

The Society of
Those Who Touch with
a Healing Hand



News and Information
from
NYSSMMT

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- September - General Meeting Nominations
- October - Reiki 1 Attunement

Looking Forward

2012 Events

- January - Cupping
- March - Orthopedic Massage
- June - First Annual Massage Throwdown!

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Fall
Issue

Sept.
2011

A Welcome Letter from Our President, Carol S. Kessler

Hi Everyone:

I hope you are having a great summer with lots of things to do and lots of business. We are going to start off our fall schedule with a very important General Meeting. We will be explaining the duties of the various board positions, some of which are open at the moment.



If you feel that you or someone you know would be a great addition to the board in representing your wishes, please do not hesitate to nominate them or yourself for a board position.

Also at our meeting we will be learning relaxation techniques from Susan Gelbman, relaxation instructor and one of our board members. Additionally, we will be sharing important updates about the Society.

This year is going by very quickly. We have started scheduling workshops for 2012 when the mandatory CEU's will be in place. Our commitment to you is to bring you the best in continuing education so spread the word about NYSSMMT to your colleagues.

I am looking forward to seeing you at the September 21 General Meeting, the details of which are posted in this newsletter.

*Dr. Carol S. Kessler, PhD, LAc, MS, LMT
President, NYSSMMT*

Odds-n-Ends

- NYSSMMT's Biennial Board Election Contact Information
 - New Web Page - Newsletter Archive
 - Board Member - Debbie Schnieder
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Improved Insurance Coverage

You now have a second choice for massage therapy insurance. Read and compare the most complete massage insurance coverage and perks offered.

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Am I a Medical Massage Therapist?

Licensed massage therapist, Susan Gelbman, reveals her doubts and conclusion about the question of being a "medical" massage therapist.

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Imagine This - You are NYSSMMT's Next Membership Secretary!

Are you looking to give back to your community of massage therapists?

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Albany Legislative Update

Continuing Education

Massage Therapy Board's Executive Secretary Dr. Kathleen Doyle has been fielding questions and concerns regarding the new law requiring NY LMTs to take 36 hours of continuing education over the 3-year registration period. This law will go into effect on January 1, 2012.



Dr. Doyle explained that, "When the State considers legislation, it is published on a daily on-going basis on their websites and there are several places for comment by e-mail or letter that are identified for citizens to write to the Legislature. Once the bills are passed and signed, they become law and this Department (re. education issues) must then develop the regulations. We announced the change in law that was enacted on our website in several places and also publish the agenda for any meetings in which this will be discussed. That did occur for the March meeting of the State Board and over 30 members of the public were present and many commented. We also received many e-mail to the massage therapy generic drive [msthbd@mail.nysed.gov] that were considered in finalizing the proposed regulations. The process that is then established in State Law is for the proposed regulations to be published in the State Register so that all the public can see them and comment if they wish. It is problematic for the State to single out specific individuals or groups to send an individual notice since it is not possible to identify all who would want that notice and it could be viewed as unfair or misleading or not democratic by the public."

The dates of state board meetings can be found here: <http://www.op.nysed.gov/boards/sbagenda11.htm>

To view proposed legislation, you can search by keyword or bill number on the New York State Bill Search website at: <http://assembly.state.ny.us/leg/>.

This bill, before it became law was numbered A08340 in the Assembly and S5431 in the Senate. You can see the progression of bill to law here: <http://Tinyurl.com/LMTceuA08340>.

The law became section 7807 of the Massage Therapy Practice Act, which you can view here: <http://www.op.nysed.gov/prof/mt/article155.htm> or <http://Tinyurl.com/LMTarticle155>.

As Dr. Doyle explained above, the State Department of Education must develop the regulations. So far, she reported that they have developed the following regulations:

All of the 36 hours may be online when appropriate.

The limit to six of the self-instructional hours to online activities applies only to those hours that a licensee may take online from courses offered by an entity that is approved by another jurisdiction, but is not a registered NYS sponsor.

There is a long list of "self-instructional" activities in the regulations, including credit for three hours when taking a test that will be offered online by SED that is based on the Rules and Regulations that can be accessed when doing the online test.

We also discouraged the Department from imposing the \$45 fee on licensees. Licensees will already bear the cost of the actual CE courses and should not have to pay an additional fee.

CE providers will be required to pay a \$900 fee in order to become approved; that fee should be more than sufficient to cover the additional administrative costs to the Department.

The Legislature passed the law to require a fee of \$45.00 to be paid by licensees once every three years when they re-register for practice. The Department has no legal authority to waive or dispense with that fee. The only way that fee can be changed is by the Senate and the Assembly passing a bill to change the fee and the Governor signing the bill into law, at which time the Department would have to amend any regulation to comply with that law.

Licensure fees do not go into the general fund. They are dedicated revenue funds for the professions. They are used solely by the Office of the Professions to provide for the licensure of applicants, the re-registration of licensees to engage in practice in NYS, to investigate and prosecute unprofessional conduct and illegal practice, to approve and oversee programs for massage therapy, to conduct an individual evaluation of applicants who have not been graduated from NYS licensure-qualifying programs to enable them to be licensed in NYS, to consider and develop responses to practice questions, and as the professions grow, to help the profession meet new challenges, to protect the public from incompetent or negligent practitioners, to provide assistance to licensees in the Professional Assistance Program for

Looking Forward



NEW AUDIO WEBISODE

Lisa Mertz, PhD, LMT is our guest in the current webisode of NYSSMMT's BlogTalkRadio. Lisa gives us an overview regarding the practice and history of Reiki.

NYSSMMT will sponsor a Reiki 1 workshop in Bayside Queens on Saturday November 19, 2011. See details - this page.

Listen to this and archived shows by going to: blogtalkradio.com then key *nyssmmt* in the search box located near the upper right side of the page. Click the magnifying glass icon. A window will open displaying the available shows and their description.

2012 EVENTS

We are gearing up for an Event-Filled year!

January - Cupping: Minimum Effort / Maximum Results

Kicking off the Year, Dr Carol Kessler will present this workshop. The techniques are easy to incorporate into your massage practice enabling you to effortlessly perform deep tissue work.

March - Orthopedic Massage with James Waslaski

Yes, we are bringing James back to Long Island. We are in the process of finalizing dates and location of next Orthopedic Massage Workshop.

June - Massage Throw Down!

All licensed massage therapists are invited to demonstrate their money making massage moves. Think of this workshop as the massage therapist's version of Iron Chef™ meets Show and Tell. There will be snacks and prizes at this friendly competition. Best of all, everybody wins by sharing our best moves with each other. Bring your A-Game!

~~~~~ Notice ~~~~~

Due to circumstances beyond our control, the Deep Tissue: Back and Neck Techniques workshop Sept 21, 2011 has been substituted.

Save the Date

You are invited to

NYSSMMT's General Meeting/ Board Nominations

We'll bring bagels, you bring a beverage

Wednesday September 21, 2011

Time: 10:00 AM - 1:00 PM

10:00 AM to 10:45 AM Bonus Relaxation Techniques

10:45 AM to 11:00 AM Beverage-n-Bagel Break

11:00 AM to 12:30 PM General Meeting and Nominations

Location: TRS Professional Suites

44 East 32nd Street (Madison & Park Aves) - 11th Floor
NY, NY 10016

TRS Number (212) 685-2848

Agenda:

- Receive important massage updates at our general meeting

Cost: Free Event

Bonus

Learn relaxation techniques for yourself and share them with your clients too!

Presented by Susan Gelbman, BA, LMT - Relaxation Instructor

Learn valuable tools to increase health and peacefulness. Susan will guide us in breathing, self-massage, stretching, visualization and meditation techniques to enhance our mind/body experience. These methods are also useful to share with clients for their own self-care.

Reiki 1 - Attunement

Saturday November 19, 2011

Lisa Mertz, PhD, LMT

Time: 10:00 AM to 6:00 PM

Location: Adria Hotel & Conference Center

221-17 Northern Blvd. Bayside, NY 11361

Hotel number 718 631-5900

Student and NYSSMMT Members \$125 Non-Member \$150

For directions and fast online registration go to:
www.nysmassage.org/events.cfm

Albany Update *(continued from page 2)*

those with addictions as a means of continuing practice, to prepare brochures and information for consumers about the profession, and, among other things, to evaluate sponsors of continuing education and to audit licensees to ensure that they have completed required continuing education and to take action, if needed under the law.

The inclusion of continuing education activities in the Department will require having staff to carry out the provisions of the law, developing all the materials needed for the registration of sponsors, the auditing of a percent of licensees each year, the preparation and update of all hard copy and web materials, the ongoing response to questions through e-mail and telephone and the Right Now place on the website that provides hundreds of answers to the questions of licensees, etc.

I am grateful to Dr. Doyle for her clarification on these matters and look forward to receiving more information regarding the CEU regulations.

New York State Massage Board - nominations are being accepted

If you wish to nominate yourself to serve on the Massage Board, the nomination form can be found here: <http://www.op.nysed.gov/boards/bdnominationcalls.htm> or <http://Tinyurl.com/MT2012Nom>.

The Department is actively soliciting nominations for individuals interested in appointment as a professional, public representative, or physician member of the State Board for Massage Therapy. Professional members and physicians must be licensed and currently registered as massage therapists or physicians. Public representative members must be consumers of professional massage therapy and may not hold interests in the organization, financing, or delivery of massage therapy services. The Department is seeking the nomination of physician members (licensed and currently registered as M.D.'s or D.O.'s) and public representative members at this time, in addition to other members. Applications for board membership may be submitted directly by interested individuals, or nominations may come from colleagues, consumer groups, professional associations, or others. For additional information, or to submit nominations, please see the description of State Boards or contact the State Board for Massage Therapy at MSTHBD@mail.nysed.gov or telephone (518) 474-3817 ext. 150. (May 18, 2011).

Submitted by,
Lisa Mertz, PhD, LMT
NYSSMMT BOD Member



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ODDS-N-ENDS

NYSSMMT's 2012 Biennial Board Elections



Keep your eyes peeled on your postal mailbox. You should receive your ballots by September 8th. If you do not receive a ballot by the date mentioned, kindly contact NYSSMMT - attention Patti Cadolino sending an email to: info@nysmassage.org or call our toll-free number 1-877-NYSSMMT (1-877-697-7668)

Did You Ever Miss a Newsletter or Want to Re-Read an Article?

If you have ever missed a newsletter or need to refer back to an article or a current article refers back to a prior newsletter, we've made that task very easy. We've created online retrieval of current newsletters as well as prior newsletters dating back to Fall 2009. You may go directly to the Archive page at: nysmassage.org/news.cfm or go to: www.NYSmassage.org (home page) then click on the "News" Tab.



Board Resignation



Our most recent board member Debbie Schneider resigned in June. She moved to North Carolina due to a sudden job change for her husband. In the short time Debbie was with the board her contributions to NYSSMMT were greatly appreciated and she will indeed be missed. On behalf of the board and the entire NYSSMMT family, we wish her much success in her new location.

Board of Directors

Carol S. Kessler, PhD (OM), LAc, LMT
President/Board Member

David Heller, MMT, RM, CPHC
Medical Massage Director/ Board
Member

Denise Williams, LMT
Bulletin Editor/Board Member

Reneé Amico-Taback, LMT
Recording Secretary/Online E-group
Administrator/Board Member

Ellen Neiman, LMT
Website Administrator/Board Member

Susan Gelbman, BA, LMT
Logistics Coordinator/Board Member

Patti Cadolino, LMT
Board Member

Lisa Mertz, PhD, LMT
Board Member

Contributors

Barbara Lorenzen
Treasurer

Linda Savodnick
Administrative Assistant

Volunteer!

This Society welcome your valuable skills and energy.

Here are a few ways to get involved:

Sports Massage Director/Team
Membership Secretary
Conference Planning Committee
Illegal Massage Task Force

Get more information about any of the above open positions or to find out about the rewards of volunteering. Call our toll free number: 1-877-NYSSMMT (1-877-697-7668) or send an email to us at: members@NYSmassage.org

We look forward to hearing from you.



We are pleased to announce that NYSSMMT now offers a second choice for massage therapy liability insurance. Massage Magazine

Insurance Plus provides complete coverage for those of us who require General Liability Coverage in addition to Professional Liability/ Malpractice coverage. Professional LMTs and Student LMTs who are NYSSMMT Members will receive a reduced rate.

MMIP offers other perks such as a free business website, free online directory listing and other protections (see the comparison table below).

3 ways to receive the NYSSMMT special insurance rate

1) Register Online:

- Licensed Professionals go to: <http://Tinyurl.com/ProMMIP>
- Student MTs go to: <http://Tinyurl.com/StuMMIP>

2) **Register by Telephone:** Call MMIP's toll free number 800-222-1110. *Let the operator know that you are a current NYSSMMT Member.*

3) **Print and Mail (professional or student):** for MMIP's Insurance form go to: <http://Tinyurl.com/PrtMMIP>

	Massage Magazine Insurance Plus 800-222-1110	American Massage Council 800-500-3930
Yearly Cost for Professional Liability Coverage- Malpractice per occurrence/ aggregate	\$139 for NYSSMMT Members (<i>instead of \$159</i>) 2mil/3mil	\$99 1mil/3mil
General Liability - Trip & Fall	Included	Add \$50 per location
Additional Insured	Add \$10 per entity	Add \$10 per entity
Student LMT Insurance	\$69 (<i>instead of \$77</i>)	no
Identity Theft Protection	\$15,000	no
Lost or Stolen Equipment	\$1,000	no
Free Business Website	Yes	no
Free Online Directory Listing	Yes	no
Free Monthly Newsletter	Yes	no

NYSSMMT Membership Secretary Position

We are seeking to fill this vital position for the Society. The ideal person would possess good organizational, communication, and basic computer skills. Your input would also be welcome regarding the growth of our membership.

You will be an important link between NYSSMMT's members and convey the membership's needs to the Board of Directors. To read further information about this important position go to: <http://nysmassage.org/membershipsecpop.cfm>

If you are interested, contact the Society by email at: info@nysmassage.org. You may also nominate yourself at the September 21 General Meeting.

Am I A Medical Massage Therapist?



Maybe some of you have the same question. My approach to people on my table is to take in the whole person, their personality, quirks, inhibitions, strengths, and overall self. That being said, my massages are nurturing and the treatments always encompass more than the initial complaints. I've been naturally adept at feeling energy, or the aura around the body, too. Don't stop reading if that doesn't apply to you, because that just added to my question: Am I a medical massage therapist?

Years after graduating from massage therapy school, practicing on my own, successful at jobs at chiropractors' offices, and impressing clients in spas who appreciated my massage because their treatment was so much more (effective) than they expected; I still had the nagging question: is the massage I administer "medical massage"? Over the years the results were great, whether the clients came for one session, several or remained for months and years. Herein lay my doubt - I could name muscles and joints, but rarely did. I could give a treatment plan, but rarely did that either. It just wasn't my style. I could tell people all the things I could help them heal and improve, but I felt that it was a partnership and didn't want to be presumptuous. You could say I didn't want to brag, sell myself or honor all that I do, or massage can do. I preferred to let people discover for themselves the many benefits of massage therapy.

To be frank, I don't like the term medical massage. What is a medical problem, and what isn't? Aren't most medical problems physical problems? What about the mind/body connections and stress? I've been a member of the New York State Society of Medical Massage Therapists since graduating from massage school but for a long time the bothersome question was: Am I a Medical Massage Therapist? Are you? Why are you and not me? I help people also; I just talk about it differently, or sometimes - not at all.

Back to 2006

Approximately 5 years ago, after practicing massage part-time and simultaneously working at a non-massage therapy full-time job, I decided to re-embrace my massage therapy career completely. I put a concerted effort into building a practice, and a new professional self. I called my massage healing massage therapy.

I received a phone call from Nicka Post, at that time in her 80's with Parkinson's disease. For those of you who aren't familiar with Nicka Post, she had been a vital and very early member of the Society. I consider Nicka to be one of the grand dames of massage, the Society, NY history of massage, and a Holland-born Long Island pioneer.* She asked in a feeble voice, "could I make a house call?" I originally told her I would be available in 2 weeks; after leaving my full-time job. Two days later another phone call - same question. She needed someone NOW to relieve the discomfort of her body with their hands.

Hearing her need, we decided on an early morning appointment for the following day, after which I would go to my non-massage job.

Popping the Question

Since I was helping someone so esteemed whose life and career was coming to a close in this physical realm, a voice in me said, "Ask her-ask her". And I did. "Nicka, are the massage treatments I'm giving you medical massage?" "Yes," she answered. Still not quite convinced, I inquired further. "Would a medical massage feel differently than what I do or is this what it would feel like?" She said my massage was indeed medical massage because I was doing everything to help her - head to toe. I had my answer. I addressed her problems with care, concern, accuracy and curiosity, too. Nicka and I never missed our weekly appointment from February until October 2006 when she passed away.

I am a Medical Massage Therapist!

Each massage is an adventure in discovering the ever-changing body. Paying attention with my fullest self is what is required and I do that. Massage increases circulation, calms the nervous system, and aligns the musculature of the body, plus so much more. Are your massages doing that? Are you paying attention to each person each time you see them, and staying focused? Some Massage Therapists have further training, tailor their practice 'medically', and have another approach and categorize themselves differently than you, but have no doubt, if you are helping to heal and improve others, you do qualify as a medical massage therapist.

Susan Gelbman, BA, LMT
NYSSMMT Board Member



Pictured above left is author Susan Gelbman. Pictured below right is Nicka Post. * For further information about Nicka Post and her relationship to NYSSMMT go to our new Online Newsletter Archive Article entitled the Nicka Post Fund for Fledgling Massage Therapists - Spring 2011. Go to: www.nysmassage.org then Click the "News" Tab to view prior newsletters.



Ortho-Bionomy is a system of working with innate reflexes of the person to bring a better sense of postural balance, increase range of motion, relief from pain, and a sense of well being. The bodywork techniques are gentle, non forceful safe techniques which use the natural healing instincts of the person.

Sunday Sept. 25 and Oct. 2 Fundamentals of Ortho-Bionomy: In this foundation class we will look at the philosophy and concepts of Ortho-Bionomy and provide an overview of the basic release techniques for each major joint in the body. Movements and positions of comfort are demonstrated to facilitate the release of muscular tension and overall stress. Areas to be covered are the spine and pelvis.

Friday - Saturday November 4-5 Exploration of Movement: This class focuses on the observation and exploration of joint and muscle movement patterns. The participants will learn how to follow the body's movement preferences to enhance the fluid motion between the joints and muscles of the body. The techniques of Ortho-Bionomy will allow you to facilitate the release of acute and chronic holding patterns which create pain. Releasing these patterns will create a greater range of motion.

Classes will be held at the Executive Inn at Woodbury on Long Island at 8030 Jericho Turnpike, Woodbury, New York. Classes run from 10AM to 6PM.

Early bird rate is \$235.00 for NYSSMMT members and \$250.00 non-members if received 30 days before the class. After that it is \$260.00 for NYSSMMT members and \$275.00 for non-members.

For more information contact Michael Miller at mikeandcheck@netzero.com or call (516) 974-3882

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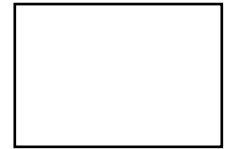
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– The Society of Those Who Touch with a Healing Hand –

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About NYSSMMT



The New York State Society of Medical Massage Therapists is a not-for-profit organization, whose sole purpose is the education and advancement of

the Massage Therapy profession. The Society was incorporated under the laws of the state of New York in 1927. As such, it is the longest running established massage organization for our profession in the country.

BENEFITS OF MEMBERSHIP

Whether you are a student or a seasoned professional, as a member you will be able to share career enhancing information and ideas with your colleagues. Here are a few reasons for joining NYSSMMT:

- Potential clients or employers can easily find you through the “Find a

Therapist” search feature.

- Optionally receive affordable liability coverage through the American Massage Council.
- Students qualify for a preferred rate. \$50.00 instead of \$100*.
- Build your business savvy while learning practical hands-on skills at affordable workshops.
- Stay informed about legislation related to massage that affects you and your clients.
- Exchange valuable information and make connections with others in the field of massage therapy.

* Subject to change without prior notice

For fast and easy online registration or renewal go to

www.NYSmassage.org
Click the **Join Now!** Link

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