### Don't like Breitenbush

Should we offer a second conference, we would try to offer it in a different location. Breitenbush has been the most successful location for conference; one year it was hosted elsewhere and the attendance was so poor that the cost of the conference nearly bankrupted the organization.

#### Keep the same format

We're glad you like it. We will keep trying to improve as well.

#### Conference is during hunting season, in favor of spring conference

See comments on conference at different time of year and changing the bylaws to allow conference at a different time of year (earlier on this page and on 10).

**Felt like the classes at conference need to be better, waste of time, instruction. Talked to many LMTs who have**

## Survey Results, continued

### quit coming to conference

We're sorry to hear this. We do try to bring in quality instructors for our classes as well as balance between mind (hands-on), body (business-oriented), and spirit (energy work) classes. We also try to incorporate as many classes requested by our members as we can. Again, we encourage anyone who would like to see specific changes either to mention them in surveys like this one (we DO try to incorporate whatever is possible), to contact the EC directly, or to attend one of our EC meetings either by phone or in person to give input. Our meetings are on the calendar on page 11 and the schedule is posted on our web site as well.

### Have classes start on the hour

This would cut into the breakfast and lunch hours. We give a fifteen minute break to allow people time to finish their meals as well as return to their cabins to get any class materials they might need. The meal times are set by Breitenbush. If we host a second conference elsewhere in the future, we will do our best to make this happen.

### Have room available at gate

We understand this would make it easier for those attending conference to unload their belongings and go directly to their cabins. The two issues that arise if we do this are that people may fail to check in and/or those who have a remaining balance or paperwork to complete do not do so. Setting up the registration desk at the gate would require a power supply for the computers as well as an appropriate shelter from the weather.

### Have a class in addition to meetings on Friday evening

We have considered this. It would put the last class very late in the evening as we cannot officially start our classes until after Breitenbush's orientation, which begins at 7:30. Friday night seems to be the best time to get an OBMT representative present to answer your questions directly. We will certainly continue to reevaluate our format to see if we can have more offerings in the evenings.

### I loved the conference

Thank you!

### Like when classes were at different times so you could take them all

We do try to offer the classes in more than one time slot. We also try to offer a variety of classes to attract more people to the conference and to fill Breitenbush. With the spaces available, there will be a few classes you can't take, but those that seem to be most popular

we do try to offer again in future years.

### Big name instructor for entire weekend at coast hotel or conference Center for a change

We have offered this format of class, although not at the coast. We are looking in to bringing in more classes of this format. If you have specific requests, we can help to set it up. We might not always be able to offer discounts to our members for these classes as that is often dependent upon the instructor, but we will do our best.

### One hour classes, more variety, demonstrations

Our executive committee seriously considered offering this type of classes; however, at this time, we felt that it would severely limit the hands-on portion of classes.

## TOUCHSTONE

### Loved article on Continuing Education/Board Requirements

Thank you. This will soon be available on the omta\_message yahoo group for members as well.

### Concerns of LMTs in Oregon, Board's direction, legislation, perhaps a survey – how long the members have been practicing

We would be happy to address this. Look for a survey later this year and in the meanwhile, please contact a member of the Executive Committee if you have questions or concerns. Remember also that the OBMT not only makes their meetings public, but that they travel through the state for some of the meetings to make them more available to LMTs in more remote areas. You can address your concerns directly with the board at these meetings.

### Readers send in questionnaire in form of random bio sketches from/of LMTs in different areas of Oregon--small essay

We did do a couple of profiles of members in the past; however, so few of our members that we tried to contact (over 30 each time we tried) were interested in this that the writer literally gave up because it was so difficult to find someone both willing to be profiled and able to be reached. If you or someone you know would like to have a profile about your practice or how you got into massage (or anything else massage-related), please contact Heather Bennouri, who would love to hear from you (contact information on page 14).

### Like learning about various modalities, techniques, and stretching

We will continue to provide these articles as qualified authors are available and willing to submit them.



## Survey Results, continued

### OMTA STORE

Ideas for offering: gift certificates for massages from members, ball caps, handmade mugs, socks, aromatherapy products from Oregon, T-shirts, hooded sweatshirts, pants, discount biotone products, videos, DVDs, CDs of massage techniques, volunteer exchange, more trades, polo shirts, tote bags, lotion holsters, all with omta logo, tank tops, water bottles, robes, sheets, cradle covers, discounted supplies, sun hats for summer chair massage

Thank you for your ideas. We hope to be able to offer these (or what can) online in the future. We are hoping to find someone willing to volunteer their time that has the knowledge to build a store on our web site. (Note: one person commented that we didn't need a store.)

### EC Comments:

**Better products at conference auction. Send out solicitor forms to members so they can ask stores, restaurants, etc.**

That's a great idea. Our volunteer coordinator could really use the help! There will be a form in future issues of *Touchstone*, as well as on the yahoo group, and we will include one with conference registrations.

**Friday meeting is too long; it is uncomfortable to sit**

This can definitely be true for some of those attending. Since we cannot offer half-hour CE credits, the business meeting must be one-hour long and the Breitenbush orientation, which they require, is not eligible for CEs, it does make it a long time on the floor in the North Wing. We will do our best to have a stand and stretch break between the orientation and the business meeting. Otherwise, you are welcome to leave early (although you may not receive CEs).

**Conference elsewhere**

We have talked about this on numerous occasions. It has been held elsewhere in the past but did so poorly financially that OMTA nearly folded. We are looking in to having a second conference in a different format in the future, possibly in 2009 or 2010. Right now many of our EC members are already holding multiple positions, so we would probably need more assistance to make it happen, although there are several EC members that are already committed to holding conference at a different time of year and in a different format as well.

**Advocate for LMTs, provide balanced perspectives about legislative issues**

We need feedback from our members on what they want us to advocate for them. See the next comment for further discussion on this.

**Check with membership before voicing opinions that**

**turn out to be EC opinions, not shared by full or even majority of membership**

120 of our 180 members at the time of legislative issues last year were contacted. There were only 3 who voiced opinions different from the EC's. Furthermore, anywhere an opinion was published, it was printed as the EC's opinion. For those who agreed, they could send in a preprinted letter with the same opinion. Those who disagreed could throw that letter in the trash and write their own (and were encouraged to do so), still using the provided envelope and address of their appropriate representatives. We're glad you are interested and support those who had differing opinions. We (the EC) truly feel that ALL opinions need to be voiced and did our best to provide the information and materials for you to do so. We also encourage you to get involved more in the future so it can be a more inclusive process. There are several step that we plan on taking in the future with legislative issues.

1. Inform members through *Touchstone*, the OMTA-massage Yahoo Group, and the web site, www.omta.net, of bills that may relate to LMTs in Oregon.
2. Provide an online feedback form for you to email or mail back with your opinion.
3. Inform members when the EC will be discussing this in a meeting. EC meetings are open to all members.
4. Continue to post updates as available on the status of legislation, how to contact your representatives, and the EC's opinion and current actions.
5. Inform members of legislative outcome.

**Appreciate your wonderful, amazing work** Thank you!

**Work to decrease the number of CEs needed, too much!**

This is an OBMT issue. Also, we would need clarification and/or your reasons you feel this way. Is it a financial demand that makes it too much? Is it a time demand that makes it too much? Or is there a different reason? For those that the reason is financial, please contact an Area Representative (even if there isn't one in your specific area) about how to network with local LMTs for simple CE solutions, check out library items, or attend OBMT or OMTA EC meetings for free CE credits. If the issue is time, then some of those solutions may still help you. If it is other reasons (perhaps you've taken all the courses that have interested you?), then bear in mind that the quantity of hours are not set for those that are intelligent and responsible, but rather for those who shoot for the

## Survey Results, continued

minimum and this is in an attempt to keep massage therapists educated enough to keep their clients safe. Don't forget that many business-oriented classes can count for CEs, as well as your CPR certification, so it may be easier than you realize to collect those hours.

### One day or partial day classes in local areas

We definitely try to do this; we can always use more help so that we can do more of it more often. Let us know specifically what you'd like and we'll do our best to create it for you and a group of LMTs near you.

### Other dates for conference

We have considered this in two formats: one, offering a second conference and two, moving our current conference. However, our current conference is tied to October as written in the bylaws and is tied to our

election timing, also within the bylaws. For more information on this, see the next comment.

### Change the bylaws to have conference any time of year

This has been discussed. If you are interested in making this change, please submit a proposal for change to the bylaws in writing at an Executive Committee meeting. Due to the ties of conference and our elections process, this would be difficult and a second conference, possibly in a different location, date, and format, is under consideration.

### Drop CPR

This would be an OBMT issue. For awhile, it was not a requirement after initial licensing and the Board reinstated it. We will address this with our Board liaison though.

## OMTA's Lending Library

### How to Use the OMTA Free Lending Library

**TO BORROW:** Select the item you want to borrow from the links above. Email the OMTA librarian, Kathy Paschelke Hensley, at [nrg\\_hands@msn.com](mailto:nrg_hands@msn.com).

### Borrowing Policy for the OMTA Lending Library

1. You must be a current Voting Member of OMTA. (Requires current Oregon Massage license.)
2. Limit three items out at any one time.
3. The borrowing period is 30 days for each item.
4. All items must be returned in good condition.
5. Please allow for mailing time.
6. OMTA will pay postage to send you the item. Each OMTA member is responsible for return postage; we recommend you insure it.
7. Items are in limited supply.
8. Videos may not be reproduced.

### Late Returns Policy

1. On the 35th day, if the item has not arrived at the OMTA library, you will be notified by phone or email about delinquent item(s).
2. The OMTA member will be held responsible for items not returned, returned in damaged condition, or returned late.
3. A credit card number or check may be required as deposit.
4. Members can borrow the items from our library for free upon agreeing to a fine of \$5.00 per day per item if not returned by the date stated (30 days from rental) and if not returned by the secondary date stated (45

days from rental), it will be turned over to collections for the amount of the item and any related fees.

### Books

*Anatomy of the Spirit: The Seven Stages of Power and Healing* by Caroline Myss, Ph.D.

*Body, Mind and Sport: The Mind-Body Guide to Lifelong Fitness and Your Personal Best* by John Douillard

*Eat Right 4 Your Type* by Peter D'Adamo with Catherine Whitney

*Cook Right 4 Your Type* by Peter D'Adamo with Catherine Whitney

*Crossing Over* by John Edward

*One Last Time* by John Edward

*Gentle Yoga* by Lorna Bell, R.N. & Eudora Seyfer

*Helping Your Health with Pointed Pressure Therapy* by Roy E. Bean, N.D.

*Reference Guide for Essential Oils 1999 Edition* by Connie and Alan Higley

*The Woman's Book of Courage: Meditations for Empowerment & Peace of Mind* by Sue Patton Thoele

*Women of Spirit* by Katherine Martin

*Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing* by Christiane Northrup, M.D.

*You Can't Afford the Luxury of a Negative Thought: A Book for People with Any Life-Threatening Illness—Including Life* by Peter McWilliams

**For a complete list of items available for checkout, please see our web site, [www.omta.net](http://www.omta.net).**

## Calendar of Events

**February 2-3, 2008**

### Second Degree Reiki (Reiki 2)

Presenter: Tamara Felix, [www.therighttouch.com](http://www.therighttouch.com)

Location: The Right Touch, Hillsboro

**February 10, 2008 7:00 P.M.**

### OMTA Executive Committee Meeting

via phone conference, details at [www.omta.net](http://www.omta.net)

**February 10, 2008, 1:00-4:00 p.m.**

### Round Robin

Presenter: Heather Bennouri

Location: Everest Institute (formerly Ashmead), 9600 SW Oak St, 4th Floor, Tigard, OR 97223

Cost: free (open only to LMTs and massage students)

CEs: 3 (must be present full three hours for certificate)

Be prepared to give and receive massage in this round-robin event. Participants will share techniques through hands-on exchanges, working on multiple people for brief periods of time. Everyone will receive a full-body massage but in a different format than you may have ever experienced. Network with other LMTs and experience self-care in the hands of your colleagues.

RSVP no later than February 8, 2008 to Heather Bennouri at (971) 570-5404 or [bsl@bennouri.net](mailto:bsl@bennouri.net). Please include your name, license number (or school if you are a student), and phone number.

**February 16, 2008, 9:00-4:00 P.M.**

### EFT Level 1

Presenter: Robert Bike, [www.thementalgame.org](http://www.thementalgame.org)

More info/registration: contact Robert Bike at

(541) 465-9486 or [robertbike@comcast.net](mailto:robertbike@comcast.net)

Location: Market of Choice on 29th and Willamette, Eugene

Cost \$99, 6 CEs

EFT Level 1 is a workshop that will equip you to produce rapid results with yourself and with clients in one session. You will learn the history and basis of EFT, the set-up statements, the tapping sequence, how to work with clients, what to say, and when to stop. You will have plenty of time to practice on yourself and others. This is a fun, lively experiential training.

**February 23-24, 2008, 9:00-4:00 P.M.**

### EFT Level 2

Presenter: Robert Bike, [www.thementalgame.org](http://www.thementalgame.org)

More info/registration: contact Robert Bike at

(541) 465-9486 or [robertbike@comcast.net](mailto:robertbike@comcast.net)

Cost: \$250, 12 CEs

Location: Market of Choice, 28th & Willamette, Eugene  
Level 2 EFT is for anyone who has taken Level 1 and wants to develop their skills. Level 2 contains enough quality material to move the serious student into the top 5% of the EFT healing practitioners in the world. Topics include The Palace of Possibilities, Tearless Trauma, Borrowing Benefits, Working by Telephone, Presenting EFT to Children, Core Issues, and Addictions. It includes time to practice with fellow students. The only requirement for Level 2 is that you have taken Level 1, or have sufficient experience using EFT, according to the judgment of the instructor.

**March 1-2, 2008**

### Reiki Master (Reiki 3)

Presenter: Tamara Felix, [www.therighttouch.com](http://www.therighttouch.com)

Location: The Right Touch, Hillsboro

**March 9, 2008 7:00 P.M.**

### OMTA Executive Committee Meeting

via phone conference, details at [www.omta.net](http://www.omta.net)

**March 14-17, 2008, 9:00 A.M.-5:00 P.M.**

### Certified Educator in Infant Massage Training

Presenter: JoAnn Lewis Melin, LMT, CEIM, International Trainer

Location: Ashland, Oregon

To register or for more information, contact JoAnn Lewis Melin at (541) 227-8181 or [jlewismelin@hotmail.com](mailto:jlewismelin@hotmail.com)  
Become an educator-instructor for teaching parents, caregivers classes to learn massage for their babies (age: birth to one year).

**March 15, 2008**

### Frozen Shoulder Massage

Presenter: Tamara Felix, [www.therighttouch.com](http://www.therighttouch.com)

Location: The Right Touch, Hillsboro

**March 16, 2008, 9:00-4:00 P.M.**

### EFT Level 1

Presenter: Robert Bike, [www.thementalgame.org](http://www.thementalgame.org)

More info/registration: contact Robert Bike at

(541) 465-9486 or [robertbike@comcast.net](mailto:robertbike@comcast.net)

Location: Everest Institute, Tigard

Cost \$99, 6 CEs

(see description under February 16 class)

Calendar of Events continued on page 12.

## Calendar of Events (continued)

**March 22, 2008, 9:00-4:00 P.M.**

### EFT Level 1

Presenter: Robert Bike, [www.thementalgame.org](http://www.thementalgame.org)  
 More info/registration: contact Robert Bike at (541) 465-9486 or [robertbike@comcast.net](mailto:robertbike@comcast.net)  
 Location: River House Hotel & Convention Center, Bend  
 Cost \$99, 6 CEs (see description under February 16 class)

**March 22, 2008**

### Carpal Tunnel Massage

Presenter: Tamara Felix, [www.therighttouch.com](http://www.therighttouch.com)  
 Location: The Right Touch, Hillsboro

**April 5-6, 2008**

### First Degree Reiki (Reiki 1)

Presenter: Tamara Felix, [www.therighttouch.com](http://www.therighttouch.com)  
 Location: The Right Touch, Hillsboro

**April 12, 2008, all day**

### OMTA Executive Committee Meeting

In-person meeting in Bend, details at [www.omta.net](http://www.omta.net)

**April 19, 2008**

### Sciatica Massage

Presenter: Tamara Felix, [www.therighttouch.com](http://www.therighttouch.com)  
 Location: The Right Touch, Hillsboro

**April 20, 2008, 9:00-4:00 P.M.**

### EFT Level 1

Presenter: Robert Bike, [www.thementalgame.org](http://www.thementalgame.org)  
 More info/registration: contact Robert Bike at (541) 465-9486 or [robertbike@comcast.net](mailto:robertbike@comcast.net)  
 Location: River House Hotel & Convention Center, Bend  
 Cost \$99, 6 CEs (see description under February 16 class)

**April 26-27, 2008, 9:00-4:00 P.M.**

### EFT Level 2

Presenter: Robert Bike, [www.thementalgame.org](http://www.thementalgame.org)  
 More info/registration: contact Robert Bike at (541) 465-9486 or [robertbike@comcast.net](mailto:robertbike@comcast.net)  
 Cost: \$250, 12 CEs  
 Location: River House Hotel & Convention Center, Bend  
 (see description under February 23-24 class)

**May 3-4, 2008**

### Second Degree Reiki (Reiki 2)

Presenter: Tamara Felix, [www.therighttouch.com](http://www.therighttouch.com)  
 Location: The Right Touch, Hillsboro

**May 10-11, 2008**

### Medical Massage 1: Legal Docs & Marketing

Presenter: Tamara Felix, [www.therighttouch.com](http://www.therighttouch.com)  
 Location: The Right Touch, Hillsboro

**May 17, 2008**

### Whiplash Massage

Presenter: Tamara Felix, [www.therighttouch.com](http://www.therighttouch.com)  
 Location: The Right Touch, Hillsboro

**May 24-25, 2008**

### Mayan Touch (Mayan Herbal Acupressure)

Presenter: Tamara Felix, [www.therighttouch.com](http://www.therighttouch.com)  
 Location: The Right Touch, Hillsboro

**October 5-7, 2007**

### 2008 OMTA Annual Conference

#### A Time to Heal

Breitenbush Hot Springs

Mark your calendars now! For more info, visit [www.omta.net](http://www.omta.net) for the latest details.

## Classifieds

### Volunteer Opportunities

Seeking massage therapists to volunteer internationally. Information at [www.ngoabroad.com](http://www.ngoabroad.com) or via email at [info@ngoabroad.com](mailto:info@ngoabroad.com). NGO abroad is a nonprofit organization that provides frugal, customized international volunteer options and helps people enter international humanitarian work. INDIA: rural areas need massage therapists to work on weary villagers who have just dug wells, latrines, or done other hard labor. CHILDREN: Help untangle the emotional knots of children who have been abused or neglected. LIVELIHOODS: teach massage as an employment skill--a ticket out of poverty.

### Other/Misc.

Yachats Beach House. This welcoming house is located just steps away from easy access to the eight-mile beach between Yachats and Waldport. It has 2 bedrooms, 1.5 baths, fully equipped kitchen, fire-view woodstove and large windows and decks for ocean viewing. With sleeper sofas in the living room and library, it sleeps eight. Pets are welcome. \$120 winter; \$155 summer, 7th night is free in winter. Info at [ethelscoastcottage.com](http://ethelscoastcottage.com) and Glenda Jones, (541) 726-9720.

## Massage Scam, continued

2) If no intuition warning bells go off, ask detailed questions to get the information you need, including doing a preliminary health intake. If they question this, let them know you want to ensure that they can receive treatment when they arrive.

3) If, like in this example, you have the opportunity to provide services at the hotel, ask for the hotel information and try to confirm a reservation with the hotel.

4) If there is prepayment and it is a significant amount over (a couple thousand), refuse any services or refund until a minimum of six weeks from your deposit to ensure funds clear. If it is a legitimate client and they balk at this, let them know about the scam and ask for another form of payment when they arrive (IF they arrive).

5) Don't be so desperate for clients or appointments that you bend to whatever is requested (no matter how cash-poor you may be at the time). This is generally good business practice anyway.

## Call for Articles

We want to keep Touchstone a high-quality informational journal for our members. In order to do so, we need articles written by experts on the topics that massage therapists are interested in. This can range from modality techniques, business practices, ethics, anatomy, physiology, and pathologies to making your own lotions and oils or evaluating a range of products or reviewing books or DVDs related to massage subjects. If you've recently undergone a change in your practice or have done something amazing with your massage work with your clients and would like to be featured in a Touchstone profile, please also let us know. Please contact our Touchstone editor, Heather Bennouri for submissions, ideas, or to pass on contact information for others so that we can keep OMTA members educated and informed about the profession we love. Contact Heather at (971) 570-5404 or [touchstone@bennouri.net](mailto:touchstone@bennouri.net)

## Emotional Freedom Techniques



Robert Bike, EFT-ADV

LMT #5473

EFT

CE classes in Bend,  
Eugene and Tigard

(541) 465-9486 ♦ [www.thementalgame.org](http://www.thementalgame.org)

## Breitenbush Hot Springs

### Retreat & Conference Center

The Breitenbush Healing Arts Team is seeking Oregon LMTs to fill temporary, seasonal, and periodic year-round positions. Call, e-mail, or access our web site for information and application.

503-854-3320 ext. 119 [personnel@breitenbush.com](mailto:personnel@breitenbush.com)

[www.breitenbush.com](http://www.breitenbush.com)

## Webmaster Needed

Our Webmaster, Robert Bike, has submitted a request to retire from the Executive Committee after 11 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](http://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](mailto:robertbike@comcast.net).

## Area Representatives Needed

Would you like to get to go to the annual OMTA conference for free? Would you like free OMTA membership? Do you have 3-4 free Sundays and a few extra hours a year? Would you like to be able to choose what CE classes come to your area? Would you like to be a central part of networking with LMTs in your area?

If you can answer yes to all of these, and are interested in earning free continuing education at the same time, please talk to one of our EC members about becoming an Area Representative.

## Ad Manager Needed

This is a commissioned position; work as much or as little as you want assisting the Touchstone Editor in creating revenue for OMTA to go towards member benefits.

## OMTA Executive Committee Elected Officers

The positions of Vice President and President will be up for election in October 2008.

**President** **Bruno De Block**  
PO Box 306 (541) 330-1980  
Bend, OR 97709 message@bendbroadband.com

**Vice President Emden Griffin**  
1839 NE 8th (541) 350-0723  
Bend, OR 97701 emdenrgriffin@yahoo.com

**Secretary**  
Albany, OR

**Carol Cory**  
brighidsown@msn.com

**Treasurer**  
1865 Whistlers Park Road  
Roseburg, OR 97470

**Brenda Schneider**  
(541) 672-3478  
massagenurse04@yahoo.com

**Membership**  
8827 SW Blake St  
Tualatin, OR 97062

**Heather Bennouri**  
(971) 570-5404  
bsl@bennouri.net

## Appointed Positions

**Advertising Manager** vacant

**Conference Registrar** **Cindy Varvais**  
Bend, OR (541) 280-7218

**OMTA Library** **Kathy Hensley**  
39190 Jasper Lowell Road (541) 744-9372  
Fall Creek, OR 97438 nrg\_hands@msn.com

**Resource Line** **Bruno De Block**  
*See President for contact information*

**State Coordinator (for Area Reps)** **Carol Duncan**  
1007 W. Central Ave (541) 584-2810  
Sutherlin, OR 97479 messagecentral@yahoo.com

**Touchstone** **Heather Bennouri**  
*See Membership Coordinator for contact information*

**Volunteer Coordinator** **Emden Griffin**  
*See Vice President for contact information*

**Webmaster** **Robert Bike**  
1321 W 11th Ave (541) 465-9486  
Eugene, OR 97402 robertbike@comcast.net

## Area Representatives

**Albany** **Larry Johnson**  
1571 Clover Ridge Drive NE (541) 979-RELX (7359)  
Albany, OR 97322 larrylmt@comcast.net

**Ashland** **Ramah Rosenquist**  
(541) 659-1747

**Portland** **Heather Bennouri**  
*See Membership Coordinator for contact information*

**Roseburg** **Carol Duncan**  
*See State Coordinator for contact information*

**Bend, Eugene, Salem, Coastal, and Eastern Oregon**  
**Positions open**

*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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