

# MARCH 14-18, 2019

## Massage Therapy Spring Conference



# WHAT IF



### Education Tracks

Earn up to 24  
Hours of CE's



### Learn New Modalities

Expand Massage  
Practice



### Ethic Classes

Choose from Two  
Classes



### Network Opportunity

Professionally  
and Personally

### What is an Education Track?

Rather than having numerous short classes, we are excited to offer five Educational Track Options.

This will give you an opportunity to fulfill ALL of your required education for KY license in one place, the 2019 AMTA-KY Spring Conference.

### Save Time & Money!

AMTA-KY Chapter is known for offering excellent education opportunities for Massage Therapists.

Education tracks will give you more ways to invest in your education and save money on out of state travel and airfare by bringing classes directly to Kentucky.

Embassy Suites | Lexington, Kentucky | March 14-18, 2019

# Education Tracks

## Course Descriptions

**Instructor:** Debra Dower  
**Dates:** Friday March 15, thru  
Sunday, March 17, 2019  
**CE 21**



**Non-Member:** \$450  
**AMTA Member:** \$295

### **Supplies and Equipment**

Massage Table, Sheets, Towels,  
Non-oil based lotion

### **Specific clothing:**

During the practical portion of this workshop, participants will be asked to remove articles of clothing (The legs, abdomen and most of the back will be exposed for palpation and technique). Therefore, we ask that you dress appropriately for you and your fellow students to feel comfortable in the classroom. Suggestions: briefs/boxers for underwear, full coverage bra, or a 2-piece swim suit work best but form fitting clothing such as running shorts, sports bra, tank top are adequate\*. No one is compelled to disrobe beyond their comfort level.

## **Anatomy Trains in Structure & Function**

In this course you will learn about the myofascial tissue and its many roles in the body. You will begin to appreciate how the body incorporates the Anatomy Train Lines to create easy and graceful movement – provided they are in some form of balance and harmony; restriction or weakness in one section can have many compensatory effects elsewhere. This workshop will show you how that happens, how to trace the lines of strain and most importantly, how you can develop strategies to deal with them.

This is the first workshop to combine Anatomy Trains theory alongside structural and functional anatomy and analysis, blending together the concepts of integrity with elastic recoil for movement efficiency.

- Get the latest information on fascia, muscle, and movement.
- Be able to identify the 12 myofascial meridians and their link to human growth, development, perception and consciousness.
- Accurately “BodyRead” posture & movement; assess your clients in a new way.
- Gain effective myofascial and movement strategies.
- Develop treatment strategies specific to your clients’ structural and functional patterns.
- Anatomy Trains in Structure & Function courses give you new techniques to transform structure by reaching deeper issues in the tissues.
- Anatomy Trains in Structure & Function is suitable for Manual Therapists (massage therapists, physiotherapists, osteopaths, chiropractors). It also serves as the prerequisite to the ATSI Certification Program.

**Instructor:** Barb Picciano  
**Date:** Friday March 15, thru  
Sunday, March 17, 2019  
**CE 24**

**CE 6 Case Study**

**Non-Member:** \$1,900  
**AMTA Member:** \$795



**Specific Clothing:** Business  
Casual Attire

## **Aromatherapy Certification Level 1**

This is a 30 hour Level 1 Professional Aromatherapy Certification Seminar, accredited by the National Association for Holistic Aromatherapy (NAHA). We cover 41 essential oils in depth. What they do and how to use them to achieve the desired outcome. We also cover the required (by NAHA) chemistry and history of aromatherapy. We also discuss and breakdown a number of diseases and conditions such as Arthritis, Parkinson’s Disease, MS, Dysmenorrhea, Depression, etc. We look at the different facets of the disease, what traditional medicine does to treat it, the advantages and disadvantages of that, then look at what aromatherapy can do. We also break into six different lab sessions. In each lab you are required to formulate two specific blends for two specific issues. This gets the attendee into hands-on formulating and blending. The individual gets into the mind set of using essential oils for their physiochemical properties instead of whether or not they like the scent. This is an evidence based class that cites 70+ Pub Med studies and over 50 other studies.

# WHAT F

# Education Tracks

## Course Descriptions

**Instructors:** Sylvia L. Burns, LMT, BA, M.Ed and Jane Sereda, LMT, BS, MBA

**Date:** Friday March 15, thru Monday, March 18, 2019

**CE: 24**

**Non-Member: \$588**

**AMTA Member: \$295**



**Supplies:** Massage Table, Bolster, Single Bottom Sheet, and Face Cradle Covers for each day.

**Clothing:** Loose fitting pants or shorts, t-shirt or sports bra

### Massage For Sports: What, Where, When and Why.

These educational sessions with experienced practitioners team teaching will develop basic principles of sport massage, biomechanics and analysis of movement, and lymphatics for sport conditions with hands-on practice and coaching. The basics of sport event massage will be the basis for learning the difference between pre- post- and intra events and training workouts. In case studies, the students will approach each sport with kinetic analysis and rationale for the treatment plan. The last session will address common conditions that athletes may experience and that soft tissue work may resolve. Students will be encouraged to transfer principles from theory, research and experience to develop rationale for work. Discussions around table practice time and case experiences will encourage application of basic principles learned and answer the questions of what, where, when and why.

**Instructor:** Shannon Gilmartin

**Dates:** Friday March 15, thru Monday, March 18, 2019

**CE: 28**

**Non-Member: \$705**

**AMTA Member: \$400**



**Student Package is included in the price listed above. Student package includes: one set of manual pump cups, (14 count), one set of silicone cups (4 count), glass face cups (4 count), and MCT text book.**

**Supplies:** Massage table, sheets, towels (for each day), oil, fragrance free and essential oil free lubricate.

**Specific Clothing:** comfortable attire, easy to disrobe in a classroom setting.

### Modern Cupping Therapy

Modern Cupping is effective in relieving chronic pain at old injury sites and can address conditions such as: fibromyalgia, diabetes, pre- and post-op edema and inflammation, chronic edema, scar tissue and adhesion, and cellulite. This versatile technique mimics massage movements ranging from deep tissue and myofascial release to the light pumping movements of lymphatic drainage.

#### Full Certification Program ( 3 courses in 4 days.)

#### FUNDAMENTALS OF MODERN CUPPING THERAPY (Days 1 and 2)

This comprehensive two-day course offers a solid foundation in education and usage of therapeutic cupping. Material covered includes: Education in the theory, science and physiological responses to therapeutic cupping, safety, contraindications and client evaluation, full-body applications of therapeutic cupping.

#### THERAPEUTIC CUPPING FOR FULL BODY LYMPH DRAINAGE (Day 3)

This one-day course offers basic, effective applications for lymph drainage. Material covered includes: Education in theory, basic science and physiological responses to therapeutic cupping for the lymphatic system, safety, contraindications and client evaluation, full body application for general lymph drainage, face & head application for lymph drainage.

#### MCT for PATHOLOGY & SCAR TISSUE (Day 4)

This one-day course offers: Pathology: Education in the methods of client evaluation and assessment for safe and effective usage of therapeutic cupping, discussion and analysis of various pathological conditions, including fibromyalgia, diabetes, and pulmonary conditions, scar tissue, education in the various types of scar tissue and responses to therapeutic cupping • Practical applications of therapeutic cupping for scar tissue.

# WHAT F

# Education Track Course Descriptions

**Instructor:** Mariann Sisco

**Dates:** Friday March 15, thru  
Monday, March 18, 2019

**CE:** 24



**Non-Member: \$495**

**AMTA Member: \$295**

## **Supplies and**

**Equipment:** Participants Must  
Bring Massage Table and  
Loose fitting clothing.

**Starter Kit \$100** must be  
purchased using the link or  
contact Upledger  
1-800-233-5880 ext 1364  
or 561-622-4334

## **CranioSacral Therapy Level 1**

The Upledger Institute International is a proud member of the International Alliance of Healthcare Educators. This introductory workshop details the physiology and anatomy of the craniosacral system its function in health and its relationship to disease process. Participants will learn hands-on, fascial-release techniques to evaluate and affect pain and dysfunction. It includes lecture, demonstration, and practice for each technique presented. The required reading for this course is Your Inner Physician and You (IPAY), Chapters 1-6 in CranioSacral Therapy (CSTI). Both books are authored by course developer, John E. Upledger, DO, OMM. In addition please familiarize yourself with the definitions and/or locations of the anatomical terms available at:

[http://www.upledger.com/seminar\\_info/Terms/CSItterms.doc](http://www.upledger.com/seminar_info/Terms/CSItterms.doc) The majority of these terms can be found in the text CranioSacral Therapy (CSTI), as well Atlas of Human Anatomy (NAS) by Frank Netter, MD. These books are available for purchase at Upledger Office at 561.622.4334 or 800.233.5880 extension 1364 for Elise Dowler or online at [www.iahe.com](http://www.iahe.com) For both course preparation and implementing the material into your practice, we offer a 'CranioSacral Therapy Starter Kit' which includes the following items: ~CranioSacral Therapy (text book), Your Inner Physician and You (book), 10 Step Protocol Poster (laminated wall chart), 10 Step Protocol Mini Poster (11.5" x 9" double sided laminated chart), 1-Year Upledger Alumni Association-IAHP Medallion Membership - Medallion Membership benefits are many -including post course video review of CS1 material. Total cost if purchased individually \$215.95 ~Savings \$115.95\*\* Savings amount subject to change. **This Class has a required pre-require reading List**

**CST Starter Kit:** - <http://shop.iahe.com/Product-List/Health-and-Wellness/Starter-Kit->

**CS1 CSTI:** <http://shop.iahe.com/Product-List/Textbooks/Craniosacral-Therapy>

**NAS:** - <http://shop.iahe.com/Product-List/Textbooks/Netters-Atlas-of-Human-Anatomy>

**IPAY:** - <http://shop.iahe.com/Product-List/Health-and-Wellness/Your-Inner-Physician-and-You>

## **Ethic Course Descriptions**

**Instructor:** Phil Smith

**Dates:** Thursday, March 14th, 2019

**Time:** 6:00pm-9:00pm

**Fee:** \$25.00



### **Option A**

#### **How Money Affects Ethical Behavior?**

Phil is a recognized speaker and Field Director from the Louisville Kentucky Northwestern Mutual Network Office. He has 32 years of diverse business and managerial experience, with the last seven years in the financial services industry. His specialty is working with individuals by leading them to align their behaviors with their beliefs by formulating a customized comprehensive plan. He is the founder of "Leadership Collective KY" and an active member of the Chamber of Commerce and Rotary Club International,

### **Option B**

#### **Ethical Practice Management; Why is it important to know Kentucky's Laws and Regulations? It could mean your License!**

Ann E. Boone has been practicing massage therapy and bodywork since 1979. After many years of practice as a self-taught therapist, Ann continued her education in a more traditional setting at Lexington Healing Arts Academy graduating in 2003. Her advanced trainings include: Neuromuscular/Trigger Point therapies, Lymph Drainage, Visceral, Visceral Vascular and Neural Manipulation, Ann has over 3,500 hours experience in physical therapy settings (out patient orthopedic, acute care, sports medicine) as well as serving as team massage therapist to the University of Kentucky Men's basketball team for 11 years (1996-2007). She has a private practice in Lexington, Kentucky and currently teaches Kinesiology and Ethics at LHAA in the Massage Therapy Training Program. She currently serves as Laws and Legislation Chair for AMTA-KY Chapter.

**Instructor:** Ann Boone, LMT

**Date:** Thursday, March 14th, 2019

**Time:** 6:00pm-9:00pm

**Fee:** \$25.00





# EDUCATION PRESENTERS

DEBRA  
DOWER

## Anatomy Trains

Debra is co-owner of Ananda Integration and Dower Wellness, based out of Lancaster PA. She has over a decade of experience in the alternative health and wellness field. She and her husband, Nick, are currently spear heading the Holistic Therapy movement at Lancaster General Health / Penn Medicine, where she is the manager of Holistic Therapy. Debra graduated from the Lancaster School of Massage, where she now teaches Anatomy and Physiology. She is a Board Certified Structural Integrator and completed the entire course of study at Anatomy Trains Structural Integration (ATSI). Debra is now an assistant teacher at the ATSI course and a teacher for the Anatomy Trains short courses. She has over 1,000 hours of certified yoga instructor training and teaches yoga at Evolution Power Yoga in Lancaster, PA.

MARIANN  
SISCO

## Craniosacral Therapy 1

Mariann Sisco PT, CST-D is a practicing physical therapist of 35 years. In addition to maintaining a private practice, Mariann is a Certified Instructor for the Upledger Institute teaching CranioSacral Therapy internationally. She also shares her knowledge of Visceral Manipulation as a Certified Presenter for the Barral Institue. Mariann's experience also includes serving as a staff clinician working alongside Dr. Upledger at the Upledger Healthplex Clinic in Florida. Fueled by her personal belief that you cannot diagnose the power of the human spirit, Mariann applies her expertise utilizing manual therapy for patients who have not responded to traditional medicine. Mariann's broad range of clinical experience, post graduate education and entertaining teaching style make her a sought after instructor in both the clinical and classroom settings. Mariann was awarded the first ever clinical Educator of the Year by the University of New Mexico Physical Therapy School. Mariann is also an examiner for CST Techniques Certification program.

BARB  
PICCIANO

## Aromatherapy Level 1 Certification

Barb Picciano is a holistic nurse who spent close to 25 years of her career at the Cleveland Clinic in Cleveland Ohio, most recently as the leader of the Healing Services program since 2010. Currently she is the Director of Education at Natural Options School of Aromatherapy where she is growing the education and certification program to meet the needs of the healthcare and business community throughout the United States. Her training is not only as a board certified holistic nurse and clinical aromatherapist but also holistic coach, healing touch practitioner, reiki master and trained in clinical acupressure, reflexology, Healing from the Body Level Up and is certified in holistic stress management instructor training.

SYLVIA L. BURNS  
AND JANE SEREDA

## Massage Applied to Sports – What, Where, When and Why

Sylvia Burns LMT, BS, M.Ed, Certification in Sports Medicine and Human Performance has been in massage since 1995, specializing in clinical treatment based on anatomical structure, physiological responses and biomechanical principles. Her professional practice emphasizes treatment for traumatic & sports injuries for athletes. Sylvia worked in rehabilitation clinics 12 years at the University of Washington Medical Center, Seattle; also with private cases referred by physicians; sports injuries in professional athletes in soccer, golf, running, rowing, swimming and diving, baseball. She traveled with US Diving to World Championships and Olympic Trials for 13 years; worked with athletes of the 2002 Winter Olympics; and worked with athletes in training at the Olympic Training Center in Chula Vista, CA.

Jane Sereda has been a licensed massage practitioner since 1995 and a AMTA Member for years. She also volunteers her time at sporting events notably in the Athletes Village at the Salt Lake City Olympics the US Olympic Diving team during competitions, and at local running and bicycling events with the Washington Sports Massage Team. She has taught sports massage for the past 15 years. Working with people who need her touch in the arena of sports or exertion injuries are only a part of Jane's practice. She maintains certification in Lymipedema Management from the Vodder School International. With this expertise, she works with cancer patients, post-surgical patients and patients with primary and secondary lymphedema.

SHANNON  
GILMARTIN

## Fundamentals of Modern Cupping Therapy

Shannon is an instructor, licensed and nationally certified massage therapist, She is certified vacuum therapy practitioner and educator with training in aromatherapy, bodymind integration, craniosacral, deep tissue, lymph drainage, medical massage, myofascial release, neuromuscular therapies, orthopedic massage, soft tissue injury rehabilitation, sports massage, Thai massage & Eastern theory, and visceral manipulation, as well as her specialized training in cupping and vacuum therapies have all been incorporated into 18+ years of experience in therapeutic bodywork.

# MASSAGE & STUDENT EDUCATOR EVENTS

Thursday, March 14th, 2019

12:00 pm Lunch and 1:00 pm Education Begins



## EDUCATOR EVENT

### **"I Just Got My Bell Rung, Coach": A Discussion on Concussion.**

Speaker: Sylvia L. Burns, LMT, BS, M.Ed

Date: Thursday, March 14th, 2019

Time: 1:00pm - 1:30pm Cost: Free CE .5

### **Resources & Research Forum: Exploring Current Trends in our Field.**

Speaker: Kathryn Stewart

Date: Thursday, March 14th, 2019

Time: 1:30pm- 3:30pm Cost: Free CE .5



## STUDENT EVENT

**Welcome** - AMTA Panel -(Justin Magnuson AMTA-KY Member, Caren McCarty, AMTA-KY Chapter President, Lisa Chesser AMTA-KY Board Member)

**The Benefits of Membership-** Justin Magnuson

**Massage Envy:** Pierce Harvey, Franchise Owner  
Lexington's Massage Envy

**"How in the World Did I Get Here?" Professional Development of a  
Massage Student-** Sylvia L. Burns, LMT, BS, M.Ed.

**Road to Licensure Trivia Competition...Massage Therapy "Jeopardy"**  
- Eric Byrd, AMTA-KY Board Member

**Q & A Discussion and Door Prize**

## SHOP LOCAL, SAVE MONEY

## MASSAGE THERAPY EXHIBITOR HALL

OUR NEW AND IMPROVED MARKETPLACE WILL HAVE  
EXCITING NEW AND RETURNING VENDORS ON HAND  
FOR YOUR SHOPPING CONVENIENCE.



## REGISTRATION INSTRUCTIONS

Complete your contact information. If registering by mail, you should receive a confirmation within 3 weeks of the conference date.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Email Address \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell phone \_\_\_\_\_

## BADGE & RIBBON INFORMATION

First Name for Badge \_\_\_\_\_ Professional Therapist OR Student Therapist AMTA Member Number \_\_\_\_\_

## EDUCATION TRACK OPTIONS

\_\_\_\_ Student Only Event Free

\_\_\_\_ Teacher Only Event Free

(Select 1 Ethic class)

\_\_\_\_ Ethics A How Money Affects Ethical Behavior \$25

\_\_\_\_ Ethics B Ethical Practice Management

Why is it important to know Kentucky's

Laws and Regulations? \$25

(Select 1 Education Track)

\_\_\_\_ Anatomy Trains Certification

\_\_\_\_ Modern Day Cupping Certification

\_\_\_\_ Aromatherapy Certification

\_\_\_\_ CranioSacral Therapy 1

\_\_\_\_ Massage Applied to Sports

## Non-Member Rate

Non-Member \$450

Non-Member \$705

Non-Member \$1,900

Non-Member \$610.95

Non-Member \$588

## DEADLINES

for Online Registration is March 11, 2019 11:59pm

Mailed-in Registration must be received postmarked by February 25, 2019

## AMTA Member Fee

Member \$295

Member \$400

Member \$795

Member \$410.95

Member \$295

**We are advertising in the four surrounding states, registration will be taken on first come, first serve basis.**

## PAYMENT INFORMATION

**Option #1** RegOnline: (Click on the following Links) [AMTA Member](#) [Non-Member](#) [Education & Student](#) [Ethics Only](#)

**Option #2** Mail: Include either a check or credit card information with your registration.

Mail this form with payment to: **AMTA-KY Chapter C/O Kala Carby 1040 Shive Lane Apt. B5 Bowling Green, KY 42103**

**TOTAL AMOUNT DUE** \_\_\_\_\_

**Make checks payable to "AMTA-KY Financial Administrator"**

\_\_\_\_ MC \_\_\_\_ VISA \_\_\_\_ DISCOVER \_\_\_\_ American Express

Card # \_\_\_\_\_ Security code \_\_\_\_\_ Exp date \_\_\_\_\_

Print Name on card \_\_\_\_\_

## LUNCH OPTIONS

### Thursday Lunch

Students & Educators Only

\_\_\_\_ Yes-Buffer

\_\_\_\_ No-Not Attending

### Friday Lunch

\_\_\_\_ Yes-Buffer

\_\_\_\_ No-Not Attending

### Saturday Lunch

\_\_\_\_ Yes-Buffer

\_\_\_\_ No-Not Attending

### Sunday Lunch

\_\_\_\_ Yes-Buffer

\_\_\_\_ No-Not Attending

### Monday Lunch

\_\_\_\_ Yes-Boxed Lunch

\_\_\_\_ No-Not Attending

### Friday Evening

**Social Gathering**

**(Cash Only Bar)**

\_\_\_\_ Yes-I love networking

\_\_\_\_ No-I need my downtime.

### Saturday Evening

**Social Gathering**

**(Cash Only Bar)**

\_\_\_\_ Yes-I love networking

\_\_\_\_ No-I need my downtime.



AMTA-KY CHAPTER REGISTRATION  
KALA CARBY 1040 SHIVE LANE APT. B5  
BOWLING GREEN, KY 42103

# WHAT IF

AMTA-KY 2019 Spring Conference

## Hotel Information

The Embassy Suites  
1801 Newtown Pike  
Lexington, KY 40511

Breakfast included in room rate.  
Check-in 3:00pm  
Check-out 12:00pm  
AMTA-KY Rate: \$115.00 + tax

Reservations must be made by **February 18th, 2019**  
**Call 1-859-455-5000 Code "AMTAKY" Rate \$115.00 + Tax**  
**Hotel Registration Online [Click Here](#)**

Located in beautiful setting in the heart of Kentucky's Bluegrass Country at the UK Coldstream Research Campus. The Legacy Trail connects the hotel to the Horse Park and Downtown Lexington for cyclists or walkers. Bluegrass Airport is also just three miles away. Hotel Suites are spacious and feature 2 rooms with plenty of home comforts.

