



From the Director

## DSM News

by Nancy Dail, BA, LMT, NCTMB

Where did summer go? In a blink of an eye the holidays are upon us, and, as usual, we are wondering where the time went. Some of the time went to the planning of my eldest daughter's wedding. Emily Dail is now Emily Sibley and is married to Matthew Sibley. They said their vows on September 6, 2003, by the ocean at Clark Island in Tenant's Harbor. It was a beautiful, romantic, storybook day! We held the reception on the lawn in front of the school, complete with tent and dance floor. It was a day our family and friends will long remember.

Two days later, the September class had their orientation. They are now well under way, and our most recent seniors, the January 2003 class, graduated on November 15, 2003. A graduation is such a celebration of beginnings and endings. It is good opportunity for closure and for sharing one last experience with family, friends, and classmates. Our 35th graduation was made particularly memorable by the participation of special guest speaker Dr. Christine Niero, executive director of the National Certification Board for Therapeutic Massage and Bodywork. For more information about graduation, please read "Massage Therapists Graduate" in this newsletter.

DSM has not been inactive this fall. The Curriculum Development Committee has met and has made recommendations for the new catalog. Members of the Program Advisory Committee also serve on the Curriculum Development Committee, along with staff and faculty. Information from student course evaluations, graduate surveys, and employer surveys help to shape the committee's direction. Before the end of the year, the Program Advisory Committee will meet to approve the new catalog and review events of the past year.

DSM encourages its faculty and staff to take part in continuing education and promotes learning through an annual in-service event. Staff and faculty attended a

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## Massage Therapy and Cancer: What Next?

by Tracy Walton

Cancer is a consuming, frightening—and sometimes fatal—condition. It can isolate people in subtle, profound, and, often, heartbreaking ways. There is a strong call to massage therapists to provide skilled touch for people with cancer histories.

How do we respond to this call? In recent years, the traditional contraindication to massage therapy for people with cancer has come under scrutiny. I am grateful to authors who have questioned this prohibition with carefully considered arguments and with the use of scientific and medical literature.<sup>1</sup>

Thoughtful work about massage and cancer has already begun. Because the flat contraindication is being questioned, I hear from many massage therapists that "the contraindication to massage for cancer is over." This population has called to us for a long time; it is tempting to simply throw off the burden of years of prohibition and begin working. But cancer treatment is extremely medically complex, and delicate handling of each case is necessary to prevent injury. Thoughtful principles and conscious clinical decision-making are needed to replace the "hands-off" rule. Then we can step more firmly forward in our work with this population. Dialogue in the field has begun, but more is needed, and the time is ripe.

We need conversation on a national level to identify some of the knowledge gaps in the profession and begin to fill them in. We need to name some standard clinical decision-making steps needed in work with people with cancer and define, concretely, how to carry out those steps. Some of the necessary adjustments in massage therapy treatment include changes in pressure, positioning of the client, speeds, rhythms, and the regions selected for massage.

In my experience, more adjustments in massage are necessary to accommodate the effects of cancer treatment than the effects of cancer itself. Some of the effects of treatment are short-term, and others, including the risk of lymphedema

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## Zero Balancing: The Integration of Energy and Structure

by David Lauterstein, co-director of The Lauterstein-Conway Massage School

I believe Zero Balancing is essential for all people interested in the health of body, mind, and spirit. When I first heard of it in 1982 I had no idea what it was. People who told me about it could not quite explain it. However, that very mystery intrigued me. Then, in 1986 at a massage convention, I received a Zero Balancing. In twenty minutes of unfamiliar bodywork, I went from being exhausted to being completely energized. "What was that!?" I asked.

She said, "That was Zero Balancing!"  
"WOW!"

The next year at a conference, I met Zero Balancing's founder, Fritz Smith, MD. Five minutes into Dr. Smith's talk, my mind dropped open, like a dropping jaw. For the past 14 years, Zero Balancing has been my main bodywork study.

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## Infant Massage & The Power of Touch

by Maria Mathias

Anyone reading this probably already recognizes how necessary touch is to human biological and emotional health. As infants, our experiences largely define who we perceive ourselves to be. When we are young, we create an experiential map of the world and who we are in it, and then we use that map for the rest of our lives, even when many of the variables of the social landscape change later on.

Infant Massage is a demonstration to a baby that he is cherished and has a place in accord with life around him. It can be life-giving and life-sustaining, assuring the safety and support to be oneself. It is perhaps a response to our innate realization that nurturing our young will make happier kids. Like breast-feeding and rocking, infant massage is a practical and magical experience in the life of a child.

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conference in Portland on adult education, where they networked and gained inspiration for further learning. Faculty also met on December 13th for a meeting and inservice on adult education with a guest speaker and facilitator.

The Vermont AMTA Chapter had its annual chapter meeting recently. I was happy to provide a workshop on headaches. It was a beautiful ride through upstate Maine, New Hampshire, and Vermont to get to charming Burlington. DSM graduate Lori Ann (Seiders) Lizewski is residing in Vermont and took part in the workshop. She has an active practice and says hi to her 2001 classmates. The members of the Vermont AMTA Chapter certainly appreciate her talents, as she is now a vice president of the chapter. We wish her all the best! Thank you, George, for the invitation to Vermont and for the warm welcome.

The new year will bring a new January class, and all is in high preparation for their arrival. The Council of Schools will meet in New Orleans this year and plans have already been made for DSM staff attendance. The New England Conference may be in March 2004, but it is not too soon to put it on your calendar. Word is out that Bob King will be a keynote speaker, and many excellent presenters will provide a great program. We hope to see you there! Remember that the NEC is a great way to stay IN TOUCH with your continuing education, vendors, and peers.

Speaking of continuing education, DSM has quite a slate for the new year. Lymphatic Drainage Basic will be offered twice, as well as a Therapy 1 class. Infant Massage and Massage for the Child-

bearing Years will be offered again. Our friend Bob King will return for his annual visit in July. David Lauterstein was such a hit in the Iliopsoas workshop that he will return to teach Zero Balancing this coming fall. Jeanne Gaudette will be doing an energy certification program, and, of course, Steve Capellini will return for a Spa Certification course. The Shiatsu course will begin in January, and Event Sports Massage will be presented in March 2004. Clinical Flexibility, with Tim Agnew at the helm, will concentrate on the shoulder and cervical spine. There will be another cadaver/practical course at UNE in April, and Aromatherapy and Stone Massage, and Chair Massage workshops are yet to be announced.

In other news, Bonnie (Tillery) Johnson (November '98) emailed me to announce her marriage to Randy Johnson on October 19th, 2003. She reports that Al Jenkins ('98) was at the ceremony and is doing well, and he is doing a fair amount of massage work. DSM wishes the happy couple all the best. Thank you for staying IN TOUCH!

Happy Holidays to you all! May the love of the Christmas season fill your homes with peace, happiness, and radiant health! Stay IN TOUCH!

## Formula For Success for the September 2003 Class

The September 2003 class began its journey at DSM this fall. A combined total of 32 full-time and part-time students are attending school with the following Formula for Success.

*We intend to support each other with respect and fun, integrating the wisdom we discover and the awareness we bring with compassion, patience, integrity, and cooperation, and to courageously communicate the enlightened conviction of massage in all its possible aspects of wellness and well-being.*

Artwork also accompanies their statement to enhance their expression and empower the students to describe how they want to attend school. Please honor, respect, and acknowledge this ambitious, studious, and humble pledge. We welcome the new students into our community and wish them success along their journey!

## IN TOUCH

The Quarterly Newsletter of the Downeast School of Massage



Downeast School of Massage  
Director Nancy Waltz Dail  
Director of Education Suzanne Ash  
Director of Admissions and Placement Cindi Yawdik  
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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.

## And the Winner Is...

A year or so after each class graduates, our placement director sends out surveys to ask pertinent questions about curriculum and placement. We provide statistics and information annually to our accrediting commission, and we use the input from these surveys for curriculum development. It is vital that we get a good return on the surveys, to provide us with the necessary information to complete our paperwork and make critical curriculum decisions. To stimulate completion of surveys, we have acted—in the spirit of the holiday season—with a prize! We put in a hat all the names of grads who completed and returned surveys, and a \$15 DSM Store gift certificate will be presented to...drum roll...Dana Tavares! Congratulations, Dana! DSM wants to thank all the graduates of the 2002 class for taking the time to complete and mail the surveys. We wish you all the best!

## Coming Soon

### 2004 – 2005 DSM Catalog

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. We'll send them out, hot off the press. It's your official guide to DSM programs and policies.



## Massage Therapists Graduate

The Downeast School of Massage held commencement exercises for 17 new massage therapists from the 35th graduating class and approximately 175 guests on Saturday, November 15, 2003, at the school in Waldoboro. Christine Niero, Ph.D., executive director of the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), was the guest speaker and provided an inspirational speech to graduates and guests. As executive director, Dr. Niero is responsible for the administration of a certification program that is national in scope and formally recognized in 28 states and the District of Columbia. She talked about the significance of the data about massage and complementary medicine collected by NCBTMB and how it has impacted the certification exam and the industry. There are currently 75,000 certificants nationally who must renew their certification every 4 years with continuing education and other requirements made by the board. Although it is not a requirement for DSM graduates to take the National Certification Exam in order to be licensed in the State of Maine upon graduation, nearly 100% of the graduating class expressed intent to take it to attain this national credential. Dr. Niero offered congratulations to the graduates and wished them much success in the years ahead.

Mary Whiting represented the class by speaking to the audience at graduation.

Memories surfaced with laughter, gratitude, and tears representing the deep bonding shared by this class over the course of this year. Graduate Fran McKay and her mother, Gracie Davis, performed "The Longest Walk," a Passamoquoddy song.

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

Graduating were: Peter Bosse, Portland; Bonnie Bubar, Hartland; Michele Chase, New Harbor; Jeshua Everett, So. Portland; Charles Hashey, Rockport; Margot Hayes, Montville; Bruce Hopkins, Portland; Victoria Hutchinson, Phippsburg; Lori Jackson, Rockland; Timothy Ketcham, Farmington; Francesca McKay, Camden; Lauren Mofford, Waldoboro; Alicia Parrott, Lewiston; Katherine Simpson, South China; Julie Thai, Mason, Ohio; Mary Whiting, Blue Hill; and Gretchen Wight, Linconville.

The Downeast School of Massage is accepting applications for the January 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](http://www.downeastschoolofmassage.net) and at [www.dsmstore.net](http://www.dsmstore.net).

## Alumnae News

### Baby Hayes Arrived

Sena Mae Hayes arrived on 11/19/2003, 12:32 PM, with a full head of hair. She was 7 lbs 8oz and 20" long. Sena's mother, Margot Hayes (November 2003), carried her during the bulk of her massage program and even made it through graduation, despite an earlier due date. Margot reports that Sena really loves massage...no surprise there! Mother and child are well and blissful. Congratulations from all of us at DSM!!

**SPA WORKSHOP**  
**WITH STEVE CAPELLINI**  
will be back on **October 8, 9, 10, 2004.**  
See our Web site for details.



**DSM Store on the World Wide Web**

Downeast School of Massage Store now has its own Web site at [www.dsmstore.net](http://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](mailto:dsmstore@dsmstore.net).

### Infant Massage... ..fr. p. 1

Infant Massage is not just about strokes or about doing a lot of them. It is also about parents observing and learning infinitely more about who their kids are. It's learning what their baby likes, how to deliver it, how much, and when to stop. It's developing parenting skills to readily adapt to what presents itself next in baby's unfolding development. It's about both creating and revising baby's touch menu as his needs and preferences continue to change.

As well as being nurturing, infant massage has the general effect of normalizing many conditions. These include, but are not limited to, helping to normalize muscle tone, assisting in pain relief, assisting in increasing vocalization, encouraging mid-line orientation, improving sensory integration, assisting in relaxation, helping baby to sleep deeper and longer, helping to stimulate circulatory and GI

systems, and helping to relieve colic or "gassy spells." It is also a profound exercise to improve parenting skills.

Each baby is different from any other person on this planet, and can be better understood and cherished for his uniqueness by individualizing massage that works just right for him, right here/right now. We have always known that parents know their babies better than anyone else, and many parents have an innate "felt-sense" of what is happening with their babies, an almost mystical knowing of their baby's state of well-being. It is ideal that parents learn to massage their children and that they become their children's entrusted and most competent caretakers.

This conviction has fueled Maria Mathias's work in infant massage over the past 20 years. During that time, Maria

has taught infant massage to over 6000 families and has trained over 5000 infant massage instructors. She annually criss-crosses the US in her trainings and has trained students in Europe, Canada, and New Zealand. Her work over the past 12 years in New Mexico includes introducing touch into the hospital NICU, creating special, advanced trainings for instructors working with families of special-needs children, as well as those born biologically or environmentally at-risk. She is currently an Infant Massage Specialist with the Developmental Care Team of the Department of Pediatrics at the University of New Mexico Medical Center and co-director and principal teacher for the International Institute of Infant Massage.

**Combining Energy and Structural Work**

Zero Balancing is the only therapy which has as its essential content the simultaneous contact of energy and structure. Bodywork today suffers from there being in some sense two camps—the energy workers and the structural workers. It is my experience that separation of people's energy and structure is itself a sign and a cause of dis-ease. Energy work alone often seems esoteric to many clients who are preoccupied with muscle tension. Structural work alone, on the other hand, leaves out the personhood of the client, addressing only "tissues." The most effective bodywork will combine energy work and structural work.

**The Fulcrum—A Working Tool for Integrating Energy and Structure**

In Zero Balancing the main working tool is the fulcrum. In a brilliant manner, the fulcrum solves the issue of how to address energy and structure simultaneously and consciously. A fulcrum is an experience around which we balance.

Zero Balancing teaches specific steps to the fulcrum which ensure the therapist is engaging both energy and structure.

- 1) Center yourself. This brings awareness into your movement, the energy and structure together in your work.
- 2) Take out the looseness from the soft tissues or joints to be addressed. Once we've taken out the looseness, we are actually in contact. Notice how a handshake feels if you do not grip firmly enough to feel the other person.
- 3) Take up the "slack" in the soft tissues. When the slack has been taken up, the movements of the therapist are felt with crystal clarity by the client.
- 4) Add two or more vectors of force. Many people experience themselves often as being at loose ends in their lives. By slowly adding clearer, stronger force fields to imbalanced areas within the self, Zero Balancing dramatically heightens the client's health and psycho-physical clarity.
- 5) Hold and balance. Zero Balancing works

with "transformation through stillness." Once we've put a clearer, stronger input into the person's system than that which previously existed, we patiently hold this while the client integrates a deeply positive new experience.

- 6) Monitor for changes. Zero Balancing teaches a very specific set of "working signs" to look for. These, most often through altered breathing or facial expression, show when the person has integrated the fulcrum.
- 7) Clearly disengage. Each fulcrum is a unique, powerful experience framed by taking our hands off the body and allowing for a moment to pass before beginning the next fulcrum. It is analogous to dropping a pebble into a pond, watching the ripples, and waiting for the pool to come to rest again before dropping in anything more.

Please go to the Forum page of DSM's Web site to read the rest of this article.

after lymph node removal, linger for years after treatment. All treatments must be considered, at least initially, in the design of a session. A complex medical history is daunting to deal with at first, but once the history is broken down into more manageable components, the course of decision-making is clearer. The therapist needs to collect information about cancer, how and where it manifests in the body, cancer treatments, any side-effects or complications, then generate lists of possible massage adjustments needed before consulting the client's medical staff for additional guidance.<sup>ii</sup> Medical staff can then help determine which massage adjustments should be in force, and which can be discarded.

Throughout the decision-making process, it is critical to consult the literature. The two books on the subject, one by Gayle MacDonald and the other by Debra Curties, are essential. Moreover, each of three major trade publications—*Massage Therapy Journal*, *Massage*

*Magazine*, and *Massage and Bodywork*—have devoted significant space to massage and cancer over the last two years, often with special sections devoted to current thinking, formal programs, and safe practice measures. Massage therapists can learn a great deal from the dialogue therein. Moreover, several advanced trainings on the subject are available nationally.<sup>iii</sup> In addition, more and more massage therapy schools are incorporating clients with cancer histories into their basic curricula; some schools have been practicing with clients in acute care settings or in their student clinics.

Discussions in classrooms and seminars yield rich case reports, complex, safe practice decisions, and accounts of rewarding work. I am struck by the balance of information and intuition, science and art that therapists can bring to this powerful work. When massage therapists are able to work safely and well with people with cancer, their clientele broadens. They have more stories to tell, more

experiences of clients, families, and medical staff to bring to bear on their practices and to reflect on in their own lives.

In my own practice, people who have lived with cancer provide me with some of the most profound experiences of touch and connection. From other massage therapists' stories, I sense that this deepens their work, as well. It brings core issues—illness, treatment, isolation, connection, death and life—into sharper relief. I have met many massage therapists who navigate this important work with good judgement and care. Cancer is a provocative subject for discourse and healthy debate. We have wisdom to gain from each others' personal and professional insights. We can draw strength and resources from continuing this conversation, in person and in print. To respond to the call from a population that is desirous and deserving of massage, we need to continue our conversations with each other, with medical staff, and with our clients about massage, the effects of massage, cancer, cancer treatment, and the intersection of all of these. If we capture this momentum, we are well on our way.

*Footnotes:* Please visit the Forum section of the DSM Web site for complete annotation.

**Advance Notice: Certification Course in Bodywork for the Childbearing Year With Kate Jordan, NCTMB**  
Kate will be presenting at DSM on **August 19-22, 2004.**  
See details in the next *IN TOUCH* newsletter.

## Placement Opportunities

- ✓ **Seeking Portland Massage Therapist** who is interested in growing his/her practice, in part, through referrals from a well-established practice. Practitioners would need their own space and operate independently. Please inquire at 329-1154. Carolann Present, BS, LMT
- ✓ **Feldspar Mill Chiropractic Health Center in Topsham, Maine**, is looking for someone to share chiropractic office two to three days a week. There are two separate treatment rooms, a reception area, and a restroom. One of my chiropractic tables has sufficed for previous massage therapists who have moved on as their practices grew. If you are interested, please call 725-6406 and ask for Virginia, or e-mail [gping@gwi.net](mailto:gping@gwi.net).
- ✓ **Shared office space for rent**: Large, pleasant office space: Mondays, Tuesdays, ½ day Wednesday and all day Saturday for very reasonable rate. On Forest Ave. in Portland. Parking available, other therapists in building. If interested, please call Carolann Goodine, LMT, at 865-1667.
- ✓ **Maine Massage & Yoga** is looking for a self-motivated massage therapist. Furnished office space available 2-3 days a week. Great location in Scarborough. Please call 885-5919 for details.
- ✓ **Massagecraft & Acupuncture Clinic** is a busy Biddeford practice. An opening will be available in late November. I need to fill 2 four-massage shifts, Wednesday from 2:30 - 6:15 p.m. and Friday 1:30 - 5:15 p.m. I am looking for someone who enjoys doing deep tissue injury-specific massage. You work as a sub-contractor. Your take is 60%. Shiatsu and Hot Stone Massage training is a plus, but not required. Please contact Lisa Bouchard, LMT, at 286-8416.
- ✓ **Looking for a full or part-time massage therapist** who is creative, available on call, and doesn't mind working on Saturdays or in the evening. Excellent in Deep Tissue Sports therapy as well as Shiatsu, Swedish, and Hot Stone Therapy would be helpful. We are located in Yarmouth on Route One. Our spa was established in April of this year. We are a full-serviced spa. It is a very relaxing and comfortable place to work and visit. Everyone employed here works as a team to better serve our clients and have each of them leave with a memorable experience. You can contact either Jill Kelley or Meredith Ingram at 207-846-9696 for further information.

### BOB KING RETURNS TO DSM

Bob King will be returning to DSM next **July 16, 17, and 18, 2004**, for his annual visit and hands-on Myofascial workshop presentation. Details to be announced in the Spring issue of the **IN TOUCH** newsletter.

### IN TOUCH on DSM Web site!

Downloading the **IN TOUCH** newsletter from the school Web site at [www.downeastschoolofmassage.net](http://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](mailto:admissionsdsm@midcoast.com) *Thank you!*

In Belfast, Maine...

## Seminars for Massage Therapists and Bodyworkers with Karin Spitfire

### Embodied Anatomy

Brush up on your anatomy, increase your hands-on skills, explore the movement and mind of nerve, ligament, fat, fluids, glands, etc. Bring your curiosities and questions. **Four first Wednesdays, 1-4 PM, February through May, in Belfast, Maine. Cost: \$125 per session – 12 contact hours.**

### Inviting the Soul Home: Working Consciously with Trauma Survivors

Increase your skills by understanding the physiological and emotional impact of trauma. Conversation and hands-on applications of what helps when, how, and why. Dialogue about boundaries, responsibility, spirituality, and energy. **Four first Fridays, 9 AM-12 PM, February through May, in Belfast, Maine. Cost: \$150 per session – 12 contact hours.**

**Karin Spitfire, MA, LMT, RMET**, is on the faculty of the School for Body-Mind Centering, Amherst, Massachusetts, and the Institute for Somatic Movement Studies, Amsterdam, Netherlands. She combined movement, bodywork and body-psychotherapy in private practice for 20 years. Spitfire is a pioneer in utilizing these modalities in working with trauma survivors. Currently, she is consulting, teaching, and writing about body-mind integration and healing. She taught Anatomy, Movement Analysis, Maniken and working with trauma survivors at the Downeast School of Massage for eleven years.

**Contact: 207-338-5634 for more information or registration.**



## Continuing Education Opportunities



### DR. VODDER'S MANUAL LYMPH DRAINAGE: Basic • Level 1 With Nancy Reichl

**June 28, 29, 30, July 1, 2, 2004** 9 AM - 5:30 PM

Cost: \$650 if registered by June 2, \$675.00 after

**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

### Downeast School of Massage is Proud to Promote A FRESH TISSUE CLINICAL SKILLS PROGRAM CADAVER WORKSHOP: WRIST AND HAND

at University of New England, Biddeford, ME

**SAT, APRIL 24, 2004: 9AM-12PM, 1PM-4PM 6 HOURS COST: \$150.00**

*Muscles and Structures Associated with the Hand and Wrist*

*Combined with Dimensional Massage and Strain/Counterstrain Techniques*

This workshop will combine a dynamic 3-hour presentation of the structures and muscles of the hand, wrist, and upper extremity, utilizing 4 functional stations under the supervision of Dr. Neal Cross. Dr. Cross and Nancy Dail will present another 3-hour specific treatment session in the afternoon.

#### Objectives of Cadaver Session

- To observe the neuromusculoskeletal elements associated with the hand, wrist, and upper extremity.
- To palpate elements on the cadavers.
- To palpate these elements on one another. (Live Anatomy)

#### Objectives of Dimensional Massage and Strain/Counterstrain Session

- To provide a critical look at how repetitive actions affect the muscles of the hand, wrist, and elbow joint.
- To briefly discuss carpal tunnel syndrome, double crush syndrome, lateral and medial epicondylitis, and other similar pathologies.
- To discuss trigger points and referred pain patterns of specific muscles of this region.
- To specifically locate and palpate these muscles with participants.
- To demonstrate and practice with participants techniques presented by instructors.

Cadaver session supervised by Neal A. Cross, Ph.D., NCTMB, Associate Professor of Anatomy, University of New England, Biddeford, Director of Anatomical Program, State of Maine, Director of ITCS Program, Past Chair NCBTMB. Nancy Dail, BA, LMT, NCTMB, Director of the Downeast School of Massage, has been a massage therapist for 30 years. She teaches Dimensional Massage, Kinesiology, and advanced deep tissue courses at DSM. Nancy is an author in the massage industry and teaches internationally on a variety of subjects.

Call DSM for information or to register: 207-832-5531

## Energetic Studies and Bodywork: a 170-Hour Certification Program for Associate Polarity Practitioner

**LEVELS I-V: Thursdays: April 1, 8, 15, 22, 29; May 6, 13, 20, 27, 2004. SUMMER BREAK.**

**LEVELS V (cont'd.)-VIII: Thursdays, September 30; October 7, 14, 21, 28; November 4, 11, 18, 2004.**

All classes 9 AM - 6 PM. Cost: \$2040 (Level II only: \$1496, credit accepted for prior completion of Level I at DSM.) Payment plan available.

#### What is Polarity Therapy?

"Energy is the real substance behind the appearance of matter and forms." —Dr. Randolph Stone

**Polarity is a holistic, energy-based health system** which encompasses elements of India's ancient Ayurvedic Sciences and the life-long work of its founder, Dr. Randolph Stone, D.O., D.C., N.D. In Dr. Stone's journey through Europe and the Far East, he studied many modalities, including Ayurveda, acupuncture, structural manipulation, nutrition, yoga, and meditation. Polarity Therapy assists students in becoming aware of the myriad forms of energetic expression in and around them. From this personal experience, individual healing can take place, which gives each student a firm foundation to then assist others on the path to awareness.

**A Note from the Instructor:** *In the 33 years I have been on the Yogic healing path, there have been numerous pitfalls and mountaintops for me to negotiate. Challenges of spirit, mind, and body continue to the present and will no doubt follow me to the end. Joyously, I find in the body of knowledge that is Polarity, always a perfect balm to suit the moment. Be it a mantra or meditation to clear my troubled mind, a healing food to give me power, Polarity Yoga for flexibility, or a fabulous bodywork technique...I am grateful. Consider taking part in this joyous study of Polarity Therapy celebrating the conscious connectivity of all life.*

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

#### As a Student Practitioner you will:

- Consciously work toward an ultimate self-care program
- Personally embody the healing forces available to well-intentioned healers
- Deepen understanding of the 5 Elements (Ether, Air, Fire, Water, Earth) and learn to apply many techniques of Polarity Bodywork
- Explore the missing in body-oriented therapies
- Achieve certification through the American Polarity Therapy Association (APTA) at the Associate Polarity Practitioner level

**Note:** Licensed Massage Therapists may be eligible for credit on previously taken business and ethics courses. Graduates of Downeast School of Massage Body/Mind program may also receive credit for the Introduction to Polarity in their training.

This Energetic Studies and Bodywork Training in the principles of Polarity Therapy is in compliance with the Standards of the American Polarity Therapy Association (APTA) for the Associate Polarity Practitioner (APP) level of expertise. This course is aligned with the APP Program from the Ohio Institute of Energetic Studies & Bodywork created by Mary Jo Ruggieri, PhD., RPP.

#### The Instructor

Classes are taught by **Jeanne Gaudette, LMT, RPP, RYT**, with assistance from adjunctive qualified faculty. Jeanne Gaudette is approved by the National Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education provider, is a member of AMTA, APTA, NCTMB, American Council for Vedic Astrology (ACVA), and is a Registered Yoga Alliance Teacher (RYT).



## Continuing Education Opportunities



### 156-Hour Shiatsu Course

#### Shiatsu 2004 at the Downeast School of Massage • Waldoboro, Maine

Shiatsu I: Jan 8, 15, 22, 29; Feb 5, 12, 26, March 4, 11, 18, 25; April 1, 8 (7.8 CEUs)  
Shiatsu II: April 15, 22, 29; May 6, 13, 20, 27; June 3, 10, 24; July 1, 8, 15 (7.8 CEUs)

Cost: Shiatsu I: \$1,425.00 • Shiatsu II: \$1,425.00 • For complete course: \$2,700.00

NCTMB Category A • Total CEUs - 15.6 hours • Time: Classes are scheduled to meet from 9AM to 4PM.

Shiatsu, derived from the ancient system of Chinese Medicine, which gave us acupuncture, has been called "acupuncture without needles." Shiatsu treats the common complaints of clients, as well as headaches, digestive, heart and circulatory disorders, asthma and other breathing problems. 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) and progresses to 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, and as the course progresses, students will learn to build upon the principles learned in Shiatsu I, as well as learning **Bod Yu** points, **Moxa**, **Masunagas**

**Meridian** extensions, working with **Kyo** (weakness) and **Jitsu** (excess). Students will learn to work in both sitting and side positions, in order to develop proficiency as a Shiatsu therapist. Shiatsu II is designed to bring the student up to the competency of a professional Shiatsu therapist. Out-of-class case studies, practical clinic experience, and regular homework will help develop student proficiency. Students will need a mat, as Shiatsu treatments are traditionally practiced on the floor. A 75% grade average is required to receive a competency certificate from this course.

**Lucy Goulet, B.A., M.A., NCTMB**, is a Licensed Massage Therapist with more than 25 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 12 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.*

Downeast School of Massage is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider in Category A and meets AMTA CEU standards for membership.

# Therapy I

## April 24-29, 2004 at DSM

**Instructor for this Therapy I level class is Linda (Koby) Blanchfield.**

In this 40 hour course you will review:

- Your Basic skills and knowledge. You will have an opportunity to go over everything learned in the Basic course again.
- You will learn lymphatic drainage techniques for the joints, intra-oral work, and advanced techniques for the abdomen and face.
- This course will prepare you for the Therapy II and III courses.
- There is a short practical and theory evaluation on Basic material at the end of the course.

**The cost of the course: \$700.00**

**Additional costs:** Volume II textbook \$29.00 USD (+ \$6.00 shipping & handling) is mandatory for this class, and recommended reading before attending class.

**To all Therapists who have completed certification at the BASIC level of Dr. Vodder's Manual Lymph Drainage.**



If you would like to reserve your place in this course, please send a \$100.00 deposit, payable to the Downeast School of Massage. The balance is payable one month before the start of the course, and receipts will be given after course completion. CEU credits are available.

**Dr. Vodder School™**

**NORTH AMERICA**

A division of Vodder Schools International

**Location:** Downeast School of Massage

**Registration:** 8:00 - 8:30 a.m. Saturday, April 24th. Class commences at 8:30 a.m. Class finishes Thursday, April 29th, at approximately 5:30 p.m.

**Register** by sending your completed application (available at [www.downeastschoolofmassage.net/cont\\_ed.html](http://www.downeastschoolofmassage.net/cont_ed.html)) or call DSM at 207-832-5531, copy of your Basic certificate, and \$100 deposit to: Downeast School of Massage, PO Box 24, Waldoboro, ME 04572. Tel (207) 832-5531 Fax: (207) 832-0504 E-Mail: [dsm@midcoast.com](mailto:dsm@midcoast.com)



## Continuing Education Opportunities



### 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**

### *Caring for Clients with Cancer* *Simple Steps to Safe, Effective Massage Therapy* June 18-20, 2004 • 9 am - 6 pm

Downeast School of Massage • Waldoboro, ME

\$350 if registered by May 28; \$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](http://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**



### 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 Category A Approved • 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](http://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**



## 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](http://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**

### 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](mailto:dsmstore@dsmstore.net)

**Store Hours**

Mondays 10a.m.-5p.m.  
 Tuesdays 9a.m.-5p.m.  
 Wednesdays 11a.m.-7p.m.  
 Fridays 12p.m.-5p.m.

Happy  
 Holidays from the  
 Downeast  
 School of Massage!



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**IN TOUCH**  
 The Quarterly Newsletter  
 of the Downeast School of Massage

Winter 2003-2004  
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