

From the Director

Questions for the Working Massage Therapist

by Nancy Dail, BA, LMT, NCTMB

What kind of massage therapist do you want to be? Successful might be one answer. Compassionate and nurturing might be another. Can one word be a definition for how you want to practice? Your education is the foundation of your future, but how you translate that into your practice will be your challenge. Will you remember self-care and professional development classes in boundaries and body mechanics? How will you rejuvenate your practice once you have a daily routine in place and clients knocking on the door? In some ways, your clients will guide you towards some form of continuing education. Many clients suffer from sciatica for example—just how long does your massage last on the client’s piriformis and lateral rotators? Tim Agnew will be here at the end of September to teach Clinical Flexibility and Therapeutic Exercise. He will provide a different and additional methodology to the massage therapist’s tool belt to deal with lumbar and sciatic pain that many clients suffer from on an ongoing basis.

Maybe you are seeking a different energy approach for your practice. Facial Rejuvenation may just be your calling, or Zero Balancing might lead you to another energy but structural path. Spa work? Try spa techniques with Steve Capellini. He will provide ways to stimulate your practice by adding spa to your toolbelt. Or perhaps you need to enhance your practice with the use of Stones, Shells and Aromatherapy—Nature’s Tools with Kate Leigh. Her vast experience with natural tools, massage, and blended oils will give you many ways to diversify your practice.

Compassionate and nurturing? Caring for Clients with Cancer with Tracy Walton provides a path to follow when working with the inevitable—clients with cancer. Should we avoid them at all costs? Last

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Cancer and Massage: Stories Unfold

By Tracy Walton

“So what do you do for work?”

I tell them I do massage therapy with people with cancer. And I travel around the country teaching a course about massage therapy for people with cancer.

So far, so good. But two more questions inevitably flow from that conversation. One, why am I drawn to that work, and, two, why am I drawn to teach it?

I skip to the second question, easier to answer. It’s because massage therapists who sign up for a course on cancer are, without exception, remarkable people. They are extraordinary: thoughtful, dedicated, conscientious. Because I get to spend my days with them and I leave feeling full of hope. Because I thoroughly enjoy them and our time together.

But the answer to the first question catches me short. For more than ten years I’ve been doing massage therapy with people at end of life, during their diagnosis, during survivorship, in the middle of cancer treatment. And I still have trouble saying why. It calls to a place too deep in me for casual conversation. So I start to mumble and get hoarse. I focus on the work itself. I say,

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Treating Sciatica: From Hippocrates to CFTE

By Tim Agnew

The chronic condition known as sciatica is not uncommon to any professional working today, nor was it unknown to the scholars of ancient Greece. As early as the fifth century BC, sciatica was a recognized yet little understood “malady” of the hip. Hippocrates believed that the disorder was more common during the summer and autumn months and treated the condition using massage, rest, and “piped-in” music.

Today, sciatica is better understood, yet it has created a daunting legacy; it is a syndrome whose lifetime prevalence is as high as forty percent. Sciatica is not new to the massage therapist. In massage schools all across the country, students are introduced to the condition and taught how to treat it (think piriformis). Sciatica-related pain is a common complaint from many clients of massage therapists. Results for relief of pain from this condition in massage and other health care modalities are usually good, with one caveat: the relief usually does not last without continued treatment. Sciatica persists, year after year, sometimes decade after decade, and quality of life

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2005-06 Continuing Education

Downeast School of Massage

WALDOBORO, MAINE

- September 8-11 ... Infant Massage (Mathias)
- September 9 Ethics (Pfeiffer)
- September 24-25 ... Clinical Flexibility (Agnew)
- October 1-2 Stone and Shell (Leigh)
- October 6-9 Facial Rejuvenation (Leite)
- October 15-16 Biotone Spa Certification (Capellini)
- October 21-23 Caring for Clients with Cancer (Walton)
- October 27-30 Zero Balancing (Lauterstein)
- January - July, 2006 . Shiatsu (Goulet)
- April 19-23, 2006 ... Manual Lymph Drainage Basic Level 1 (Reichl)
- June 17, 18, 2006 ... Breast Massage (Curties)
- July 14-16, 2006 ... Myofascial Approaches for Head, Neck and Upper Back Pain (King)

Also check with DSM to take individual courses in our diverse program!!

FOR INFORMATION OR TO REGISTER CALL 207-832-5531

Battleground Spa

By Steve Capellini

When people get the initial inspiration to build their own spa or expand their massage practice into spa modalities, they have a tendency to romanticize the industry and focus only on the positive aspects of the endeavor. This is a good and perhaps necessary thing, as it creates enough momentum for the aspiring therapist to create something new and change old patterns of thought. However, it also leads to some Pollyanna-ish thinking later in the process. People in general, including therapists, think of spas as quiet, beautiful environments where not much, if anything, can go wrong. However, once you've got your spa up and running or you've incorporated spa services into your practice, you'll find that, behind the scenes, there is a virtual battleground of intense, often abrasive, activity going on. There are many more details to keep track of in a spa than in a massage practice. There are more client complaints and more opportunities to be disappointed, because expectations are so high.

In "Battleground Spa" (see my article of the same title in *Massage & Bodywork Magazine*), you'll need to know the ins and outs of daily procedures, handling workflow, dealing with product, laundry, client scheduling, room maintenance, equipment upkeep, and more. There is more to delving into spa services than learning how to do a wrap or a scrub, and it is precisely these nitty-gritty details of the work that I hope to get across to students in the upcoming Biotone Spa Workshop at DSM. If you are seeking some down-to-earth and honest answers to the practical questions you have about expanding your practice in the spa arena, I hope to be able to help you in October. There is also another tool that might guide you in this endeavor: take a look at my compiled "Spa Letters" on www.massagetoday.com. There you will find lots of advice as you grow your practice.

Good luck, and I hope to meet you along the path!

See ad for Biotone Spa Workshop in this newsletter.

From the Director fr. p. 1

time I checked, they were human, too, with very great needs to be touched. Tracy's workshop brings words like *safe*, *caring*, and *competent* to mind, helping the massage therapist to fully comprehend the needs of this very special group of people.

Want to work with babies? Infant Massage Instructor Certification Training is fun and starts the baby on a whole new voyage, embracing safe touch. What a way to stay **IN TOUCH** from the very beginning of a child's life and lay a foundation for a safe-touch future. Instructor Maria Mathias guides you in a four-day training. Real babies and their moms participate in the process.

What about Lymphatic Drainage? Let me help you dispel a myth. A year ago I fell and received a third-degree sprain of my left ankle and foot. The swelling in my toes would not go away in a reasonable amount of time and I was so tired of crutches. I set myself up for several lymphatic drainage treatments, and voila, I was walking again without that rush of pain that edema gives you when your circulation meets full tissues. There are not nearly enough therapists around who know how to utilize lymphatic drainage in the course of a massage treatment or as stand-alone techniques. You do not have to just do Lymphatic Drainage once you learn some technique. You can incorporate it into your practice as a part of your toolbelt. Do you have any clients with some swelling somewhere? Do you work deeply on any clients and then let their body deal with the pushing of fluids and wastes? Wouldn't it be great to be able to use some Lymphatic Drainage after you work deeply on a client so that the body does not have to work so hard or be as sore the next day? Nancy Reichl will be teaching Manual Lymph Drainage at DSM next April. Join her then to find out what MLD is all about.

Many individuals, students, and graduates have requested that we provide a certification course in Reflexology. I am happy to announce that we are going to do just that! This fall we will launch our very first Reflexology Certification course, and Aloisia Pollock will be the

IN TOUCH

The Quarterly Newsletter of the
Downeast School of Massage



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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.

instructor for this expanded course. DSM graduates can return to take the additional classes and become certified, based on the completion of their other courses here at DSM. Current DSM students will be able to add this course in a concentration program. Please see the ad in this newsletter.

Whatever choices you make, for whatever reasons, it pays to stay **IN TOUCH** with your education and to expand your practice through continuing education. It puts you **IN TOUCH** with your peers, your clients, your practice, and with yourself. It is hard to beat that combination of supporting your foundation and preparing for your future. What kind of therapist do you want to be?

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

Touch and Be Touched

By Susie Leite, BA, MS, Ms.T.

When Nancy Dail asked Linda Burnham to write an article on Rejuv, it felt like a great opportunity for me to introduce myself to Downeast students and alumni. My name is Susie Leite and I teach Phases I and II of Burnham Systems Facial RejuvenationSM (Rejuv) nationally. Linda and I co-teach the Professional Certification levels in Santa Fe. I will be teaching the four-day training at Downeast, October 6-9. My first thought was to write something about TOUCH AND BE TOUCHED, one of the primary concepts of Rejuv. When I looked at the newsletter, In Touch, it seemed synchronistically appropriate.

I met Linda Burnham at the Center of the Light in 1984 and began my studies in the wholistic approach to health and healing under her aegis. I was a special education teacher, looking for a healing modality that reached the psychotic and autistic children I worked with. I was disillusioned with all the systems—educational, psychological and medical. Nothing seemed to touch the real issues. The children were having trouble understanding their world and being understood. My hands were already sensitive to these special people and I could soothe them—knowing how to touch them without speaking. My training at the center opened up new possibilities. I was particularly drawn by the Facial Rejuvenation system. It required a gentle, skilled touch that addressed the whole body by accessing the head. It required that I be fully present in my hands and heart as I touched. And it required an awareness that I was touching more than a simple point on the face—I was touching all levels of being—physical, energetic, emotional, mental, and spiritual. I knew this quality of touch could help the children—understanding and communication occurs within the brain, which was underneath my hands as I offered this loving touch.

This article isn't about a miraculous cure of the children in my care, it is about the miracle of my own transformation. I learned that I was touched in a profound way, when a child sat still long enough for me to touch his head with precision and delicacy. I learned that the deeper I could feel me, the easier it was for the child to communicate. I learned that my neurological systems were altered by doing the

work, I was more peaceful and balanced after a session and so was the child. I learned that to really touch children, I had to be willing to be touched by them.

Over the years, I did 'sessions' on friends and family, simple touches, strokes, and sweeps that I remembered, long after I had forgotten the notes. Even under my novice hands, their response was more dramatic and they could tell me about it. Each in their unique way experienced the sacredness of a touch grounded in love. When I began thinking of retiring, I searched for a new passion, and I wondered about Linda and her work. Rejuv had a professional certification program in Santa Fe, New Mexico. I called, began taking classes, completed the process and never went back to the traditional classroom. I did not intend to teach in the Rejuv classroom—the Universe has a strange way of preparing us for positions that we couldn't even imagine—but often, they end up being our deepest dreams come true.

I invite you to come and be touched while you learn new ways to touch the head, neck, and shoulders. It is the path of the bodyworker to keep opening to the essence of what it means to touch and be touched. Studying Rejuv will change the way you approach all of your bodywork, it will:

- increase the actual effectiveness, physical and energetic, of the work you do
- deepen your client's experience of special care and nurturance
- give you a sense of personal renewal, replenishment, and satisfaction from your daily work
- take your skills to a greater level of expertise

Rejuv is part art and part technique—first you learn the notes and the scales, and then you can sing and dance the melody of your heart. Deepen your own experience of your touch while you surrender to the gift of being touched. Join me in October for the miracles of fall in Maine and the inner exploration that is Rejuv.

Susie Leite, M.S. has worked and trained with Dr. Linda Burnham for over 15 years. She is currently the administrator for Burnham Systems Studies in Santa Fe and teaches Burnham Systems Facial Rejuvenation nationally. With a Master's in Special Education (Hunter College), Susie specialized in cutting-edge techniques designed to reach autistic children and young adults for over 30 years.

She has trained and assisted in spiritual awareness seminars and alternative modalities in healing through education and transpersonal work in the United States, England and Venezuela. Most recently, Susie assisted Dr. Burnham in writing her first book on Burnham Systems Facial Rejuvenation, The Natural Face-Lift: A Facial Touch Program for Rejuvenating your Body and Spirit.

As a certified Burnham Systems Facial Rejuvenation practitioner, she brings her reverence and love for Rejuv to the classroom. As a teacher, she brings her skills in special education to the field of transpersonal touch. You will find her humor and authenticity refreshing.

See ad for Facial Rejuvenation in this newsletter!



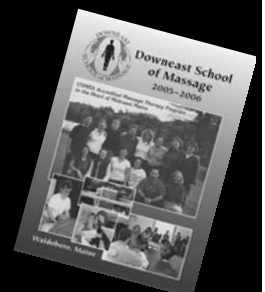
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"Massage therapy is helpful during cancer treatment." Maybe I go on to cite symptoms, studies of massage benefits, the rational justification for my work.

But the truth is, my clients interest me more than my work does. And it's hard to capture, in a sound bite, how a client's presence brings something sacred to my life. Instead of a recitation of techniques, theories, and research data, a single story comes to mind:

One late winter afternoon I finished my session with a client, a recent cancer survivor. I left my treatment room to wash my oil bottle and hands. The time it takes to do these simple tasks corresponds roughly to the time it takes a client on the other side of the door to dress. Returning to the treatment room, I knocked on the door. From within I heard a clear, "All set!" and I opened the door. I expected my client to be dressed, gathering her things. Instead she stood in front of the mirror, still unclothed. Confused and apologizing, I started to leave the room to give her more time to put on her clothing.

"No, no, please stay," she said. I closed the door uncertainly. She stood in her underwear, turning and surveying her body in the mirror, sometimes craning her neck to see herself. "I'd like you to look at me. I'd like you to look with me...to look at my body and to notice its changes since cancer treatment."

All of my training told me to withdraw and give her privacy to dress. But even if instinct hadn't told me to stay, my client had told me in the firmest of tones. I stayed and joined her in front of the mirror. Together we listed the changes in her body. The pucker at the rim of her breast, a lumpectomy. The scar into her underarm

and the numb reminder of nerve damage. The lost hair, the thinned eyebrows. The weight loss from chemotherapy's nausea, captured one night she stood in front of the juice cooler at the supermarket, mourning the loss of her appetite. The weight gain after chemo ended and took the nausea with it. The weeks it took for her hair to grow back. We remembered these milestones of recovery and regrowth, including one triumphant moment—her first haircut after chemotherapy. Each of the things we saw in the mirror had a story attached to it, and we retold several of them as we stood there.

We stood for some time, reviewing the changes in her body from the last two hard years. We examined the terrain of her body for everything that had happened to it and we named the events.

My client dressed quietly, rescheduled, and left.

The room felt hushed. I moved slowly, carefully gathering linens and tidying for the next day.

My client returned to me for massage for years. She never again spoke of this exchange.

What happens to our bodies happens deeply and in private. We live alone in them. No one can ever know fully what it's like to be inside another's skin. Cancer brings strange assaults and even stranger healing. Along the way it tells stories. These stories are important for us to hear, remember, and preserve.

As massage therapists, we get to see, feel, and hear these stories. We have the honor of walking with people on their various paths, as they tell us their stories of their lives.

I guess that's the real answer to the question.

Tracy Walton, LMT, M.S., is the 2003 AMTA Teacher of the Year. She consults to hospitals, writes, and teaches "Caring for Clients with Cancer," a course offered nationally for professional massage therapists. Back home, she works with the Beth Israel-Deaconess Hospital in Boston, researching the role of massage therapy for people with metastatic cancer. She can be reached at tracy@tracywalton.com. Her Web site, www.tracywalton.com, includes a current bibliography on cancer and massage. Her workshop at Downeast will be on October 21 - 23, 2005. See ad in this newsletter.

Massage Therapists Graduate

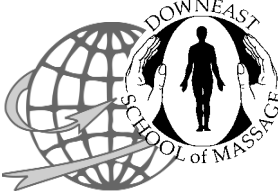
The Downeast School of Massage held commencement exercises for 20 new massage therapists from the 35th graduating class and approximately 170 guests on Saturday, July 23rd, 2005, at the school in Waldoboro. Bethany Hayes, M.D., guest speaker, provided an inspirational speech to graduates and guests. Dr. Hayes is the co-director of the Mercy Hospital Division of Integrative Care and the medical director at the True North Center for Health and Healing in Falmouth, Maine. True North is a non-profit full-service health care center staffed by 16 expert professionals from various disciplines including massage, acupuncture, internal medicine, counseling, and psychotherapy, to name a few. Dr. Hayes believes in the integration of health care, including massage therapy, for the benefit of the patient. She offered congratulations to the graduates and wished them much success in the years ahead.

Leslie Spencer, Monika Piazza, and Kate Johnson represented their classes by speaking to the audience at graduation. Memories surfaced with laughter, gratitude, and tears representing the deep bonding shared by these classes over the course of this year. For their class gift, the students presented the director with a podium complete with the school logo.

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

Graduating were: Melissa Abbott, Whitefield; Elizabeth Adams, Ellsworth; Rebecca Allen, Thomaston; Ashley Baxter, Hope; Bryanne Bisbee, Dover-Foxcroft; Amanda Bridges, Rockland; Mark Digirolamo, Rockport ; Christina Everette, Brunswick; Megan Ford, Portland; Jenny Hale, Lincoln; Megan Harmon, Poland; Kate Johnson, Rockland; Lauren Markert, Bath; Shannon Monahan, E. Wilton; Monika Piazza, Bowdoinham; Leslie Spencer, Glenburn; Kathleen Staples, Belfast; Johanna Stinson, Hope; Marylu Taylor, Waldoboro; and Tracee Trudell, Brunswick.

DSM wishes all the graduates well and the best of luck. We look forward to hear from you!



www.dsmstore.net
 Downeast School of Massage Store has its own Web site where you can shop anytime, without calling the school or visiting the store. You can order through the Internet and e-mail Emily Sibley, bookstore manager, directly at: dsmstore@dsmstore.net.
 Visit the store at www.dsmstore.net.

declines for most patients.

The traditional Cartesian view of sciatica in the medical field is that the condition is a physical process, thus treating it must entail a search for a “logical” reason. For example, for the last 70 years, a herniated disk in the lower back has been widely accepted as a likely cause of sciatic pain⁵ Treatment for sciatica, then, is often based on a diagnosis of a damaged disk. If a sciatic patient visits an orthopedic surgeon, she will probably order an MRI to rule out the possible involvement of a protruding disk. The medical community is gullible to “scientific evidence,” especially when it is presented in a pretty picture of magnetic imaging⁶ If a disk is herniated and they can see it, it *must* be contributing to the pain. Yet of the 1.5 million costly MRI scans performed each year, only twenty percent show a herniated disk serious enough to cause sciatic pain⁵ Also, spinal MRI scans show that most people without back pain have disk bulges.⁷

The Cartesian “look for one thing” view often blindly carries over to the massage therapist. For example, the common place to look for dysfunction in a massage treatment is the piriformis muscle. This is not a bad place to start, as *piriformis syndrome*, a term that describes dysfunction in this small muscle, could be causing the sciatic pain. If we trace the path of the sciatic nerve as it comes out of the sacrum, it passes just under the piriformis muscle, and the peroneal part of the nerve may perforate the muscle itself.¹⁰ Massaging this muscle can be of great help in releasing its hold on the nerve, but a larger question is how long will it last? What if the client was taught how to maintain her own dysfunctions?

Clinical Flexibility and Therapeutic Exercise (CFTE) is a modality derived from traditional kinesiology (the study of muscle movement) and biomechanics. CFTE consists of an entire set of exercises done in a specific order to open soft tissue and restore range of motion (ROM). Unlike many massage modalities, CFTE is rooted in kinesiology, so its approach is often very new to many professionals. It essentially utilizes ROM, something that every therapist should be familiar with. But it also involves a philosophy that is outside of Cartesian thought; instead of focusing on one thing, the entire body is considered in every treatment. Also, the sciatic patient becomes involved with her own treatment by learning exactly what needs to be

done to help it.

To perform a CFTE treatment on the lower extremities, an isolation belt, which resembles a car seat belt, is used over a 3-inch hip pad to help isolate structure. For example, to treat areas that might be affecting sciatica, the belt is placed over the anterior superior iliac spine (ASIS). This keeps the ischial tuberosities down on the table, and stabilizes the hip completely, allowing for specific isolation of muscle tissue. There are over 50 different CFTE movements for the hip, all of which

specifically isolate areas of injury. Treatment does not cease at the clinic; patients are educated and are always involved in their recovery. Under the philosophy of CFTE, sciatica becomes a very manageable dysfunction that does not have to be life debilitating.

Timothy Agnew will be at DSM September 24-15 teaching a CFTE hip course. Call the school for more details, or visit www.stretchme.com. References for this article are available by request.

Placement Opportunities

- ✓ **Very pleasant, in-town Brunswick Massage Therapy office** has space to share. Weekends currently available. Possibility of additional day or half days. Please call Kathy Paul, 207-729-8186.
- ✓ **Practitioner space available in Portland:** \$10/hour, \$50/day (7 hours), \$325-\$400/mo. Please contact John: 207-299-3652 (cell) or 207-253-8068 (ofc), john@interactorsinc.com
- ✓ **Crane Chiropractic Center** is looking for a female therapist. My goal within 1 year is to have her employed FT working 35-40 hours per week and she would be seeing my patients and I would be paying her a salary of \$25/hr with advancement to \$35+/hr dependent on her time, experience, and commitment. For further information, contact Dr. Greg Golliday, Crane Chiropractic Center, 320 Ossipee Trail West, Standish, ME 04084 207-642-2273.
- ✓ **Portland Space Available.** We are in a building with one therapist and a book business, art gallery, and Aikido school. We have two rooms for lease, one at \$325 and one at \$375, all included, great location (226 Anderson Street, Portland 04101), nice waiting room, and parking. Call Gary at 207-879-9207 or email Gary@aikidoofmaine.com
- ✓ **Appearance's Hair & Nail Salon** has Massage Therapy has space available for rent. Please call Posy Gillespie for information at 207-892-9983.
- ✓ **Office space for rent** at Hair Frolicks Building, Sheepscot Road in Newcastle. For more information, call 207-563-8822 or 207-563-1863.
- ✓ **Active Chiropractic** on Rt. 1 in Saco is looking to hire an LMT as an independent contractor. Call Dr. Brent Reiche, B.S., D.C., at 207-571-8028 or Fax 207-284-2034.
- ✓ **Massage Therapists Needed!** The Red Jacket Mountain View Resort in beautiful North Conway, New Hampshire, is looking to hire full time and part time massage therapists for the new spa. For more information, call Joanne Sparks, LMT, and Spa Manager at 603-356-5411, ext. 146 or Fax 603-356-3842.
- ✓ **Acupuncture Associates, P.A.,** in Yarmouth are looking to expand our services to include Massage/Reflexology. We have extra space available and are interested in subcontracting. Anyone interested should send a resume listing GPA and attendance, 3 professional references, and 3 testimonials from clients to Acupuncture Associates, P.A., 6 Bennett Rd., PO Box 798, Yarmouth, ME 04096. Please write “Massage/Reflexology” on the envelope so we can easily sort applications from regular mail. Thank you.
- ✓ **Miles Home Health & Hospice,** Damariscotta, Maine, will be recruiting LMTs to provide massage for people in their homes in the community and on campus at Miles Health Care. We will provide portable tables and equipment (linens, etc). To apply, you may call Human Resources at 207-563-4550 or go to our Web site at www.mileshealthcare.org and fill out the online application.
- ✓ **Office space available** in prime location in downtown Camden, Maine. Ideally suited for therapists. Two floors in a small updated office building occupied by therapists. Quiet and comfortable environment (handicap accessible). Contact Gene Piken, PenBay Ventures or Dr. Linda Vaughan, PenBay Women's Mental Health, PA. E-mail: genelp@adelphia.net, or ljevphd@adelphia.net



Continuing Education Opportunities



Downeast School of Massage *presents*

An Evening of Ethics with Robert Pfeiffer Friday, September 9, 2005

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.

I 56-Hour Shiatsu Course Shiatsu 2006 at DSM, Waldoboro, ME

Shiatsu I: Jan 5, 12, 19, 26; Feb 2, 9, 16, March 2, 9, 16, 23, 30; April 6
Cost: Shiatsu I: \$1,450.00
Shiatsu II: \$1,450.00
For complete course: \$2,700.00

Shiatsu II: April 13, 20, 27; May 4, 11, 18, 25; June 1, 8, 22, 29; July 6, 13
NCTMB Approved • Total CEUs 15.6 • Time: Classes are scheduled to meet from 9 AM to 4 PM.

Shiatsu, derived from the ancient system of Chinese medicine which gave us acupuncture, has been called "acupuncture without needles." It goes beyond treating the muscles to address underlying energetic imbalances that may cause chronic muscle tension and postural distortion. Shiatsu treatments are effective for many symptoms, from physical pain to emotional stress and fatigue. Shiatsu enhances vitality.

Shiatsu I, the first level, begins with an explanation of the concepts of Chi (energy), progressing onto specific treatments including all meridians and points, hara diagnosis, Yin/Yang Theory, Meridian stretches, and the Five Element Theory which uses the psychological and spiritual association for each meridian.

Shiatsu II begins with a brief overview of the first level. Students will then learn to build upon the principles learned in Shiatsu I, as well as learning Bod Yu points, Moxa, Masunagas Meridian extension, working with Kyo (weakness) and Jitsu (excess). In order to develop proficiency as Shiatsu therapists, students will learn to work in both sitting and side positions. Shiatsu II is designed to bring the student up to competency of a professional Shiatsu therapist. Out-of-class case studies, practical clinic experience, and regular homework will help develop student proficiency. Each student will need a mat, as Shiatsu treatments are traditionally practiced on the floor.

Lucy Goulet, B.A., M.A., NCTMB, is a Licensed Massage Therapist with more than 30 years of professional experience and training in Eastern and Western modalities. Lucy studied at the Ohashi Institute in New York and is a member of the AOBTA and a past president of the Maine AMTA Chapter. She has had extensive training in Bio-Energetic Therapy, Yoga, Polarity, and NMT. Her practice focuses primarily on the psycho-spiritual components of physical problems. Lucy has been teaching at DSM for 13 years and has a private practice in Camden, Maine.

For more information or to register for the Shiatsu program, please call the Downeast School of Massage at (207) 832-5531.
Space is limited, so register early.



Clinical Flexibility and Therapeutic Exercise™

Treatment of the Hip and Lumbar Spine

Sept. 24-25, 9-5pm Sat; 9-3pm Sun. with Timothy Agnew

NCBTMB Category A Approved
Total CEUs 12 hours

Join Kinesiologist Tim Agnew in this advanced course designed to educate bodyworkers on the **Clinical Flexibility and Therapeutic Exercise (CFTE)** philosophy for treating low back and hip dysfunction. The kinds of problems that involve the hip and low back are myriad, and treating them can be challenging. Very often patients are treated for lower extremity dysfunction only to have the problem recur year after year. This course will focus on opening soft tissue completely using advanced methods of *Active Isolated Stretching (AIS)*, including dynamic stabilization of fascia and muscle bellies by rotating the structure (bone). Manual resistance (closed and open chain) exercises that can be performed on a therapy table will be demonstrated, as well as assessment protocol for typical issues. The course will also offer valid treatment options for treating sacroiliac joint dysfunction, herniated disks, spondylol-

thesis, sciatica, and many other types of lower extremity issues. Students will participate in a hand's-on clinic that mimics real-life treatments, allowing the student to sharpen his or her skills and apply them safely. This course is backed by over 35 years of research in kinesiology, and proven results in the field of physical therapy and sports medicine.

Learn:

- How to end chronic disk herniations
- Why sacroiliac joint syndrome is "mis-treated"
- How to end chronic sciatica and more...
- Change your posture in two days
- Heal your hip bursitis for good
- Improve your flexibility now

The Instructor

Timothy Agnew graduated from the University of South Florida, where he studied kinesiology and exercise science. He 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 health care professionals nationwide. Mr. Agnew lives with his wife and son in Sarasota, FL. He can be reached at 941-362-9627. www.stretchme.com

Course Fee: \$325 before August 30th; \$350 after. For more information call Downeast at 207-832-5531. Fee includes course manual and *Dynamic Flexibility* text. Visa/MasterCard accepted



Continuing Education Opportunities



Downeast School of Massage is delighted to welcome back...

About the class:

Skilled hands-on sculpting of the face, combined with the ageless healing arts of head reflexology and nerve rejuvenation, awaken your beauty and renew your inner self. This work's most important concepts— presence, loving intentionality, cellular communication, and trust— allow your understanding of energy to deepen and to create a new level of expertise. This process not only changes people's faces, it changes people's lives, including the lives of those who do the work. Phase 1 and Phase 2 are the prerequisites for the 3 Phase professional certification program and will be taught by Susie Leite, M.S., certified Burnham Systems Facial Rejuvenation practitioner.

The Institute for Burnham Systems Studies is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider under Category A.



Phase I

Training in the Basics is a hands-on introduction to the fundamentals of this unique process. Basic strokes, location, and uses of the twelve major facial nerve centers, and a grounding in energetic healing principles are taught as a complete rejuvenation process. This class is open to all: professional body and energy workers, practitioners of body/mind medicine, estheticians, novice healers, or caring friends.

Phase II

Training in Minor Miracles deepens the trust you have in yourself and in the process. New strokes and sequences are added to specific areas of the face, neck, and shoulders. Energetic healing configurations that create rejuvenating energy flows throughout the entire body are explored. Phase 1 is a prerequisite.

Phase 1: October 6-7, 9:30 am-6:30 pm, 1.6 CEUs \$295

Phase 2: October 8-9, 9:30 am-6:30 pm, 1.6 CEUs \$350

Take Phase 1 and 2 as a 4-day Intensive, 3.2 CEUs \$590

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

2005 Workshop Dates!

About the instructor:

Susie Leite, M.S., has worked and trained with Dr. Linda Burnham for over 15 years. She is currently the administrator for Burnham Systems Studies in Santa Fe and teaches Burnham Systems Facial Rejuvenation nationally. With a Master's in Special Education (Hunter College), Susie specialized in cutting-edge techniques designed to reach autistic children and young adults for over 30 years.

She has trained and assisted in spiritual awareness seminars and alternative modalities in healing through education and transpersonal work in the United States, England and Venezuela. Most recently, Susie assisted Dr. Burnham in writing her first book, *The Natural Face-Lift: A Facial Touch Program for Rejuvenating your Body and Spirit*.

As a certified Burnham Systems Facial Rejuvenation practitioner, she brings her reverence and love for Rejuv to the classroom. As a teacher, she brings her skills in special education to the field of transformatonal touch. You will find her humor and authenticity refreshing.



The Hands-On BIOTONE SPA Spa Body Treatments Workshop

Enhance your business...master spa body treatments with confidence and skill!

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- ✓ How to provide the most requested services: Aromatherapy Wrap, Body Scrub & Polish, Herbal Wrap, Aromatherapy Foot Treatment, and Body Wrap with Mud
- ✓ How to create your own full-service or a-la-carte menu
- ✓ How to effectively market your spa treatment services to new and existing clients
- ✓ How to earn additional business revenue through retail sales without being a "salesperson"
- ✓ How to increase business revenue while lowering the wear and tear on your body
- ✓ How to set up a working dry room and spa setting
- ✓ How to select and use professional products and equipment
- ✓ Spa terminology, history, concepts, and contraindications
- ✓ How to prepare yourself for work in the exciting spa business industry

Workshop presented by
Steve Capellini

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with registration by Sept. 30
Regular price \$425

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Biotone Products is approved by the National Certification Board for Therapeutic Massage and Bodywork as a continuing education provider.



Downeast School of Massage presents

Nature's Tools:

Massage Enhancement with
Stones, Shells, and Aromatherapy
with **Kate Leigh**

Early Registration (by August 26) \$175

Cost After: \$200

1.2 CEU's, 12 Hours

October 1st & 2nd

Time: Saturday 9 a.m.—3 p.m.,

Sunday 9 a.m.—3 p.m.

Nature's Tools include:

- Smooth contoured stones and seashells to carry heat, pressure, and comfort to muscles
- Essential oils with medicinal and aromatic benefits
- Hot/cold grain bags

To register or for more information,
call 207-832-5531 or email dsm@midcoast.com

Caring for Clients with Cancer *Simple Steps to Safe, Effective Massage Therapy* **Oct. 21, 22, 23, 2005 • 9 am - 6 pm**

Downeast School of Massage • Waldoboro, ME

\$350 if registered by Sept. 30; \$380 thereafter ★ 24 category A hrs ★

★ Review current research on massage and cancer

★ Expand awareness of the cancer journey

★ Take home client forms, intake questions, and clear interview approaches

★ Adapt massage sessions to cancer treatments, side-effects and complications

★ Practice client interview and hands-on work in a supervised clinic

★ Use proven strategies for working with the client's physician

★ Learn in a lively, fun, supportive environment

Tracy Walton has worked in private massage therapy practice since 1990, seeing clients with complex health issues including countless people in cancer treatment. A seasoned teacher, Tracy served as the Academic Dean and Instructor in Physiology and Pathology at the Muscular Therapy Institute in Cambridge, Massachusetts. She consults to hospitals and massage schools, develops curriculum, writes and teaches nationally on indications and contraindications to massage therapy. Back home, she works with Harvard Medical School's Osher Institute, researching the role of massage therapy at end of life in patients with metastatic cancer. Tracy holds a Master's degree in Biology, with concentrations in Biochemistry and Cellular Biology. Highlights of her classroom include a wealth of usable information, fun, interactive learning, and a warm respect for massage therapists of all disciplines and levels. She holds an abiding reverence for the heart and soul of bodywork. In 2003 the AMTA Council of Schools named her the Teacher of the Year. Find more information at www.tracywalton.com.

Reading is assigned ahead. Early registration is strongly recommended.

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

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

October 27-30, 2005
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

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

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.

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



Continuing Education Opportunities



Beginning in 2005! DSM is proud to announce an exciting new offering

Certification Course in Reflexology for DSM Students and DSM Graduates

Join Aloisia Pollock in an exciting new certification course at DSM!

Reflexology can easily be intertwined in a full-body massage or be a stand-alone modality.

2005: Sept. 15, 22, 29, Oct. 6, 13, 20, 27, Nov. 3, 9 AM – 4 PM, Nov 3, 9 AM – 12 PM

45 Hours

Course Objective

This Reflexology Certification Course trains the student to give a competent Reflexology treatment of the feet, hands, and ears. The student will receive a certificate documenting 300 hours of Reflexology instruction and practice.

Course Description

Coupled with the DSM curriculum, the Reflexology program will exceed and fulfill standards as set by a national Reflexology commission. Standards in the field include:

- 75 hours of Anatomy and Physiology
- 75 hours of Reflexology and Related Subjects
- 50 hours Electives
- 10 hours Clinical Practice
- 85 hours of Practice Documentation
- 5 hours of Tutorial

300 hours

Of these 300 hours, 170 are met by the DSM curriculum for massage therapy. These hours include the 15 hours of Reflexology in the core curriculum. Additional hours in the above dates include:

- 30 hours instruction on history, theory and practice of Reflexology of feet, hands, and ears
- 10 hours clinical practice
- 5 hours one on one practice with instructor
- 85 hours independent practice with documentation

130 hours

Instructor

Aloisia Pollock, Reflexologist, was certified by the American Reflexology Certification Board in 1996. She has been practicing since 1988 and currently her practice covers Jefferson and Damariscotta, Maine. Aloisia owns and operates Sunset Cabins, a Reflexology vacation spot on Damariscotta Lake. She is president of the Maine Council of Reflexologists and attends international Reflexology conferences. Aloisia teaches Reflexology at DSM.

Cost: \$765.00

Register by September 10, 2005
Call DSM, 207-832-5531, for more information and to register.

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
 99 Moose Meadow Lane,
 PO Box 24
 Waldoboro, Maine 04572

• Phone: 207-832-5531
 Fax: 207-832-0504
 Email: dsmstore@dsmstore.net

Store Hours

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