

efforts to teach this important class. Julianna's last classes will be in August. Emily Davis, a Licensed Clinical Professional Counselor, is joining our faculty. Emily has a masters degree in Counselor Education from the University of Southern Maine in Portland and comes to us with a diverse background in related education and experience. She will attend Julianna's classes in August to prepare for her role here at DSM. Dr. Ron Bouffard finished teaching his last Anatomy course this past spring. Although his expertise will be missed—and surely no one person can replace another—we welcome Constance Evans to teach our January Anatomy course. Constance has a masters degree in Physical Therapy and Acupuncture and practices in Rockland. She has a master of arts degree in college teaching and has had teaching experience at Shenandoah University. Constance will be visiting Kate Anagnostis's classroom this fall to help orient her to our coursework.

Change is healthy. Our curriculum development committee took a close look at our Body/Mind concentration, and after much deliberation we have cut Polarity back to one weekend and have adopted curriculum to replace the 16 hours. DSM is happy to announce the launching of a new course, The Psychological Dimensions of Massage Therapy, based on the Elliot Greene and Barbara Goodrich-Dunn book, **The Psychology of the Body**. This course will explore:

- The role the body and touch play in the psychological life of the client.
- The psychological significance of the therapeutic relationship in massage.
- How the client's psychological defenses manifest in massage therapy.
- The role boundaries and limits play in massage therapy in forming a psychologically effective therapeutic environment.

- How the massage therapist can deal with psychological issues in an appropriate manner.
- How to deal with emotional release in massage and identify psychophysical patterns, and how to apply this knowledge in massage therapy practice.

We are ecstatic to announce that Elliot Greene, one of the authors of **The Psychology of the Body** will teach a continuing ed course on this material June 23-24, 2005, and will launch the curriculum for the school as part of our program on June 25 and 26, 2005. This is a step in the direction of the future for massage therapy education and will add to the overall program at DSM. In this way, DSM remains **IN TOUCH** with the industry and is providing functional and relational Body/Mind education for the massage student. Please read the Worm Review in this issue of **IN TOUCH** for more information about Elliot and Barbara's book.

Continuing Education

Please check out our continuing education at DSM. We are really excited to include some new faces and old friends to our continuing ed roster for 2004-05. Look for Tracy Walton to return with another Caring for Clients with Cancer workshop. Debra Curtis will visit us from Canada to teach Breast Massage. Linda Burnham will do a repeat performance of Facial Rejuvenation. Bob King will present his annual Myofascial workshop. Tim Agnew, Steve Capellini, David Lauterstein, Annie Wyman, Dameron Midgette, Rob Pfeiffer, Kate Anagnostis, and Mike Aitken, plus others will offer a wide variety of workshops for quality continuing education. Please read their articles, carefully written for you to better understand these valuable offerings. See you soon at DSM as you stay **IN TOUCH** with your practice and continue your education.

IN TOUCH

The Quarterly Newsletter of the Downeast School of Massage



Downeast School of Massage
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Newsletter submissions, including editorial and advertising materials, may be sent to "DSM Newsletter" (address above). DSM reserves the right to accept, reject, edit, and/or place advertising and editorial matter at its discretion. Copyrighted material must be accompanied by written permission to print.

Advertising rates: full page: \$150, half page: \$75, quarter page: \$40, classified: \$25. Payment for ads must accompany request for placement and ad copy.

Ad Deadlines: November 15 for Winter issue, March 15 for Spring/Summer issue, July 15 for Fall issue. Each issue is mailed approximately one month after its ad deadline, e.g., the Winter issue is mailed in late December.



as we work. If our bodies are receptive, sensitive, and listening, we will learn more about what the client needs as we touch more and more bodies.

There are many places to look for clues, to find out more about what ease and grace around the table might look like. Some structural and postural approaches have good ideas as well as

the martial arts, dance, and some other somatic practices. Every person will have a unique mix that speaks to him or her, but everyone needs to pay attention to the same major signposts as they travel along the path of the practicing bodyworker.

Dameron and Annie have 30 years of bodywork experience between them.

Dameron has a Rolfling and Movement practice and teaches in Brunswick. Annie has a Rolfling & Movement practice in Damariscotta and Belfast and teaches at the Downeast School of Massage. Join Annie and Dameron in their workshop on December 4th and 5th, 2004. See ad in this newsletter.

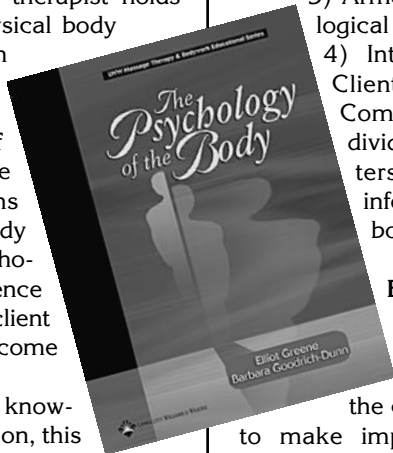
Worm Review

By Nancy Dail

This bookworm is thrilled to review **The Psychology of the Body** by Elliot Greene and Barbara Goodrich-Dunn, published by Lippincott, Williams & Wilkins, August 2003.

It is impossible to separate the mind and body; the massage therapist holds more than a client's physical body in his/her hands. Written for students and experienced practitioners alike, **The Psychology of the Body** explores the intricate connections between the mind and body and the underlying psychological factors that influence the massage therapist-client relationship and the outcome of the treatment.

Filling a gap in the knowledge base of the profession, this timely book addresses topics of great interest to massage therapists where little training has been either available or received. The authors covered the phenomena of emotional release and how to respond effectively and responsibly, how to choose methods and techniques that are both physically and psychologically suited for clients, and



provided information about boundary issues concerning ethical behavior and when to appropriately refer.

The book is organized in four sections: 1) The Body Organizes Experience, 2) The Inseparable Body and Mind, 3) Armoring and Chronic Psychological and Physical Patterns, and 4) Interactions: Yourself, Your Clients, and the Therapeutic Community. Each section is divided into important chapters, thoroughly covering information tailored for the bodyworker.

The Psychology of the Body takes the reader on an in-depth voyage into the body-mind connection and charts a path to the client, helping the therapist to make important therapeutic decisions. Any practitioner who works with the body through touch and wants to enhance his/her understanding of how to psychologically and emotionally support his/her clients will find **The Psychology of the Body** to be an essential resource.

The Psychology of the Body is available in the DSM Store for \$35.95.

Learn to Assess & Treat Chronic Soft Tissue Injuries & Conditionsfr. p. 1

backpack, carrying a sports bag and other necessities, or how about the person on the cell phone? What do they look like? Look at people around you... Have their postures changed in the last few years?

Changes in one's posture are likely to create stress or overuse in specific muscle groups. Chronic conditions are often the result of injuries in which muscles have become shortened or weakened creating an imbalance. We often see repetitive activities, which strengthen one muscle group at the expense of the opposite or antagonist muscle group. Propping the phone between your shoulder and your ear, or kicking a soccer ball are examples of these repetitive stressors. Imbalances can happen anywhere in the body.

In this course you will learn to assess chronic conditions through utilizing a systematic hands-on approach while evaluating the signs and symptoms of the client to assess which tissues are involved. From there, your evaluation will

be more accurate and your treatment plan i.e.: massage, stretching, referral, should be more successful. You will learn methods of massage to treat the tissue in which the condition/ injury lies and you will also address core stabilization. In the human body, the core is near the navel where all movement occurs around. The muscles that influence the core are often the muscles that are out-of-balance. The function or dysfunction of these muscles could cause chronic conditions such as, weak abdominals that may contribute to low back pain by allowing the pelvis to be out of alignment. Each day you will learn and participate in simple core strengthening exercises that will help you and your clients to work though the core, be more efficient in movement, and reduce the risk of injuries.

Join us in November for this dynamic hands-on course. We look forward to seeing you and helping you with your assessment of chronic injuries and conditions.

See ad in this newsletter for Mike and Kate's workshop in November 2004.

Navigating the Fascial Matrix

By Annie Wyman
and Dameron Midgette

Go around the problem; get the system sufficiently resilient so that it is able to change, and it will change. It doesn't have to be forced. It's that forcing that you have to avoid at all costs.—Ida P. Rolf

The human body is fascinating. With all its myriad systems, tissues, habits, and problems, the puzzles our clients bring through the door are endlessly unique and challenging. It's easy, with all of this amazing complexity and detail, to get mired in overly specific or narrow techniques and ways of thinking. The beauty in these puzzles doesn't lie in three pieces over in the corner, or how this piece fits into that one, but the puzzle as a whole, the picture it contains, and finding the relationship between the pieces so that the picture contained within becomes clear. It's important to know how to fit one piece to another, but that won't solve the puzzle by itself.

Where can we best get a handle on this puzzle of the body; learn to touch it, see it, move it, and begin to make the changes that are needed? Connective tissue, or fascia is the only fully continuous and unified tissue in the body; fascia is the stuff that makes this wholeness physical fact. It follows, then, that becoming practiced in the ways and qualities of fascia will help us make positive changes in our clients.

Learning to work in this realm requires more than just learning new techniques; it requires a new perspective on and in the body. Tensional balance and segmental relationship engulf and extend the traditional muscular/mechanical model. The body becomes more a relationship of segments and planes than a collection of muscles and bones. Movement changes from contraction between points to expanding into space. The primary question when working becomes "What does this person need?" (assessment and perception), rather than "What do I know how to do/fix?" (technique). And finally, the main intention in our touch transforms from doing something to a body, to evoking something from a system.

Navigating the Fascial Matrix-Advanced Connective Tissue Therapy will follow this path toward a broad and solid knowledge of the connective tissue system. Along the way, we'll examine old

continued on page 5

Treating Posture Dysfunction of the Upper Extremities

By Tim Agnew

The woman on the phone didn't waste any time.

"I have an issue with my fifteen-year-old daughter that I thought you might help me with," she said directly.

"Okay," I said.

"She is fifteen and a beautiful young lady."

"I'm sure she is," I said.

"I don't know if this is in your line of work."

"Tell me what it is and I'll let you know," I said. I waited.

"Okay, she left the room. She has horrible posture. She slouches all of the time."

"I see."

"We have a cue, a phrase that we use and then she'll straighten up." She sighed. "But it doesn't last. Can you help?"

When I said I could, she quickly asked, "It's not too late?"

Calls from concerned parents about children's posture issues have not been a rare item in my years of private kinesiology practice. If anything, it is something that I have seen more of the longer I practice. Heavier book bags, sports involvement, and poor posture habits all contribute to present posture dysfunction in children. Poor posture that starts early will stay later. As the child approaches adulthood, the posture that was adopted as a juvenile will remain "accepted" in older years. The body learns to accept poor posture because it begins to feel comfortable in the dysfunctional position. As proof, ask any child with rounded shoulders to "sit up" and watch what happens. It is often uncomfortable for the child to hold the shoulders back with the chest out. When the parent turns her head the child has resumed the poor posture.

It is important to recognize poor posture in children and correct it early, and it is never too late to help that poor posture. While you can treat an adult with dysfunctional posture, the ideal goal is to catch it early and prevent adult on-set problems such as wedged thoracic vertebra and scoliosis.

How should a therapist approach poor posture? Can massage therapists learn to correct dysfunctional posture? The answer is yes. While I practice traditional kinesiology (the science of muscle movement), I teach a modality known as Clinical Flexibility and Therapeutic Exercise (CFTE) to healthcare providers. This modality is derived from kinesiology, manual therapy, and biomechanics, and is easily adapted into massage therapy.

One of the wonderful things about CFTE is that it is a modality that gives patients something they can do themselves. Its philosophy is powerful: treat and educate patients to involve them in the healing process. Very few modalities offer this in healthcare, yet it is the future of patient-therapy based medical care. When the patient understands what she must do to help correct the problem, an amazing thing happens: healing.

When patients become involved in their own therapy, the cycle of treatment after treatment is broken. This is one of the goals of CFTE; it becomes a self-contained method that allows patients to literally maintain their own problems. While it is not a miracle modality that will "cure" all ailments, it is an empowering modality that helps many common types of dysfunction such as arthritis, tendonitis, sciatica, carpal tunnel, posture dysfunction, and endless others.

When the mother I spoke to on the phone finally brought her daughter in, I observed "Nicole's" posture as she walked through my door. She is a tall, thin teenager with a lanky torso. Her shoulders were indeed rounded, and although she was consciously trying to hold them back for my benefit, I saw it was a challenge for her. She has a long, graceful neck but she struggled to keep her chin retracted. As we talked her chin kept sliding forward into a "turkey neck" position as her chest caved in.

Nicole is a piano student hoping to get a scholarship to a music school. She sits for long periods practicing, and her neck bothers her on a daily basis. The pain is located at the base of the occipital, and to the right of her skull where the upper trapezius fibers attach. When I palpate her posterior neck and shoulders, I find tender areas at tips of both medial borders of the scapula. When I press into the belly of the rhomboids she jumps.

"The pain goes right up into my head," she told me.

Part of the protocol for CFTE is to assess and treat limited range of motion (ROM) through Active Isolated Stretching (AIS), an active and specific method of stretching soft tissue. When I look at her pectoralis major and minor, I find these limited. It is not surprising in cases of rounded shoulders to find these muscles tight, and one of the first things that must be accomplished is to "open" her anterior thoracic spine.

Nicole's antigravity muscles-rhomboids, trapezius, levator scapula, teres major, infraspinatus, and latissimus-must then be strengthened. In short, our goal is to:

1. Open the anterior spine
2. Strengthen the antigravity muscles
3. Teach the patient exercises that will keep everything balanced

Nicole was shown specific stretching exercises that she needed to perform on a daily basis through a book that detailed, step by step, the exercises she needed to do. The book came with the treatment, and was hers to take home. As long as she followed the pictures in the book, she could do the exercises herself. She was then shown, in one other visit, resistance exercises for her neck and antigravity muscles.

While all of this might sound complicated, it is not. Nicole was only shown a few exercises, and was made to understand that she must do them. I only saw her two times.

I ask all of my patients to give me a follow up call in two to three weeks to let me know how they are doing. In this case, it was her mother who called me.

"Nicole says her neck pain is gone. She's doing the exercises and her shoulders look much straighter."

Space will not allow me to go into every aspect of this work; I could spend an eternity discussing its benefits. That said, the CFTE work allows massage therapists to become proactive in their treatments, and it empowers their patients to improve their lives. It helps the individual massage therapist establish a "specialized" form of therapy because it offers a specific, dynamic approach with a proven success rate.

CFTE is a modality that must be mastered with practice and clinical experience. While a student can learn several techniques to add to their own practice, CFTE is a "life-art," one that demands focus and intensive study. Yet its results are amazing.

Timothy Agnew will be at DSM September 25-26 for a shoulder intensive. Sign up now—seating is limited!



Massage Therapists Graduate

The Downeast School of Massage held commencement exercises for 27 new massage therapists from the 36th graduation class in the presence of approximately 190 guests on Saturday, July 24, 2004, at the school in Waldoboro. Guest speaker John Balletto, BS, LMT, NCTMB, provided an inspirational speech to graduates and guests. He has served in many volunteer positions with the American Massage Therapy Association including chair of the Strategic Planning Committee and National Vice President. John currently serves as president of the Massage Therapy Foundation and has a private practice in Rhode Island. He also participates in a sub-specialty rotation with Brown University School of Medicine and Rhode Island Hospital. He delivered a very interesting speech, complete with applicable stories using Aristotle's teachings to reflect on massage education. John offered congratulations to the graduates and wished them much success in the years ahead.

Peter Carrier and Patricia Meyer represented their classes by speaking to the audience at graduation. Memories surfaced with laughter, gratitude, and tears representing the deep bonding shared by the class over the course of this year.

Nancy Waltz Dail, BA, nationally-certified massage therapist and director of the school, delivered a few final words before awarding diplomas with Director of Education Suzanne Ash and Director of Admissions Cindi Yawdik.

Graduating were: Susan Astbury, Ellsworth; Barbara Barnett, Damariscotta; Karissa Beverage, Camden; Peter Carrier, Hallowell; Mary Cooke, Hope; Sarah (Dranchak) Cunio, Rockport; Doreen Flanagan, Wiscasset; Kristen Gilbert, Dover-Foxcroft; Jennifer Gordon, Woolwich; Vanessa Gray, Penobscot; Jodie Hansen, Northport; Megan Hatch, Damariscotta; Melissa Lamb, Falmouth; Malissa Landry, Bristol; Sarah Le Clair, Fairfield; John Libby, Montville; Andrea MacLeod, Brewer; Patricia Meyer, Plymouth, MA; Katharine Moreau, Jay; Kimberly Richards, Searsport; Julie Slade, Rockport; Elizabeth Starrett, Union; Katherine Webb, Gardiner; and Eva Witt, Falmouth.

In business for over 24 years with a curriculum of over 600 hours, DSM is institutionally accredited by the Commission on Massage Therapy Accreditation. Completion of the state-approved program is required for

Placement Opportunities

- ✓ **Sanctuary Day Spa** has a beautiful space for rent on Main St. in Rockland for a licensed massage therapist. Learn new spa skills and techniques, work with a team of therapists, share costs of business, work with a steady stream of clients. Call 207-594-8403 and ask for Michele Digirolamo.
- ✓ **Part time massage work in Portland area:** I am a busy massage therapist, sometimes too busy. I'm looking for a licensed massage therapist with a flexible schedule who can work when my appointments are booked up. Please call Cherie Howard at 207-781-2132.
- ✓ **Four Seasons Beauty and Health Spa**, a beautiful new facility on Route One in Camden, is looking for a massage therapist for a year-round position. Candidates must be flexible and enjoy working as part of a team in order to make this into a full-time position. The spa would like to offer a variety of techniques including Swedish, Deep Tissue, Sports, and Hot Stone massage. If interested, please call or come in and ask to speak with Susie Goddard or Chuck Hashey. 207-236-9988.
- ✓ **Sebago Lakes Region.** Established Wellness/Day Spa EXPANDING from 3000 sq. ft. to nearly 4000 sq ft!!! **WE NEED MOTIVATED EXPERIENCED MASSAGE THERAPISTS!!!** We have over 3000 in our client base. Beautiful Rental Space Available. Weekly/Monthly Rates. Choose your days, hours, and time off. We currently have 5 Hair Designers, 3 Nail Technicians, 2 Aestheticians, 2 Spa Coordinators, 1 Licensed Family Therapist, and only 1 Massage Therapist. She's soooo busy, we need more!!!! Call Tonya at The Garden Gate to Beauty and Wellness, located on Rt. 302 in Casco, ME. 207-655-3506
- ✓ **Space available** at 101 Main St., 2nd floor in Belfast. There are two options: 1) Rent a separate room, available several days a week for \$125 per month. 2) Share the current space for one day a week for \$75.00 per month. At present, there are two of us sharing the space, and each of us is there one day a week. We offer Classical Homeopathy, Bowen Therapy, Reiki, Hypnotherapy, and EFT, and feel that massage therapy would be an excellent addition to the practice. Please contact Joy Metcalf at 207-338-0124 or email at hypnogenics@earthlink.net.

students to become Licensed Massage Therapists in the State of Maine. The 10-month program includes extensive instruction in anatomy, physiology, massage, kinesiology, pathology, reflexology, deep tissue therapy, hydrotherapy, to name a few, and, depending on the student's major, intensely-focused course work in sports massage, shiatsu, or body/mind.

The Downeast School of Massage is accepting applications for the September 2004 program. Please call 832-5531 for a catalog or more information about our frequent open houses or visit our Web sites at: www.downeastschoolofmassage.net and at www.dsmstore.net.

IN TOUCH on DSM Web site!

Downloading the IN TOUCH newsletter from the school Web site at www.downeastschoolofmassage.net is convenient and easy! Let us know if you become one of our "electronic subscribers," so we can take your name off our printed newsletter mailing list. Contact Cindi at admissionsdsm@midcoast.com

Navigating the Fascial Matrix...fr. p. 3

assumptions, see from new perspectives, and develop both range and precision in our touch. Movement (for clients and practitioners) will be a fundamental part of the class, both as a tool for change and as guide and practice. Those with an interest in Structural Integration will be well prepared for training in the field.

We will attempt to honor the broadest range of inspiration, bringing intuition and intellect in equal measure to the table, allowing them to inform and reinforce each other, giving structure and context to guidance, spark and meaning to knowledge.

Fascia is the organ of posture. Nobody ever says this; all the talk is about muscles... The body is a web of fascia. A spiderweb is in a plane; this web is in a sphere. We can trace the lines of that web to get an understanding of how what [sic] we see in a body works.

—Ida P. Rolf

Join Dameron and Annie in their *Navigating the Fascial Matrix* workshop January through May, 2005. See ad in this newsletter.



Infant Massage Instructor Certification Training With Maria Mathias September 9-12, 2004



CEUs: This activity for 26 contact hours has been approved by the New Mexico Nurses Association, which is accredited as an approver of continuing education in nursing by the New Mexico Board of Nursing, in conformity with nationally recognized accreditation standards for certification.

Those completing the certification process become certified infant massage instructors. This process includes participation in the 4-day training, successful completion of a take-home exam, and practicum teaching with 5 families during the 3 month period.

Cost: \$595 (\$645 if paid after Oct. 23, 2004)

This includes a \$100 non-refundable deposit.

**To register or for more information, call
Downeast School of Massage at 207-832-5531**

Downeast School of Massage *presents*

An Evening of Ethics with Robert Pfeiffer Friday, September 10, 2004

6 PM - 9 PM (.3 CEUs) • Fee: \$35.00

Please register by September 1st

Fulfill your NCTMB requirements by joining us for an evening of information and highly interactive discussion with Robert Pfeiffer. Robert is a counselor who has a double masters degree and is completing a doctorate degree in counseling. He has received specialized training in ethics from Global Ethics and has presented several ethics seminars. Robert teaches Ethics at DSM as part of the core curriculum. An accomplished speaker and storyteller, Robert will change your mind about the "necessity" of your requirement. The "necessity" of taking an ethics course will become thought provoking and interesting. Help us welcome Robert back to teach ethics as a continuing education event at DSM.

To register, send payment to:

Downeast School of Massage, Ethics, PO Box 24,
Waldoboro, ME 04572, or call 207-832-5531.



Clinical Flexibility And Therapeutic Exercise: Treatment of the Cervical Spine and Shoulder

With Tim Agnew, BS, NCBTMB

September 25-26, 2004, Sat. 9 am-5 pm and Sun 9 am-3 pm

NCBTMB Approved Provider • Total CEUs: 12 hours

TRANSFORM YOUR TREATMENTS

The Technique

This dynamic course offers new cervical and shoulder treatment options for massage therapists, physical therapists, and trainers. **Clinical Flexibility and Therapeutic Exercise (CFTE)** combines traditional kinesiology, orthopedic assessment, and physical therapy for a commonsense approach to treating your patient's pain. A large component of the CFTE work is the method of Active Isolated Stretching (AIS), an effective, safe flexibility protocol for opening deep tissue without touching the muscles. You will learn how to apply specific assessment, flexibility, and strength routines that get to the source of shoulder and cervical injuries. The philosophy behind CFTE is education of the patient. Solving the patient's pain will only be achieved by the patient's full understanding of why they have the dysfunction and what they can do about it. Learn how to make your client proactive in one treatment. This course is backed by over forty years of research in kinesiology and sports medicine and has an extremely high success rate when applied properly. Learn how to stretch, strengthen, and treat you and your client's cervical and shoulder dysfunction in a specialized modality that works! The course manual and the book, *Dynamic Flexibility* included! Register early!

Specialize your practice! Learn...

- ✓ How to isolate and lengthen the upper extremities safely.
- ✓ Shoulder biomechanics and anatomy as it relates to human movement.
- ✓ Shoulder/cervical injury: cause and effect.
- ✓ Specific, basic strengthening techniques guaranteed to help you and your patient.
- ✓ Eliminate therapist burn-out and injuries.
- ✓ Get athletes back to their sports quickly.
- ✓ Wrist, elbow, and finger techniques to prevent tendonitis.
- ✓ Solve cervical herniated discs when other healthcare providers have failed.
- ✓ Solve shoulder bursitis in two treatments.
- ✓ An upper extremity routine that will keep your energy up and your injuries down..
- ✓ How to help your patients avoid costly surgeries.

The Instructor

Timothy Agnew, BA, graduated from the University of South Florida, where he studied kinesiology and exercise science. He has completed the ATC (Athletic Trainer Certified) course requirements under the guidance of Barry University in Miami. He has spent the last eight years studying biomechanics as it relates to human movement, including the Active Isolated Stretching protocols outlined in his book, *The Dynamic Flexibility Manual: A Safe and Effective Self-Stretching Program*, and video, *CFTE Assisted Flexibility*. He has studied with the Cleveland Clinic of Sports Health and Orthopedic Rehabilitation and served his internship under renowned kinesiologist Aaron L. Mattes, R.K.T. Agnew is owner of Intent Publications, which offers dynamic seminars and learning materials to massage therapists and healthcare professionals nationwide. He is also editor of the *Intent* research newsletter, published quarterly. Mr. Agnew lives with his wife and son in Sarasota, Florida. He can be reached at www.stretchme.com or by calling 941-362-9627.

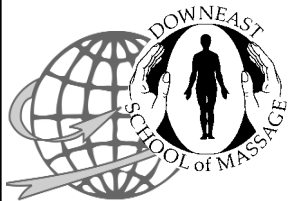
Cost: \$295 if registered by August 30; \$320 after cut-off date.

Fee includes course manual and *Dynamic Flexibility* text.

Call the Downeast School of Massage at 207-832-5531 to register. Visa/MasterCard



Continuing Education Opportunities



DSM Store on the World Wide Web

Downeast School of Massage Store now has its own Web site at www.dsmstore.net!! You can shop anytime, without calling the school or visiting the store. You can order over the Internet or by e-mailing Emily Sibley, bookstore manager, directly at dsmstore@dsmstore.net.

Available Now

2004 – 2005 DSM Catalog

Now accepting applications for September classes.

DSM is the oldest, COMTA-accredited program in the heart of Midcoast Maine. If you want some catalogs for your office, please do not hesitate to call 207-832-5531 or email us at dsm@midcoast.com.



Education preserves the future of the profession!

DR. VODDER'S MANUAL LYMPH DRAINAGE: Basic • Level 1 With Nancy Reichl Sept. 29, 30, Oct. 1, 2, 3, 2004

9 AM - 5:30 PM

Cost: \$650 if registered by September 6, \$675.00 after

Course Description

Manual Lymph Drainage and Combined Decongestive Therapy is a unique, therapeutic method of stimulating the movement of fluids in the tissues. The gentle, rhythmic, pumping, massage movements follow the direction of lymph flow and produce rapid results. The training is offered in four consecutive parts: Basic, Therapy I, Therapy II, and III for a total of 160 hours. Basic is an intensive course involving extensive hands-on work. The basic strokes and their application to each body part are taught. The theory covers anatomy and physiology of the lymph vessel system, connective tissue, effects of MLD, and contraindications. Lymphedemas are described with an emphasis on how MLD can affect them.

The course is open to licensed or certified health care practitioners such as physical therapists, occupational therapists, registered nurses, etc. There are certain prerequisites for entrance to the course. For massage therapists, a minimum of 500 hours in the curriculum of a massage therapy school or successful completion of the National Certification exam is required. Proof of education, license, and/or certification required. Textbook included.

Course Instructor: Nancy Reichl is a Certified Vodder Instructor. This course is 4.0 CEUs.

For more information or to register, call DSM at 207-832-5531

The Downeast School of Massage is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.

The Royal Treatment Spa Certification with Steve Capellini

October 22, 23, 24, 2004

Friday 7–9 pm, Saturday and Sunday 9 am–5 pm

Coming to
Waldoboro
in October

NCBTMB
Approved Provider
1.6 CEUs

Extensive hands-on practice during the seminar gives students confidence in their new abilities. They will leave the workshop knowing how to set up and perform basic spa **Ayurvedic** treatments, complete **body scrubs** in a dry-room situation, **seaweed masques**, **clay/fango/mud applications**, and **herbal wraps**. Contraindications, theory, and several alternative, related treatments are also covered. In addition, they will be familiarized with spa concepts, terminology, equipment, and products.

Steve Capellini has been working in the spa industry since 1983, first as a massage therapist, then as a trainer, supervisor, and writer. He teaches spa workshops across the country and has published 3 books: **The Royal Treatment**, **Massage Therapy Career Guide**, and **Massage For Dummies**.

Visit Steve's Web site: www.royaltreatment.com

SOME OF THE TOPICS COVERED:

- Networking information for therapists looking for jobs in spas
- Extensive spa product information with resources to buy at discount
- Marketing and development resources for people opening a day spa of their own
- Creating a spa space in a "dry room" without plumbing

Workshop location: Downeast School of Massage, Waldoboro, Maine. **Cost:** \$395 (includes all spa products) if paid in one lump sum by **September 8, 2004**, or \$435 thereafter. To register, call DSM at 207-832-5531



Core Zero Balancing The Integration of Energy and Structure A Full Four-Day Advanced Training with David Lauterstein

October 14-17, 2004
Thursday-Saturday 9-5; Sunday 9-4.
Cost: \$495 if preregistered 30 days or more
before the workshop (\$595 thereafter).
\$100 deposit required. 25 hours

Zero Balancing has been called "the most revolutionary development in bodywork today." Many bodyworks are superb physical therapies; others address the body's energy systems. Zero Balancing is the only therapy whose goal is to address simultaneously physical structure and energy. It aligns the deepest anatomical layers of the body. Zero Balancing also dramatically enhances energy flow, particularly the deepest currents of energy in the body.

How Zero Balancing helps:

- Relieve muscle pain and chronic tension—especially in the feet, hips, low and mid-back, shoulders, and neck
- Deepen client's relief from past trauma
- Stimulate psycho-spiritual development
- Re-align the physical body
- Deeply relieve current life stress
- Promote mental clarity and inspiration
- Align structure and energy with respect to each other

What you will learn:

- The step-by-step Zero Balancing protocol for the entire body
- Anatomy of "Foundation Joints," those most critical to our balance
- The energetic role of each of the major joints and bones in our body
- Altered states and their relevance to the healing process
- The "Working Signs" of mind/body healing
- How to Create Fulcrums—Zero Balancing's working tool for balancing energy and structure
- Specific techniques for the tarsal bones, hips and legs, sacro-iliac joints, low, mid and upper back, shoulder girdle, and extensive work for the lower neck and sub-occipital areas.

This 25-hour training is authorized by the Zero Balancing Health Association as the first course in the Zero Balancing certification process.

David Lauterstein is the co-founder of The Lauterstein-Conway Massage School in Austin, Texas. Having been involved in bodywork for nearly 30 years, he is the author of the book, *Putting the Soul Back in the Body*, editor of the manual, "The Alchemy of Touch," and author of the path-breaking articles series, "The Seven Dimensions of Touch" (see www.tlcschool.com under "Articles"). Mr. Lauterstein teaches Zero Balancing and Deep Massage: The Lauterstein Method throughout the United States and in England.

Prerequisites: Participants must be health practitioners (massage therapists, acupuncturists, nurses, chiropractors, physical therapists, etc) or current students. **Required reading:** *Inner Bridges* by Fritz Smith, MD.

To register, call Downeast School of Massage at 207-832-5531

Navigating the Fascial Matrix

*Presented at
Downeast School of Massage*

Dates: January 22-23
February 26-27
March 19-20
April 23-24
May 14-15

Time: 9am-5pm Saturday & Sunday

Cost: \$1350 before 12/01/04
\$1425 after 12/01/04
70 credit hrs. plus 24 hrs.
outside of class and 9.4 CEU's

Contact: Cindi Yawdik 207.832.5531

Prerequisites:
Graduation from a bodywork or energy training,
500 hours minimum or instructor permission.

Advanced Connective Tissue Therapy Certification

Connective tissue has been traditionally been in the background of western somatic thinking; thanks to the work of Dr. Ida Rolf and others, This is slowly changing. This class will immerse students in the connective tissue/ fascial system of the body. Students will learn to understand & utilize its' unique qualities to see and directly interact with whole body's shape and postural organization. Special focus will be given to the way we interact with clients; learning to evoke change cooperatively, instead of imposing external ideas of order or change.

The course objectives are:

- A developed sense of appropriate body use.
- Theoretical & palpatory understanding of the connective tissue system.
- The ability to strategize a session or series of sessions.
- How to recognize & affect whole body patterns.
- Techniques to balance patterns of fascial strain.
- Learn a variety of movement techniques for client re-education and personal centering.

Instructors:

Dameron Midgette
certified advanced rolfer
certified rolf movement teacher

Annie Wyman, LMT
certified rolfer
certified rolf movement teacher
NCBTMB provider





Continuing Education Opportunities



Bodywise

Body Mechanics for Body Practitioners

presented by Downeast School of Massage

Our most fundamental tool in bodywork is our own body. The quality of our touch, the tools we choose to use and the ease of our own structures are all key factors in our effectiveness, comfort and longevity as practitioners. Spend a week-end refining your understanding of structures and function in your practice and your clients' lives.

- Make your techniques more specific and effective
 - Reduce wear and tear on your body
 - Increase your perceptual skills

Date: December 4th & 5th

Time: 9am-5pm Saturday & Sunday

Cost: \$250 before November 1st
\$300 after November 1st

Contact: Cindi Yawdik 207.832.5531



Instructors:

Annie Wyman
certified rolfer
certified rolf movement teacher
NCBTMB provider

Dameron Midgette
certified advanced rolfer
certified rolf movement teacher

Explore A METHOD TO TREAT AND ASSESS CHRONIC SOFT TISSUE INJURIES AND CONDITIONS

SAT., NOV. 20 & SUN., NOV. 21, 2004, 9 - 5 both days

In this dynamic hands-on course, learn a method to assess and treat soft tissue injuries and conditions. Unitizing sports medicine assessments along with a more in-depth understanding of signs and symptoms presented by various soft tissues, you will have a clearer picture of the actual cause of the injury/condition not just the symptoms. The importance of core strength will be explored to assist with the development of appropriate treatments and prevention activities.

You will learn...

- ✓ A usable method to assess chronic soft tissue injuries and conditions.
- ✓ Ideas to assist in the treatment of chronic soft tissue injuries and conditions.
- ✓ A variety of activities to reduce the risk of injury and condition recurrence.
- ✓ How to perform core strengthening exercises and what their specific function is in treating and reducing the recurrence of chronic injuries and conditions.

The Instructors

Michael Aitken, LATC, LMT, received his masters degree in athletic training from Indiana University. He has worked for the past 28 years as an athletic trainer at the college and high school levels as well as in a clinical setting. For the past ten years Mike has owned a private massage therapy practice specializing in sports and work related injuries/conditions. He has had the opportunity to work with national and world-class snowboard, track and field athletes, runners and triathletes both as a massage therapist and athletic trainer.

Kate Anagnostis, LATC, LMT, earned her degree in health education and athletic training from Ithaca College. She has a MS in Severe Special Needs. She has worked with people with injuries and chronic conditions through athletic training and massage therapy for over 20 years. She has a massage therapy practice in Brunswick and is the athletic trainer for Mt. Ararat High School. She is a part of the Maine Sports Massage team and teaches anatomy at DSM.

Michael and Kate co-teaches Event Sports Massage at the Downeast School of Massage.

Cost: \$250 if paid by November 1, \$265 thereafter.

For more information or to register, call DSM at 207-832-5531

How to Register for Continuing Education Programs

In order to register for a workshop, please fill out the registration form below and mail it with your payment to DSM. Please PRINT all of the information clearly. Once we have received your registration form, the Workshop Coordinator will mail you a confirmation letter with a list of items you will need to bring to the workshop. If you need directions or lodging information, please mark the appropriate box on the registration form. **In order to receive an early registration discount, you must send in the full amount of the tuition fee by the early date listed for the workshop. Partial payments do not receive a discount. Late payments do not receive a discount.**

Downeast School of Massage Workshop Registration Form

Please return to Workshop Coordinator, PO Box 24, Waldoboro, ME 04572

Complete and return this form with a non-refundable deposit to guarantee your place in the class.

Name: _____ Phone: day: _____ eve: _____

Address: _____ City: _____ State/Zip: _____

Email address: _____

Name/Date of Workshop(s): _____

A. I am enclosing payment in full, which includes a \$50 non-refundable deposit for any class under \$300 or a \$150 non-refundable deposit for any class over \$300.

B. I am enclosing a non-refundable deposit of \$50 for each class under \$300**

C. I am enclosing a non-refundable deposit of \$150 for each class over \$300**

**The balance will be paid no later than one week prior to the date of the workshop.

Please remember that options B and C do not entitle one to early registration discounts.

D. I wish to pay with (check one): MasterCard Visa American Express Discover
All credit card charges for workshops will be held and charged two weeks prior to workshop.

card# _____ - _____ - _____ - _____ exp. date: ___/___ C.I.D. _____ Signature: _____

REFUND POLICY: Tuition refunds will be given only with written notice received at DSM at least one week prior to the first day of the workshop. Absences do not entitle a participant to a refund.

Lodging information

Directions



DSM STORE

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Call or Stop by for Springtime Savings!**

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for the enhancement of professional growth
and holistic health.*

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- and much, much more!



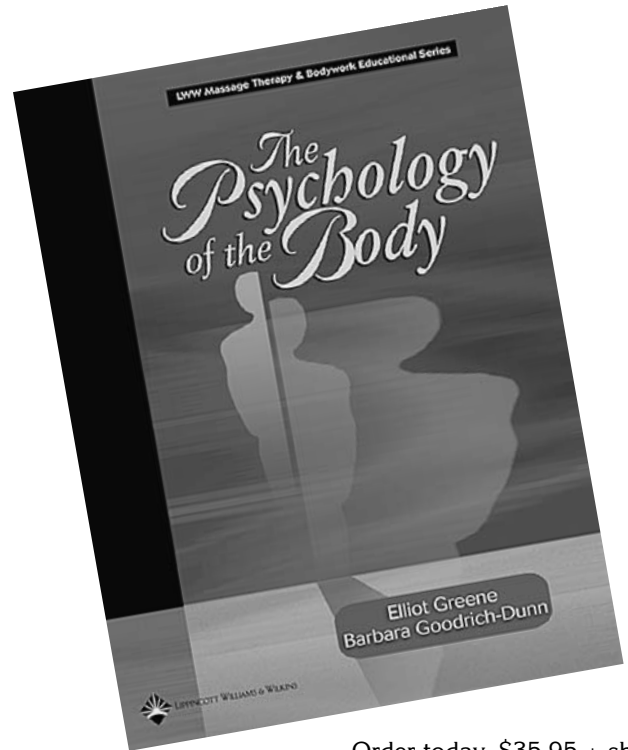
DSM Store Hours
Mondays & Tuesdays by appointment
Wednesdays 11 a.m. to 7 p.m.
Thursdays & Fridays 9 a.m. to 5 p.m.



DSM Store
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Email: dsmstore@dsmstore.net

Shop Online at www.dsmstore.net

**Recommended Reading.
Now available in the DSM Store...**



Order today. \$35.95 + shipping
See *Worm Review* on page 3 of this newsletter.

**Downeast School of Massage
Newsletter of
Fall 2004**
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