

PRECONFERENCE STUDENT AND EDUCATOR EVENTS FRIDAY, March 31, 9:00AM – 12:00PM

Student Event: Preparing for Your Future

Various Instructors

Every year the chapter offers **6 hours of complimentary education and lunch** to massage therapy students. This is a great way to learn about the benefits of being an AMTA member, meet leaders in the profession, prepare for the licensing exam with Kentucky Licensing Jeopardy, and meet therapists from all over the state. Past presenters have included AMTA National leaders and other industry leaders. Join us for a day to welcome you to the profession! Students are welcome to join us for the rest of the conference for **only \$30, \$60 or \$90**, see pricing per day in the registration section.

For the Friday afternoon session; students may choose **one of these free additional classes** (see schedule for description):

***Massage Therapy: Bridging the Research to Practice Gap or
Five Fast Tracks to Stellar Body Mechanics***



Educator Event: Creating a Culture of Academic Success:

Susan Salvo, Instructor (3 CEs)

Susan will share ways to create a classroom environment that promotes academic success. First, learn how to design a physical classroom that fosters engagement. Next, learn strategies that stimulate learning and encourage inquiry. Lastly, discover the latest educational research and how to use it to improve your lessons. Strategies include using test blueprints to improve exam scores, teaching students how to study more efficiently, and periodic self-reflections that promote a growth mindset and motivate students to make their dreams a reality.

STUDENT AND EDUCATOR EVENT SPONSORED BY



Massage Envy™

SCHEDULE OF CLASSES

FRIDAY, March 31, 1:30PM – 4:30PM

Massage Therapy: Bridging the Research to Practice Gap
Susan Salvo, Instructor (3 CEs)

Research has become a vital part of our profession. Join author, researcher, and practicing massage therapist Susan Salvo as she takes you through the research process, explores how scientific investigations are conducted, and demonstrates how to determine which studies warrant a change in protocol. Included is a summary of the current body of knowledge based on massage therapy research. This class will deepen your understanding of massage therapy and improve the safety and efficacy of your practice. This is a great class for all levels of therapists including massage students, recent graduates, and veteran massage therapists. **Meets the 3 hour research requirement to renew your NCBTMB Board Certification.**

Five Fast Tracks to Stellar Body Mechanics
Eric Stephenson, Instructor (3 CEs) *

At the end of a long day of giving massage, a practitioner should have enough energy to do the things they love in their free time. Using too much energy in your practice can make this difficult. This hands-on workshop will show you how to transform the way you approach massage and bodywork. Beyond mere stances and posture, you will learn five keys to optimizing your therapeutic touch while avoiding injury and burnout- conserving your resources for a balanced life. ***Massage Table Required**

Cranial-Sacral Therapy – Essential Tools, Techniques, and Protocol (includes 3 sections)
Hands-On Introduction and Essential Tools, CST-1
John Joseph Ray, Instructor (15 CEs, Friday, Saturday and Sunday) * ** ***

This section shows you how Cranial-Sacral Therapy (CST) works. CST is a gentle therapeutic technique that can be used successfully on a wide variety of clients, including many who would ordinarily be contraindicated for massage.

With CST, you release restrictions in the bones and fascial tissue in the cranium and along the spine, as well as other parts of the body, to allow a free flow of cerebrospinal fluid. This encourages healthier function in the central nervous system (CNS) and throughout the entire body. As you may know, the CNS is like Mom – when the CNS is happy, everything is happy!

From this section, you'll understand the anatomy and physiology of the Cranial-Sacral system and how CST helps it to function optimally. You'll learn how CST originated and how it's different from other modalities, when therapists use CST in their practice, what conditions respond well to CST techniques, and what conditions would be contraindicated.

You'll find that you can use CST in different ways to help your clients. You can combine your good bodywork techniques with CST, and you can do a complete CST session. As you use CST with your clients, you notice that they leave feeling like they received much more than a good massage. And you also notice that it's a lot easier on your body. ***Massage Table Required**
****Licensed Therapists Only ***Full Registration Required Friday-Sunday, Class Limited to 20 Students**

FRIDAY, March 31, DINNER AND KEYNOTE, 5:00PM – 6:15PM

Why Massage Matters: Our Role in the Future of Wellbeing Eric Stephenson, LMT

FRIDAY, March 31, 6:30PM – 9:30PM

Massage Ethics: Creating a Drama Free Practice
Eric Stephenson, LMT, Instructor (3 CEs)

This highly interactive workshop openly explores ethical issues that massage therapists routinely face in their professional and personal lives. Through a dynamic mix of lectures, discussions, small group exercises, and self-assessments, students will explore an array of topics. A few of the key objectives: maintaining client safety, confidentiality, and satisfaction; managing communication skills; establishing and communicating boundaries. **Meets the 3 hour Ethics requirement to renew your KY license.**

SATURDAY, APRIL 1, 8:00AM – 11:00AM, 2:30PM – 5:30PM (all day classes)

Massage & Pathology: Depression and Joint Replacement
Susan Salvo, Instructor (6 CEs)

Learn about depression, joint replacement surgery, and how to modify your massage session accordingly. In the *depression* section, Susan will address several depressive disorders including major depression, postpartum depression, and bipolar disorder. Because depression often co-exists with other mood disorders, Susan will also discuss anxiety disorders, eating disorders, and substance use disorders. Included in the depression section is a massage routine suitable for clients who have mood disorders. The *joint replacement* section will address massage considerations for in-patient as well as out-patient settings. Included in the joint replacement section is a scar tissue mobilization routine. ****Massage tables not needed, routine will be taught in a seated position; scar tissue will be demo only.***

Deep Tissue Techniques for Orthopedic Conditions-Upper Body
Eric Stephenson, Instructor (6 CEs) *

Come learn NEW techniques Eric compiled to address some of the most common injuries you see in your practice: tennis/golf elbow, and rotator cuff issues. These hands-on workshops teach therapists a variety of myofascial release, trigger point, and active engagement techniques for all regions of the body. We will also discuss quick assessment techniques which help determine facilitated and inhibited musculature. All of these techniques must pass the test of being the easiest for the therapist to deliver as well as the most effective. Expect to see our signature career longevity strategies woven throughout the workshop. ****Massage Table Required***

Cranial-Sacral Therapy- Advanced Tools and Techniques, CST-2
John Joseph Ray, LMT, Instructor (15 CEs, Continued) * ** ***

This section guides you to easily understand and use the essential and some advanced CST tools to enhance your therapeutic practice and meet your clients' unique needs. You will learn gentle CST techniques that enable you to work on clients with many different conditions. These techniques have been used successfully on clients with tension headaches, migraines, back pain, neck pain, fibromyalgia, and many conditions where lighter work is more appropriate than regular massage.

Several CST techniques are very helpful with kids (or adults) with ADD or ADHD, clients with autoimmune diseases, clients that prefer to stay clothed for whatever reason, cancer patients, hospice patients, and many others. You'll also learn how to facilitate a deep relaxation and reorganization of the Cranial-Sacral system, which has a powerful calming effect on the central Nervous System.

This section includes instruction, demonstration, and practice of several advanced CST techniques that beneficially affect the cranial bones, underlying dural tissue structures, and the flow of the cerebro-spinal fluid. You will have ample time to experience these techniques. ****Massage Table Required **Licensed Therapists Only ***Full Registration Required Friday-Sunday***

New Therapeutic Approaches to Pain: MELT Connective Tissue Hydration Science and Techniques for Massage Therapy
Amanda Cizek LMT, Instructor, (6 CEs) *

Elevate your understanding of the connective tissue system and experience fascial hydration techniques that are clinically proven to reduce pain. The MELT Method offers a new approach to targeting the fascial system as a means to heal short and long term pain. You will learn how to effect global change in the body through performing MELT Method treatments on a soft roller as well as using compression balls on the hands and feet. Discover the missing link in pain management and walk away with practical techniques for addressing fascial dehydration. ****Yoga Mat Required, Class Limited to 20 Students***

SATURDAY NIGHT SANCTUARY

If you've attended the spring conference in the past, you know a long day of education can be exhausting, if that's the case you won't want to miss our **SANCTUARY**. Enjoy a massage, yoga, or just "hang out." Our volunteers will be providing massage for donations from 7-10 pm. Donations will support the Massage Therapy Foundation. To volunteer in the SANCTUARY, please contact Adam Kelsey at (859) 240-0774.

SUNDAY, APRIL 2, 8:00AM – 11:00AM, 1:30PM – 4:30PM (all day classes)

Massage Through Time: Connecting Past, Present, and Future
Susan Salvo, LMT, Instructor (6 CEs)

Hop aboard a time capsule with your tour guide Susan Salvo. She will begin the journey in ancient China, through Japan, Egypt, and then toward India as she discusses massage therapy's ancient history. Next, you will be transported to Greece and Rome, and to 19th century Western Europe to visit Per Henrik Ling at the Swedish Royal Central Institute of Gymnastics. Finally, Susan will examine the exciting developments in research and the opportunities for the modern therapist.

As we look ahead to where the profession is going, we will create strategies to advance your practice and the profession. Join us for a look back, a tour of the present, and a glimpse into the future.

Deep Tissue Techniques for Orthopedic Conditions- Lower Body
Eric Stephenson, LMT, Instructor, (6 CEs) *

Come learn NEW techniques Eric compiled to address some of the most common injuries you see in your practice: lower back pain, medial/lateral shin splints, Achilles tendinitis, and patellar tendinitis. These hands-on workshops teach therapists a variety of myofascial release, trigger point, and active engagement techniques for all regions of the body. We will also discuss quick assessment techniques which help determine facilitated and inhibited musculature. All of these techniques must pass the test of being the easiest for the therapist to deliver as well as the most effective. Expect to see our signature career longevity strategies woven throughout the workshop. ***Massage Table Required**

Cranial-Sacral Therapy Complete Multi-Step Protocol, CST-3
John Joseph Ray, LMT, Instructor, (15 CEs, Continued) * ** ***

This section shows you how to perform a fluid, multi-step Cranial-Sacral Therapy protocol within a self-contained client session. As part of this experience, you will learn which CST techniques are best for specific conditions and different types of clients. You will also learn how to modify the complete CST protocol to address specific client needs.

In this section, each participant will receive a full CST session. This helps you to understand some of experiences that clients might have on the table, since we will discuss what was experienced by both therapists and clients during the sessions. .

***Massage Table Required **Licensed Therapists Only ***Full Registration Required Friday-Sunday**

Growing your Practice and Extending Your Longevity with New Self-Care Alternatives: The MELT Method
Amanda Cizek LMT, Instructor, (6 CEs) *

Learn how to improve your own longevity, endurance, and sustainability as a therapist using clinically proven MELT Method self-treatments. This workshop will teach you simple fascial hydration techniques to heal and prepare your body in between client sessions while also providing a framework for integrating these techniques into your massage therapy sessions. Additionally, learn about the new science of connective tissue (including common myths about stretching) and gain practical strategies for empowering your clients toward self-care. ***Yoga Mat Required, Class Limited to 20 Students**

>> If massage tables are required for your class, please bring linens, cream/lotion/gel/oil of your choice, bolsters, etc.

>> Make sure to dress comfortably, in layers, room temperatures will vary.