We are putting the border battle aside and to share the love with our neighbors. Your Minnesota and Wisconsin AMTA Chapters are teaming up for an amazing weekend of education, collaboration, community and awareness. Friday night's "Welcome Reception" beginning at 6:00 pm will have special guests, music and a silent auction; all while raising awareness for the [Massage Therapy Foundation](http://massagetherapyfoundation.org/). 

**Doug Nelson, PNMT Midwest, Inc. NCBTMB # 286519-00
Leg and Foot** **8 CE**

$150 Member|$175 Non-Member |$195 after 8/15/19 for Everyone

Saturday, September 21, 2019 | 8:30 AM – 6:00 PM
Breakfast will be included Saturday plus an afternoon snack.

The lower extremity is clearly the unsung hero of the body, doing amazing amounts of work that largely goes unnoticed. When pain does occur, many soft-tissue problems present with the same symptoms as more serious intra-joint ligamentous issues. Whether in the either the knee or the foot, it is largely assumed that these problems are more serious than can be helped with soft tissue therapy.

For example, there are many soft-tissue conditions that create medial and lateral knee pain, all of them related to different muscles and ligaments. Participants will learn how to make good judgments as to the source of the pain and how to address it effectively. In the lower leg, conditions affecting the anterior and posterior shin splints, calf pain, and pain syndromes of the feet (such as plantar fasciitis) will be explored. The participant will leave with clear clinical reasoning skills to determine the source of a client’s pain and the technical skills to positively affect that pain. Participant Materials: massage table, one sheet, lotion

**Doug Nelson, PNMT Midwest, Inc. NCBTMB # 286519-00
Path to Mastery 8 CE**

$150 Member|$175 Non-Member |$195 after 8/15/19 for Everyone

Sunday, September 22, 2019 | 8:00 AM – 5:30 PM

Breakfast will be included Sunday plus an afternoon snack.

If you wish to play soccer, your coach will run you through numerous drills to hone your skills at the many aspects of the game. Golfers spend time on the driving range working on putting, chipping, short irons, long irons, sand traps, etc. Pianists spend hours playing etudes, pieces designed to develop specific skills in the art of the piano.

In this workshop, the participants will spend the day identifying, fine-tuning, developing and exploring the specific skills needed to master the science and the art of massage therapy. From palpation games to listening and observation exercises, therapists will explore and deepen their understanding of the skills it takes to pursue excellence in this field (and have a lot of fun at the same time!) Let the palpation games begin!

 Participant Materials: massage table, one sheet, lotion

**Rita Woods, ACE Cupping NCBTMB#: 312464-00
NY: AP312464-00 FL: 50-9305 LA: LAP0129
ACE Cupping 16 CE**

$350 Member|$375 Non-Member |$400 after 8/15/19 for Everyone
Saturday, September 21, 2019 | 8:30 AM – 6:00 PM
Sunday, September 22, 2019 | 8:00 AM – 5:30 PM
Breakfast will be included Saturday & Sunday plus afternoon snack each day.

This workshop reviews the history of vacuum therapies, applications and contraindications, and all of the foundation movements and techniques.  A demonstration will illustrate the immediate treatment applications, as well as the invaluable information that the body reveals through the lens of the cup.  This presentation will explain the effects of VacuTherapies™ on the body and how these effects can result in dramatic changes in client conditions. 

One of the most amazing aspects of this technique is the “separation” that the vacuum produces in tissue layers. This enables water absorption and renewed blood flow to undernourished and dehydrated tissue as well as the elimination of old waste and congestion.

Along with the substantial health benefits of clearing old debris, the use of suction is invaluable in releasing soft tissue, scars and restricted fascia. Sports professionals are benefitting from the ease of recovery from injury or surgery and an increase in athletic performance.

Participant Materials: Bring massage table and linens, massage oil and cream.
Wear clothing to allow access to full body work.

 **Jason Erickson| JasonSeminars| NCBTMB#: 308
Dermoneuromodulation (DNM) 16 CE**$350 Member|$375 Non-Member |$400 after 8/15/19 for Everyone
Saturday, September 21, 2019 | 8:30 AM – 6:00 PM
Sunday, September 22, 2019 | 8:00 AM – 5:30 PM
Breakfast will be included Saturday & Sunday plus afternoon snack each day.

When people hurt, their pain affects everything. It impacts daily activities, quality of life, and their social and professional relationships. Massage therapists are uniquely positioned to help people understand, manage, and perhaps overcome their pain. Understanding current pain science and how to use that knowledge in practice can enhance the effectiveness of massage therapy sessions and facilitate inter-professional communications with medical professionals.

This seminar introduces important concepts from pain science to help massage therapists understand the neurology of pain and how to use that knowledge in practice. This class includes discussion of the nervous system and how it interrelates with the rest of the body, providing a framework of understanding that may enhance all forms of massage and bodywork.

Participants learn to apply concepts from pain science in client education and hands-on work, with emphasis on dermoneuromodulation (DNM). These applications reflect a structured, interactive approach to manual therapy that considers the nervous system of the patient from skin cell to sense of self.  The goal is pain reduction. Hands-on applications include positioning of limbs and torso to affect deeper nerve trunks, and is combined with skin stretch/movement to affect cutaneous fields of nerves that branch outward into skin. Included are simple ways of explaining the nervous system and pain mechanisms to patients prior to treatment, plus some simple, effective ways to get clients in pain to start moving with greater ease and confidence. Client and therapist self-care are also discussed. Massage tables with linens/blankets; bolsters/large pillows are needed. One table per two participants is recommended. All hands-on work will be practiced with clothes on. Participants should wear layered active wear that permits full range of movement and/or which can be moved to permit skin contact. No lubricants are needed. Participants should also bring a face cradle cover for prone work. All participants will receive handouts, Dycem, and links to download pdf copies of the complete

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| --- | --- |
| ***Name:*** | ***AMTA Member #:*** |
| ***Address:***  | ***City, State, Zip:***  |
| ***Email:***  | ***Phone:*** |
| **Day / Date/Time** | **Workshop** | **Presenter** | **Price until 8/15/2019** | **Price After 08/15/2019** |
| **AMTA Member/Student** | **Non-Member or Other** | **ALL REGISTRATIONS** |
| Friday, Sept 20, 20196 PM All Welcome | Welcome ReceptionMusic & Special Guests | Doug Nelson | Massage Therapy Foundation Silent Auction  | Donations and Fundraising Activitieswith Minnesota & Wisconsin Chapters |
| Sat, Sept 21, 2019Sat 8:30 AM – 6:00 PM  | Leg and Foot 8 CE | Doug Nelson | $150 | $175 | $195 |
| Sat, Sept 21, 20198:30 AM – 6:00 PM Sun, Sept 22, 20198:00 AM – 5:30 PM | ACE Cupping16 CE | Rita Woods | $350 | $375 | $400 |
| Sat, Sept 21, 20198:30 AM – 6:00 PM Sun, Sept 22, 20198:00 AM – 5:30 PM | Dermoneuromodulation (DNM) 16 CE | Jason Erickson | $350 | $375 | $400 |
| Sun, Sept 22, 20198:00 AM – 5:30 PM | Pathway to Mastery 8 CE | Doug Nelson | $150 | $175 | $195 |
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| **Please mail registration form and payment form to:**Casey Guilfoyle, Education Chair, 7080 Lower Road, Sobieski, WI 54171 Cell (920) 246-3474 Email: caseyguilfoyle@gmail.com  |
| **Hotel Reservations**: Contact Country Inn & Suites Rochester South directly (507) 287-6758Request Wood Lake Meeting Center rate: 2 Queen room for $99.00 or King Bedroom Suite $109.00 |
| **All cancellations and requests for refund** of registration fees must be submitted in writing to Erin Hewitt, President, AMTA - MN Chapter mnchapterpresident@gmail.com | 5810 Excelsior Blvd, St Louis Park, Minnesota 55416). An administrative fee of 20% of the registration fee is assessed on all cancellations postmarked no later than August 15, 2019. Cancellations postmarked after August 15, 2019 and no-shows are not eligible for refunds. If the AMTA-MN or AMTA-WI Chapter is prevented from holding or postpones the Conference for any cause beyond its control, AMTA-MN or AMTA-WI Chapter will credit attendees partial or full paid registration fees toward the cost of the next AMTA-MN or AMTA-WI conference. AMTA-MN or AMTA-WI Chapter is not responsible for any other costs you may incur in connection with postponement or cancellation of the Conference.**Photography/Video:** By attending this event, you hereby give AMTA permission to use any photographs and/or video images of you in future communications and marketing materials without further payment to you.**Release:** You hereby assume responsibility for (1) your own safety at Convention, (2) complying with the instructor's or staff's directions, and (3) disclosing any contraindications prior to receiving a massage in class. |

***MN/WI Fall Conference Instructors***

***About Jason Erickson***

Jason co-owns and practices massage at Eagan Massage Center. He is best known for therapeutic and sports massage, with a reputation for providing pain relief, improving function, and enabling athletic performance. Many of his clients are referred by medical providers, personal trainers, and by other massage therapists. He is able to work with clothed clients as needed, using various techniques from massage, positional release; stretching, etc.

Jason is an internationally recognized continuing education provider, teaching classes in pain science, pain management, dermoneuromodulation, therapeutic movement, orthopedic massage, sports massage, research literacy, and other topics. He has presented at the 2016 International Massage Therapy Research Conference (IMTRC) and the 2017 Alliance for Massage Therapy Education Congress. Jason has served as the Minnesota Chapter President (2014-2016) for the American Massage Therapy Association. He was Master of Ceremonies for the annual San Diego Pain Summit (2015-2018). His articles have appeared in Massage & Bodywork Magazine, Massage New Zealand Magazine, the Japanese Journal of Acupuncture and Manual Therapies, Massage Today, Massage Magazine, and other publications.
 ***About Rita Woods***Rita has been in a private practice for Medical Massage from 2004 through present. She worked in her own office from 2004-2013 in Dahlonega, GA. In 2013 she moved to Asheville, NC and started work as an independent contractor at Hawk Ridge Therapeutic where she successfully performed over 12,000 massages. She received her certification as a Complete Decongestive Therapist (CDT) also known as a lymphedema therapist, from the Norton School of Lymphedema through a Duke University continuing education program. She also specializes in vacutherapy, myofascial release and is a certified kinesiology taper. A large part of her practice clientele is physician referred.

She was a columnist for Massage Today Magazine from 2008-2012 and the chief pathophysiology researcher for the textbook, Step by Step Massage Therapy Protocols for Common Conditions published by Lippincott in 2011. McGraw Hill Publishers hired her to peer review a national massage therapy study guide in 2007. As a continuing education instructor at Florida State College, she served on the Deans Committee for new program development. She created the massage therapy program at Florida State College in Jacksonville, Fl from conception to final approval by the State Board of Education. She was the only bodyworker invited to speak at the American Academy of Anti-Aging Medicine in Las Vegas in 2005.

Her company, Darien Lourde, Inc was a continuing education provider for massage from 2002-2012 which included 2 instructors who provided continuing education for Massage Envy in Arizona. Each year she continues to travel and teach through the massage therapy program at John A Logan College in Carterville, IL. She teaches a variety of continuing education courses there including kinesiology taping, vacutherapy, reflexology, medical massage and the Rejuvenating Facelift Massage technique.

In addition to her medical and massage experience, she taught emergency preparedness and basic firearms at the University of North Georgia from 2009-2012. As a Naval Reservist from 1985 through 1993, she served in the Medical Corp including managing a blood bank in a 500-bed fleet hospital in the Middle East during Operation Desert Shield and Desert Storm. Rita is also a combat veteran and has received numerous medals and awards throughout her military career.

***About Doug Nelson***Doug is a Licensed and Board Certified Massage Therapist. The founder of Precision NMT seminars, Doug has taught hundreds of seminars and to various populations from physician's conferences to educational seminars for lay people. Practicing massage therapy since 1977, he has studied with a host of great educators and worked in several clinical environments. He is the president of BodyWork Associates, a sixteen-therapist massage therapy clinic in Champaign, IL which has been in operation since 1982.

Doug still maintains a very active practice; he doesn't just teach; he has a busy personal practice (seeing over 1,100 client visits annually); the clinic is the laboratory for the development of PNMT. Doug has treated thousands of clients over the years, from the NBA to the NFL, factory workers, and high-level musicians who suffer musculoskeletal pain. Doug is passionate about the efficacy of the work and has conducted many clinical research studies to investigate PNMT. He is a member of the International Myopain Association and the International Association for the Study of Pain and is also a regular columnist for Massage and Bodywork magazine. He is the author of Table Lessons: Insights in the Practice of Massage Therapy and The Mystery of Pain. He also contributed the chapter on fibromyalgia to the book Massage Therapy: Integrating Research and Practice.

Doug was awarded the 2013 Massage Therapy Educator of the Year, the 2015 Pioneer Award from the Illinois Chapter of the AMTA, and elected to the Massage Therapy Hall of Fame in 2018. He has spoken to numerous State and National AMTA conferences, both giving workshops and keynote addresses. Doug is also the president of the [Massage Therapy Foundation](http://www.massagetherapyfoundation.org/).