

December 2009  
Volume 25, Issue 2

# Touchstone

Journal of the Oregon Massage Therapists Association

**Good Scents**

**Colored  
Light  
Therapy**

**Technology Tools**

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Heather Bennouri

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**Touchstone Publication Information**

*Touchstone* is the journal of the Oregon Massage Therapists Association published several times a year. We welcome feedback, including letters to the editor. Letters will be printed, but may be edited for length and clarity. We also welcome topic requests for future articles and article submissions. For details on article requirements, advertising, and other questions, please contact *Touchstone* editor Heather Bennouri at 8827 SW Blake St, Tualatin, OR 97062, info@bennouri.net or (971) 570-5404.

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# Thank You For Your Support!

OMTA would like to recognize the following companies for their generous donations to the 2009 OMTA Annual Conference Raffle and Auction.

## Custom Craftworks

## Oregon School of Massage

## Robert Hunter & Co.

# 2009 OMTA Election

### Results Talled November 7, 2009

54 Ballots and surveys returned

**Secretary:** Joni Kutner (50-0)

**Membership Coordinator:** Heather Bennouri (50-0)

**Change the OMTA Bylaws as Proposed:** PASS (47-3)

On November 8, 2009, these officers were inducted as well as the following new appointments and changes of office.

Kami Manselle was appointed as Treasurer

Carol Duncan resigned from State Coordinator.

Carol Duncan was appointed as Vice President.

Emden Griffin was appointed as State Coordinator.

Neva Winter was appointed as Hillsboro Area Representative.

Based on the survey results, the OMTA Executive Committee will be evaluating how to hold the annual conference next year and began forming an action plan to address the governor's suggestion to suspend the OBMT. The Executive Committee voted to release the following statement to the Governor, the Legislature, the massage profession, and the public:

The Oregon Massage Therapists Association (OMTA), a professional association of licensed massage therapists in Oregon, supports the Oregon Board of Massage Therapists (OBMT) in its current semi-independent structure.

The OBMT has made positive changes that protect both the public and its licensees and serves a critical role in keeping massage therapy a safe and respected profession.

The State of Oregon has been a leader in eliminating unsafe and unethical practices in the field of massage and has been a role model for legislation, policy, and procedures for other states throughout the country.

Please help keep the profession of massage a legitimate and valuable resource for Oregonians.

Keeping the OBMT in its self-funded, self-sufficient format ensures quality regulation and job security for the 6000 Licensed Massage Therapists currently practicing.

# Oregon Massage Therapy Statistics

### Source: OBMT Records as of October 2009

*Note: The total license count varies on some of these reports as they were run on different days, reflecting minor changes that occurred in renewals, lapses, and new licenses during that time.*

Active LMTs: 5891 (includes 64 new licensees)

Male: 17.28% Female: 82.72%

Inactive licenses: 836

Male: 18.30% Female: 81.70%

Total: 6720 licenses

Male: 17.41% Female: 82.59%

### Demographics by age

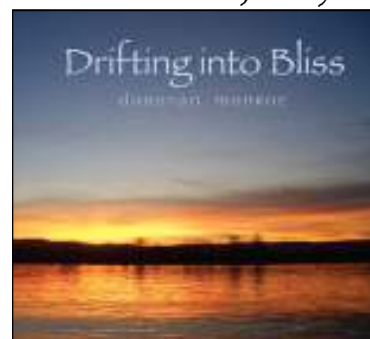
Age (years)	LMTs
<20	7
20-29	1295
30-39	1919
40-49	1392
50-59	1451
60-69	599
70-79	56
80+	7

### Demographics by license duration

Years	Active	Inactive
<2	1170	12
3	591	37
4	569	60
5-10	1876	345
11-20	1301	294
21-30	334	77
31-40	50	8
41+	0	5

There were 135 modalities listed that LMTs practice, with an average of just over three modalities per LMT. The most common were Swedish (93.8%), Deep Tissue (56.2%), Reiki (12.8%), Myofascial Release (12.5%), Sports Massage (12.0%), Trigger point (11.6%), and Reflexology (9.2%).

## Drifting into Bliss



available at  
New Renaissance  
Bookshop  
on NW 23rd Street  
in Portland

Oregon School of Massage  
in Portland and Salem

and online

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

# Good Scents

## An Essential Introduction

Carol Duncan LMT, RA



By now we are all familiar with Aromatherapy. It seems everywhere we turn, there are companies looking to make a profit on anything with a fragrance. Just stop skipping over commercials with your DVR and you'll surely see at least one every hour. From Plug-Ins to vacuum canisters with an essential oil well for improving the smell of your rooms, to candles and other scented products.

As a massage therapist, you probably have at least one or two bottles lying around that add to the experience of your massage. Then there are the heavy-duty users that have thousands of dollars tied up in every conceivable essence imaginable. Did you know there was essential oil of carrot seed? This is the first in a series of articles designed to help you develop a better understanding of essential oils. From common to less-used essences, different methods of utilizing them will be discussed for you to enhance both your massage practice and your life.

First and foremost, essential oils do not follow the rule that if a little is good, then a lot is better. Because essential oils are highly concentrated, they can burn if improperly used. It's a good rule of thumb to never use oils "neat" (without diluting them) on the skin unless you are a trained professional.

I recommend that you research any oils you use to see what is the best way to use them: perhaps in a massage blend, inhaled, or in a potpourri. Some can even be taken internally, but this should only be done under the care of a Licensed Physician, Naturopathic Physician or Registered Aromatherapist.

Diffusion (where the essential oil is allowed to permeate the air so that it can be inhaled) is popular. There are many types of diffusers, ranging from ones that plug in to car lighters to expensive electric ones that can diffuse through an entire office building. Typically, using diffusion is fine in your home with an oil

that you love. Remember though that not all who come into contact with diffused oils will appreciate the same essences and what is loved by some can be offensive to others.

To test an essential oil with an individual, a simple way to start is to allow them to choose a scent or recommend one for a specific reason. Put a small amount on a cotton ball and place it under their nose. A drop of eucalyptus or ravensara on the cotton ball can help keep sinuses open, which can be particularly effective when your client comes out of the face cradle and has that initial "stuffed up" feeling.

One of the fascinating things about the sense of smell is the connection to memory. Many people associate memories with specific smells and can recall events they may not have remembered otherwise when they come in contact with that smell later. Using this to your advantage, you can send the cotton ball home with the client to smell until the aroma has dispersed. This can last several days or even a week depending on the oil used.

An added bonus to using this trick is that each time your client smells the aroma, they will think of you and their last visit. They can even share the smell with friends and that can generate more interest in your massage business. People love little gifts—this can be a gift that keeps on giving. Let the client know that to fill a room with the aroma to place the cotton ball in the heater vent or the grate of a fan in your room. This can be changed out very quickly with a new aroma by changing the cotton ball.

Throw the old cotton ball in the trash for a fresher smelling trash bin. I like to put the used cotton ball under the seat in my car. Each time the heat comes on or the sun warms up the inside of the car, the aroma fills the space and is refreshing each time I get in to go somewhere. Be creative and think of other ways to use up the remnants of a good aroma.

*Carol Duncan has been an LMT since 1997 and a Registered aromatherapist since 2004. Trained through the Australasian College of Health Sciences and continuing education in Provence, France, she does Raindrop Therapy, Aromareflex, and custom blending. Duncan owns and operates Massage Central, a thriving massage practice in Sutherlin, Oregon.*

# Classifieds

## Job Openings/Space for Rent

Treatment Space for Sublease: 2 weekends a month with occasional full week during the month. Beautiful space near Washington SQ on Hall Blvd. Includes use of Hydraulic table, Hydrocollator and Vibracusser. \$200.00/month. Contact Mary Elizabeth Smith: 503-626-1950 #1490 or visit her web site at [www.luminnutritionandwellness.com](http://www.luminnutritionandwellness.com)

## Services

Affordable Natural Skincare...Back to Nature Facials and Massage, specializing in 100% Oxygen Spray Facials offers OMTA members a 10% discount off facial and waxing services and skincare products. Close to I-5 and set in a beautiful forested area in Lake Oswego, we provide the highest quality skincare. Facial treatments are corrective to skin conditions yet relaxing and pampering. Call (503) 670-7749 for consultation, Leslie Martinsen, LE, LMT #6672. See website at [www.backtonaturefacials.com](http://www.backtonaturefacials.com).

## 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. For info, contact Glenda Jones, (541) 726-9720 or [ethelcoastcottage.com](http://ethelcoastcottage.com).

# Colored Light Therapy

## Integrating Healing of Body, Soul, and Spirit

Manohar Croke, MA, CCP

New light healing technologies, which harness color and light frequencies, are now used with excellent and fascinating results. The following case study is an example of how colored light can be used to facilitate healing at body, soul, and spirit levels simultaneously.

Ann, a 45-year-old businesswoman, came to me for treatment after a mastectomy and lymph node surgery had left her with a painful condition of edema or swelling in her arms and hands. As we talked about her situation, I also learned that Ann was in a frustrating, underpaid job and was struggling in her intimate relationship with her partner.

I explained that colored light applied to her body would balance Ann's energy flow and restore proper "biocommunication" between her cells. In particular, a light treatment designed to regulate the lymph system might help resolve her edema problem. I also mentioned that the light would bring up and help release any old unresolved emotional conflicts that might have stressed her immune system and made her vulnerable to cancer in the first place.

After the first treatment, Ann called to say that the swelling and her edema had improved considerably. She also noticed a general sense of well being and relaxation. Over the course of several treatments, Ann's continued to improve physically, but what amazed her most were the psychological and emotional shifts she experienced. Ann's dreams began to take on a more vivid quality, often containing powerful symbols and messages. Long buried memories of her childhood began to surface. She had had a very difficult childhood, especially a painful relationship with a cold, rejecting mother. The pain of these memories

slowly surfaced and released with the light treatments. Eventually, Ann began to question her current life situation. She realized that her personal relationship was emotionally abusive and decided to end it. Not long after that, she decided to quit her job, which she felt was a dead-end. Instead, she returned to graduate school to pursue her long-held dream of obtaining a graduate degree in art therapy. To date, her original symptom of edema no longer bothers her and her general health is good.

As this story suggests, colored light is a powerful key to unlock the mysterious connections between body, mind and spirit. Light has often been used as a metaphor for the highest potential in human development, "enlightenment" and the ultimate direction for our souls, "into the light." I suggest that these metaphors are pointing toward a more literal truth. Light can help us to heal emotionally and evolve spiritually, even as it supports our physical healing.

### How Do Light Frequencies Affect the Human Body?

Light frequencies enter the body through the eye and the skin. Electromagnetic impulses activated by light travel along the optic nerve of the eye deep into the brain. There, for example, the impulses influence the workings of the hypothalamus (a part of your middle brain), the pituitary (the master endocrine gland of the body) and the pineal gland. These parts of your brain and glandular system are involved with the production of biochemical substances that influence many bodily functions – including mood regulation, the onset of puberty, sexual functioning, aging, the immune system and much more.

Light or photoreceptive cells, once thought to exist only in

*(Continued on page 6)*

Primary and Secondary Colors Used in Colorpuncture			
Color	General Action	Physical Effects	Emotional Effects
Red	Hot, greatest power of stimulation	Improves circulation, helps with coughs, asthma, anemia, eczema	Excites, arouses, passions, cheers, loosens tongue
Green	Neutral, sedating, soothing, relaxing	Helps with inflammation in joints, promotes detoxification, reduces edema	Promotes contentment, tranquility
Blue	Cold, relaxing, clears heat	Reduces pain, congestion, helps with insomnia and menopausal problems	Promotes quietness and reserve
Orange	Warming, gives energy, raises spirits	Stimulates appetite, helps weight gain, supports the heart, helps exhaustion	Reduces fear, depression, pessimism, promotes joy and happiness
Yellow	Warming, sun at zenith, stimulates and strengthens	Promotes digestion, strengthens nerves, stimulates stomach.	Promotes learning and intellect, brightens
Violet	Calming, brings awareness and consciousness, prepares for meditation	Helps lymphatic system and spleen	Promotes spiritual strength and consciousness



# Colored Light Therapy (continued)

(Continued from page 5)

the retina of the eye, are actually distributed through every tissue of the body. Scientists now understand that light entering the skin also travels deep into the body via the acupuncture meridians, and even more subtly, from cell to cell. A renowned German biophysicist, Dr. Fritz Albert Popp, has come closest to proving that we are actually beings of light. Popp's research has demonstrated that human cells are constantly emitting low levels of light radiation. He calls this radiation "biophoton emission." Popp believes that cells communicate via biophotons. These findings inspired Popp's colleague, a German naturopath and light therapy originator, Peter Mandel. According to Mandel:

"Light is life . . . Specifically, light is present in the communication between the cells in the body, and disease occurs when this communication is broken, when the cells can no longer

*Light is life . . .*

*—Peter Mandel*

speak the same language. Giving light has a resonance effect, bringing cells into the same language again and healing the body."

In addition, each wavelength of light, perceived by the human eye as a different color, has different effects on both body and mind. The chart on page 4 summarizes how various colors are used in the system of Esogetic Colorpuncture™. These particular guidelines are fairly consistent in most color therapy systems. For example, red light tends to have the greatest power of penetration, and is stimulating or even heating. In the body, red light helps increase blood supply and circulation in an injured area, thereby promoting faster healing. Emotionally, red light has a cheering and exciting effect, and can arouse passion.

## Lighting Up the Frontiers of the Bodymind

Today's pioneers in the field of color and light therapy are particularly interested in light's capacity to reach into our subconscious mind with ease and speed. The fact that light can so profoundly effect our emotions and our spirit, even as it influences the well-being of the body, is inspiring the development of many new light therapy technologies.

"Light has a way of bringing up to the surface old, unresolved, unexpressed emotional trauma, which I feel are the roots of the weed we call disease," says optometrist, light therapist and author, Jacob Liberman. Liberman developed a system to introduce light through the eye for bodymind healing. Psychotherapist and light practitioner, Dr. Stephen Vasquez, also believes that colored light acted as a catalyst to bring unconscious material to the surface. In his psychotherapy practice, he combines colored light, introduced through the eye, with traditional counseling methods to speed up clients' healing processes. Peter Mandel originated a system of acu-light therapy in which colored light is applied to points on the skin. Mandel maintains that light and color can heal the "background" of illness: long-held emotional conflicts which weaken our bodies and set us up for disease. He believes light can be used to speed up the exchange of information between the conscious, unconscious and super

conscious mind, thereby supporting our individual evolution.

Whatever the light therapy method, healing with colored light is a gentle and uniquely respectful process. Light never imposes any particular direction upon the client. Rather it supports the discovery of your own truth. For each of us, the journey toward healing and self-discovery will follow an individual path. In closing, consider these words by Peter Mandel for your inspiration:

"We who are imprisoned in matter have to bring our [inner] 'I' out of matter and darkness, and into the light. On the level of the material world, we humans, in our wholeness, are light beings. We must and always will develop toward the absolute light, which we call God. In this process, we are accompanied by the light on the outside and, if we allow it, the light on the inside."

*Manohar Croke, M.A., CCP is the founder and Director of the Institute for Esogetic Colorpuncture, USA, dedicated to sharing the work of Peter Mandel in the United States. She teaches seminars on the Esogetic Colorpuncture acu-light system of Peter Mandel around the country, as well as lecturing and writing on the subject of light therapy. A psychotherapist with training in trauma resolution and psycho-spiritual process work, Manohar uses colored light in her own private practice to support the healing and personal evolution of her clients.*

### Upcoming Classes

**Introduction to Esogetic Colorpuncture**  
Portland, Oregon February 20-21, 2010

**Professional Certification Course**  
Seattle, Washington Starts April 2010

For more information, contact  
Manohar Croke, Director  
Institute for Esogetic Colorpuncture, USA  
PMB 165  
101 W. McKnight Way, Ste B  
Grass Valley, CA 95949  
(530) 362-6908  
info@colorpuncture.org  
www.colorpuncture.org

## Breitenbush Hot Springs

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

**503-854-3320 ext. 119  
personnel@breitenbush.com  
www.breitenbush.com**

# It's Your Money

Robert Bike

There are lots of ways to make money. There are even more ways to save money. Here are two tips that could save or make you thousands of dollars this year!

## Tip # 1: Make Money

The Department of Veterans Affairs (the VA), operates clinics and hospitals throughout Oregon. There is an office that helps businesses get contracts with the VA.

The Office of Small and Disadvantaged Business Utilization (OSDBU) advocates, assists and supports the interests of small businesses. They are particularly looking for the maximum practical participation of small, disadvantaged, veteran-owned, women-owned and empowerment zone businesses in contracts awarded by the VA. They advise businesses on marketing their products and services to the VA and other federal agencies. You can find them at <http://www4.va.gov/osdbu/>.

Think big. Market your services to people who really need healing, our returning veterans.

## Tip # 2: Save Money

The State of Oregon has a program where you do not have to pay your real estate taxes!

If you own your own home and are elderly or disabled, the state will pay your county the taxes due. The taxes, interest at six percent, and a deferral fee will be placed as a lien on your title.

To qualify, your household income must be less than \$39,000 (the amount changes every year), you must own the property (or are buying it), and you must live on the property.

If at least one property owner is disabled (on Social Security disability, you may qualify under the disabled option.

If at least one spouse is 62, you may qualify under the elderly option.

There are a few minor restrictions, but most homes will qualify. If you sell the home, the liens will automatically collect. But if you live in the house until you die, you will never have to pay the taxes, though whoever inherits the property will.

This program may save you thousands of dollars every year. See <http://www.oregon.gov/DOR/SCD/scsa.shtml> or your county tax office for all the details.

## OMTA Needs New Rules Committee Liaison

For the past four years, OMTA has had a representative on the Rules Committee. This position is now vacant and needs to be filled in order for the organization to be represented as the Rules Committee moves forward. All LMTs are welcome in the committee, but OMTA needs a formal representative for this position who is responsible for reporting the items addressed by the committee and taking concerns of OMTA members to the committee for consideration. If you are interested, please contact OMTA President, Robert Bike at (541) 465-9486.

# QuickBooks Questions

## Handling Duplicate Transactions

Jennifer Rodriguez

Have you ever run into the situation where you entered a transaction twice in QuickBooks? Don't worry—these brain cramps happen to all of us periodically.

### Delete vs Void

The question then becomes: how do you get rid of the duplicate transaction? While your first thought might be to delete the transaction, that choice is NOT your best one. There needs to be a trail, and deletion can eliminate that trail entirely.

Whenever you have a situation where something has been duplicated, the best practice in addressing it is to VOID the transaction, so the trail remains.

### Correct the Error Properly

Let's say you have entered a check twice into your register. If you right-click on the check, or click Edit in the menu bar, you will find the options to either Delete Check or Void Check. (if you use an version of QuickBooks older than 2009, you will not see the Delete Check as a right click option)

Either way, be sure to choose the Void Check option. By choosing the "Void" option, you leave the transaction intact within QuickBooks. The only thing that changes is that the amount of the transaction is reset to \$0.00.

### Why Voiding is Better

It keeps your outside/tax accountant sane. If you delete a transaction, it is completely gone from QuickBooks (other than a record in the audit trail being created). Your outside accountant normally creates workpapers and reports based on your QuickBooks data. In many cases, the accountant uses those numbers on an ongoing basis. If you delete a transaction that affects one of those numbers, you've immediately introduced heart palpitations and created a "Tums Moment," as the numbers won't match because the transaction doesn't exist anymore. Granted, even if you void the transaction, the numbers won't match, but voiding leaves a trail to follow. It is much to deal with something that is voided than it is with something that is deleted.

You can include a helpful note on a voided transaction. The fact that QuickBooks retains all the other details of the transaction allows you to add a note for future reference as to why this transaction was voided. Deleting does not allow this option.

### Best Practice

Every transaction entry screen (invoice, bill, check, credit card, etc.) in QuickBooks has the option to Void or Delete. Choose Void: your outside accountant will hug you for making this choice!

*Jennifer Rodriguez is a specialist with QuickBooks Pro, Premier, and Enterprise.*

For more information, contact Jennifer Rodriguez at:  
[www.pdxbookkeeper.com](http://www.pdxbookkeeper.com) ♦ (503) 995-1929  
New clients eligible for a free 30-minute phone consultation

# OBMT Updates

## Multiple Discipline Task Force Formed

The Board of Massage Therapists has created a Multi-Discipline Task Force in response to questions/concerns raised regarding the various modalities regulated under the practice of massage.

### The Task Force is charged with:

1. Identifying constituent issues, concerns and questions;
2. Developing a collaborative process to address the issues identified;
3. Researching and gathering pertinent information;
4. Making solution based recommendations to the OBMT and interested parties; and
5. Assisting the board with the dissemination and/or implementation of recommendations adopted by the Board which may include meeting with legislators or other key individuals.

This task force will be chaired by John Combe, Oregon LMT #7492 and be comprised of volunteers representative of a variety of modalities. These meetings will be open to the public. The meeting needs and schedule will be determined by the committee, and the next meeting is going to be in mid- to late January.

We are looking for volunteers who are interested in contributing to and participating in a collaborative process. Individuals volunteering for this task force should be representative of modalities regulated under the practice of massage, passionate, informed and interested in reaching a knowledge based outcome.

Does this sound like you? If so, complete the volunteer application form on the OBMT website at:

[www.oregon.gov/OBMT/docs/Volunteer\\_interest\\_form.pdf](http://www.oregon.gov/OBMT/docs/Volunteer_interest_form.pdf)

You can send in your application via

Email: [MDTFOregon@gmail.com](mailto:MDTFOregon@gmail.com)

Fax: (503) 385-4465

Snail mail:

Oregon Board of Massage Therapists

748 Hawthorne Avenue NE

Salem OR 97301

## New Hillsboro Area Rep

### Neva Winter Inducted at November Meeting

Neva Winter owns and operates Winters Main Massage, a thriving private practice in Hillsboro. She has a degree in business management and graduated from the East West College of Healing Arts. She looks forward to bringing her background in business and freshness to the massage world as insight for the Executive Committee and as a resource for other LMTs. Neva will be a fantastic resource in building OMTA as a large community of learning and support for LMTs.

#### Hillsboro Area Representative Neva Winter #14997

- ♦ 4004 E Main St ♦ Hillsboro, OR 97123 ♦
- ♦ 503-484-7565 ♦ [nevajowin@msn.com](mailto:nevajowin@msn.com) ♦

If you have a topic you'd like to see, if you would like information on meetings, or if you would like to be a presenter, please contact Neva. LMTs are welcome from all areas of the state. For other area reps and locations, see page 10.



## Add the Power of Color & Light to Your Healing Practice!

Esogetic Colorpuncture™ Acu-light Therapy is a holistic healing system in which colored light of specific frequencies is applied to acu-points on the skin. These treatments create powerful shifts in the emotions and consciousness, while simultaneously supporting the body's natural healing processes.

### Upcoming Classes Sponsored by IEC, USA:

- Introduction to Esogetic Colorpuncture
- Professional Certification Course

Portland, OR  
Seattle, WA

Feb 20-21, 2010  
Starts April, 2010

IEC, USA is approved by the National Certification Board for Massage Therapy and Bodywork (NCBTMB) as a continuing education approved provider.

RECEIVE A 10% DISCOUNT ON THE INTRODUCTORY CLASS WITH THIS AD!

For more information, visit: [www.colorpuncture.org](http://www.colorpuncture.org) or call us at 530-362-6908



# iTunes University

## Free Classes from Schools Around the World

Need to brush up on your A&P? Looking for marketing ideas to help carry you through a struggling economy? How about trying to write a successful business plan and pitch it to get a loan?

If you're not sure where to start—and, more importantly, you don't want to waste money trying out different things that may not work for you, there's no better deal than FREE. You do need a computer, internet access, and a little time, but the rest is easy.

Apple launched iTunes University, which has a library of a wide range of courses from colleges and universities around the U.S. and the world. Some of the courses are essentially video of regular classes while others are shorter audio clips. Schools range from Stanford to Yale, State schools to International Universities abroad.

You can search through either by subject matter or by school. Each item is called a "track" with a series of tracks making up different courses. You can download individual tracks, entire courses, and you can subscribe to a course, so that when new tracks are released, they are automatically downloaded.

These courses can be great refreshers or a good start on learning a new topic. If it is related to massage, or to how you run your massage business, you can use the courses for non-contact hours for continuing education with your license renewal in Oregon (more on this in the box at the end of the article).

Some prefer the video courses, which have visuals of hands-on instruction techniques and can include diagrams. Others prefer the audio-only as they can download them to their iPod (or burn to CD) and listen on-the-go. Some of the audio courses can be challenging as the instructor speaking sometimes refers to diagrams or objects that cannot be transmitted through audio. However, for the most part, these can still be very beneficial.

## Calendar of Events

**Monday, January 11, 2010, 9:00 A.M.**

### **OBMT meeting**

Board office, 748 Hawthorne Ave, Salem, OR  
Agenda available online at  
<http://www.oregon.gov/OBMT/minutes.shtml>

**Sunday, January 24, 2010, 9:00 A.M.–4:30 P.M.**

### **Emotional Freedom Techniques**

Robert Bike, LMT 5473, EFT-ADV

Register online at: [eft1p.eventbrite.com](http://eft1p.eventbrite.com) \$125.00

### **Repetitive Strain Injuries—Upper Extremities**

Donovan Monroe, LMT 10214

Register online at: [rsiportland.eventbrite.com](http://rsiportland.eventbrite.com) \$125.00

### **European Sports Stretching**

Carol Duncan, LMT 6367, RA

Register online at: [essp.eventbrite.com](http://essp.eventbrite.com) \$125.00

All classes will be held at Oregon School of Massage  
9500 SW Barbur Blvd. Suite 100, Portland, OR

## Accessing iTunes University

- ◆ Open iTunes. (If you don't already have iTunes, it is a free download from [www.itunes.com](http://www.itunes.com).)
- ◆ Click on the iTunes Store button on the left. (You may need to set up an iTunes account, which requires a credit card but will not bill it if you do not purchase anything.)
- ◆ At the top right, select the iTunes U button.
- ◆ About halfway down on the left is a Categories box, with different topics available from iTunes University. You can choose a topic from this area or from a selected provider in one of the boxes below.
- ◆ Different options will appear in the main part of the iTunes window. Click on one of the courses that interests you.
- ◆ You can then download individual tracks by clicking on "Get" (to the right of that individual track), download an entire series by clicking on "Get Tracks" (near the title and description), and download future additions to the series by clicking on "Subscribe."
- ◆ Once your downloads have completed, you can access them from your iTunes Library (at the far left of your iTunes screen) under iTunes U. Tracks will be sorted by course. Click on a track and click the "Play" button to watch/listen.
- ◆ You can leave them on your computer, delete and re-download in the future, or download to your iPod or iPhone (although you do not need either of these to view your tracks.)

## Claiming Non-Contact Continuing Education Hours

- ◆ Review the track(s) related to massage or massage business practices.
- ◆ Record the time spent reviewing them. Course times are listed in minutes in iTunes. Remember that you need to spend an actual clock hour on the information to receive one CE hour (so if you are watching/listening to 6-minute tracks, you would need to watch 10 tracks to get an hour of CE).
- ◆ Record the track name(s), dates, university, and topic.
- ◆ Write a one-page summary for each hour of information.

**Monday, January 25, 2010, 7:0-9:00 P.M.**

### **Eugene Area Meeting: Trigger Point Therapy**

Speaker: Walter Libby, LMT

Market of Choice on 28th and Willamette in Eugene

Two CE contact hours

FREE for OMTA members, \$10.00 for nonmembers

**Saturday-Sunday, February 20-21, 2010**

### **Introduction to Esoteric Colorpuncture**

Portland, Oregon

(530) 362-6908

[info@colorpuncture.org](mailto:info@colorpuncture.org)

[www.colorpuncture.org](http://www.colorpuncture.org)

# Oregon Massage Therapists Association Executive Committee

OMTA holds annual elections to select the Executive Committee (EC). Elections are open to all current OMTA members with voting status. President and Vice President are elected in even years. Secretary, Treasurer, and Membership are elected in odd years. All other positions are appointed by the elected officers. EC positions are volunteer except Conference Registrar and Ad Manager.

## Elected Officers

The positions of Membership, Secretary, and Treasurer are up for election in October 2009. Nominations are now open (see page 8 of this issue for more information).

### President

1710 Oakhurst Court  
Eugene, OR 97402

### Robert Bike

(541) 465-9486  
robertbike@comcast.net

### Vice President

1007 W. Central Ave  
Sutherlin, OR 97479

### Carol Duncan

(541) 584-2810  
massagecentral@yahoo.com

### Secretary

1630 Ash Street  
Lake Oswego, OR

### Joni Kutner

(503) 635-7591  
jonidan@gmail.com

### Treasurer

4808 SE Ina Ave  
Milwaukie, OR 97267

### Kami Manselle

(503) 957-9223  
kamimanselle4@hotmail.com

### Membership

8827 SW Blake St  
Tualatin, OR 97062

### Heather Bennouri

(971) 570-5404  
info@bennouri.net

## Appointed Positions

### Advertising Manager

Contact OMTA President for details if you are interested

**Vacant**

### Conference Registrar

Contact OMTA President for details if you are interested

**Vacant**

### OMTA Library

PO Box 306  
Bend, OR 97709

### Bruno DeBlock

(541) 330-1980  
massage@bendbroadband.com

### State Coordinator (for Area Reps)

5112 SW Garden Home Rd  
Portland, OR 97219

### Emden Griffin

(541) 350-0723  
emdengriffin@yahoo.com

### Touchstone

See Membership Coordinator for contact information

### Heather Bennouri

### Volunteer Coordinator

See State Coordinator for contact information

### Emden Griffin

### Webmaster

See President for contact information

### Robert Bike

## Area Representatives

### Bend

See OMTA Library for contact information

### Bruno DeBlock

### Eugene

PO Box 2397  
Eugene, OR 97402

### Mike Pooler

(541) 556-0970  
kmiamike@yahoo.com

### Hillsboro

PO Box 2397  
Eugene, OR 97402

### Neva Winter

(541) 556-0970  
kmiamike@yahoo.com

### Portland

1988 SE Ladd Ave  
Portland, OR 97214

### Donovan Monroe

(503) 984-1963  
donovanmonroe@me.com

### Roseburg

See State Coordinator for contact information

### Carol Duncan

### Tualatin-Sherwood

See Membership Coordinator for contact information.

### Heather Bennouri

### Albany, Ashland, Coastal Area, Salem, and Eastern Oregon

Positions open

*Please contact the President if you are interested.*

*Touchstone* is the journal of the Oregon Massage Therapists Association. Published several times a year for OMTA members, *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. If you would like information about advertising in *Touchstone*, more information about OMTA, to submit an article or letter to the editor, please contact the appropriate source listed below.

### Touchstone

Editor: Heather Bennouri  
8827 SW Blake St  
Tualatin, OR 97062  
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touchstone@bennouri.net

### OMTA

1710 Oakhurst Ct  
Eugene, OR 97402  
www.oma.net  
*see specific officers for phone contact information*