



Nebraska Legislature Introduces Occupational Licensing Reform Bills

Potentially Undermining the Massage Therapy Profession in Nebraska

At the beginning of the 2017-2018 legislative session, Governor Ricketts held a press conference to announce an "occupational licensing reform" bill as part of his budget modification package. Included in the broad spectrum of occupations is massage therapy. LB343 is set to cut the 1000 hours required in school to 500 by eliminating subject course studies in pathology, hygiene, study of massage therapy; keeping kinesiology, physiology and anatomy only.

There was more news to come. By the end of the second week, a total of twelve bills were introduced that impact the massage therapy profession. These bills span three committees: Health and Human Services, Revenue and Governance with significant redundancy. Included in this bills: reflexology exemption, equine exemption and adding a 7% service tax to massage therapy.

AMTA-NE hired Angela Amack and Kent Rogert as lobbyists to support our efforts in maintaining the high level of training, integrity and professionalism we have and want to continue to strive for. On January 22, AMTA-NE invited Angela and Kent to speak at an informational meeting following our board meeting. They outlined the general legislative process, encouraged us to reach out to both our own senator as well as the senators on the committee and took questions from those attending. Attending the informational meeting included both AMTA and ABMP members and school directors.

This issue affects all Nebraska LMT's regardless of their affiliation with a specific association. At the time of this writing, the hearing for LB343 isn't scheduled yet. Once the hearing date is set, we need to see as many LMT's attend the hearing as possible. Our goal is to illustrate massage therapy is not a personal service to be taxed or undervalued by cutting our entry level requirements.

For current updates and information, please visit our Facebook page:

"AMTA Nebraska Chapter"

Sign up for our eblasts at:
www.amtane.org

Have you NOT been receiving our E-BLASTs???

If so, contact Mitch:
mitchell.lowrylee@amtane.org

Inside

President's Message
Letter From the Editor
Membership Report
Call for Candidates
AMTA-NE State Convention
Education Events
Community Service Report
Sports Massage Report
Website & Technology Report

BOARD OF DIRECTORS

OFFICERS

President: Becky Ohlson
402-310-7583
beckylmtatc@yahoo.com
becky.ohlson@amtane.org

1st Vice President: Keli Hupka
402-450-2749
breathe_message_wellness@yahoo.com
keli.hupka@amtane.org

2nd Vice President: Mitchell Lowry-Lee
402-440-3627
mitchelllowryleeLMT@gmail.com
mitchell.lowrylee@amtane.org

3rd Vice President: Deanna Briggs
402-418-2175
deanna.message@gmail.com
deanna.briggs@amtane.org

Financial Administrator: Lora Van Etten
402-202-3231
loravanetten.LMT@gmail.com
lora.vanetten@amtane.org

Secretary: Lisa Bradley
402-429-0101
bradleysbodyworks@gmail.com
lisa.bradley@amtane.org

COMMITTEE CHAIRS

Newsletter Editor: See 2nd Vice President

Public Relations: See 2nd Vice President

Government Relations: Keli Hupka
402-450-2749
breathe_message_wellness@yahoo.com
keli.hupka@amtane.org

Membership: Tonia Hunter
402-430-1711
tonialmt@gmail.com
tonia.hunter@amtane.org

CSMT/Emergency: Beverly Riley
402-707-2248
rilaly2@gmail.com
beverly.riley@amtane.org

CSMT/Outreach: Tonia Hunter
see Membership

Sports: Natalie George
402-601-0391
nebraskasportsmassage@gmail.com
natalie.george@amtane.org

Communication Technology: Ben Stone
402-730-1707
ben@benstonemassagetherapy.com
ben.stone@amtane.org

Online Elections Coordinator: Abby Davis
AbbyDavis_Massage@yahoo.com

Honors & Awards: OPEN

Delegate 2016: OPEN

Alternate 2016: OPEN

Education: OPEN

President's Message



Greetings AMTA-NE Chapter members!

I'm no history buff, but if you happen to be carrying around Patricia J. Benjamin's book, "The Emergence of the Massage Therapy Profession in North America", you'll become one. Figuratively and literally! This book is 687 pages thick and is amazing to read in so many aspects. She gives a brief history on the archetypes from the 17th century to 19th century. Throughout the book, she connects the dots with the people who helped shape our profession.

A little trivia....Do you know which state had the first ever licensed massage practitioner on record? Unfortunately, not Nebraska. Ohio. In 1916, Agnes Bridget Forbes became the first licensed massage practitioner in North America. Massage was then regulated as a "limited branch of medicine" in Ohio. She received her training in Canada and then moved into the states.

History can be fun to read, but it also is there to show progress and to make sure we don't make the same mistakes that were made back then. Natural healing was basically the only form of medical care in the 1600's; which consequently, is now on the rise again! No longer is there the practice of bloodletting or purging; although Western Medicine still has small glimpses of 'Heroic Medicine' being practiced with the trial drugs and treatments.

These past few weeks the subject of history has arose in conversations amongst other licensed massage therapists. Some rich history of

Nebraska's formation of the massage therapy regulations. I was still in grade school at the time, but I thank God that these pioneers were progressive and brave enough to stand up for their profession and the future of the profession (us).

Nebraska has always been the leader in entry-level education requirements. Before it was set at 1000 in 1986-1987, it was at 600. Our surrounding states aren't even close to those hours that were set 30 years ago! I can't imagine the heartache and the headaches that Nebraskans will experience if LB343 goes through. Words could not express or touch that emotion.

My inspiration for you these next few months (maybe longer) is to take a stance on your education and how important your profession is. Massage is not a 'personal service', it is a healthcare profession. Massage takes highly educated and skilled people. Massage therapists are hard-workers and bodyworkers. We are researchers and learners. We know we can't force muscles to relax, but we can learn how to entice the muscles to perform better for more efficient movement and to help people live with less pain or even be pain-free—without the use of pharmaceuticals!

Be an advocate for you and your fellow massage therapists. Elevate your profession! Keep taking care of yourself in the process.

Becky Ohlson, MEd, ATC, LMT
AMTA-NE Chapter President

This publication is published three times per year by the Nebraska Chapter of the American Massage Therapy Association (AMTA), a nonprofit professional Massage Therapy Association. This publication welcomes contributions from readers. Articles for publication must be typewritten and include legible signature, address, and phone number. Articles may be sent on a CD in Microsoft Word, Publisher, InDesign or Quark format. Ads sent on disk should include a print-out of final layout. Accepted file types include: Microsoft Word, Publisher, PDF, JPEG, TIFF, InDesign and Quark. Copyright material must accompany written permission by its holder. Submit Contributions to: Becky Ohlson, 1612 L Street, Lincoln, NE 68508. 402-310-7583 beckylmtatc@yahoo.com

The NE Chapter reserves the right to edit material for space and clarification, accept bids or reject materials, and assumes no responsibilities for errors, omissions, corrections or modification in publications. The beliefs and opinions contained in this publication do not necessarily reflect those of the NE Chapter of the AMTA.

Letter from the Editor



In 1963, Bob Dylan famously sang, "The times they are a changin". This famous lyric holds true in many examples. In the context of this newsletter, it too, rings true. The time for "changin" is upon us. We are seeing it happen in various ways within the chapter. For instance, one change is the frequency of how much this newsletter is delivered to you, our passionate members. With the generous contributions members put forth every year, it is your governing body's responsibility to allocate those funds for expenditures that benefit you, the member, the most. Rather than continuing to allocate funds of multiple printed editions of this newsletter within the year, it's been decided that this is no longer cost effective to the chapter. It makes more fiscal sense to deliver an annual printed newsletter to you. We can then rely on less costly electronic forms of communication throughout the rest of the year. This shift to a more digital approach allows for greater reach of frequency to our members at a fraction of the cost.

Another change we are upon, is the ever-increasing need for advocacy for our profession. Considering the recent political climate in this state, it is more important than ever that your elected chapter representatives advocate for our professional members and our industry. Our voice is your collective voices. However, with that said, we are collectively louder when there are passionate and dedicated professionals willing to join in to help their chapters thrive and grow. That's why a big change this year is expanding the reach of how we elect our governing body by holding yearly elections ONLINE. This change allows the chapter to cast a wider net for candidates interested in serving, as well as a broader representation of votes from the membership. So, if you are the type that wants to get involved with your chapter, I encourage you to submit your resume for one of the open positions in this year's election cycle.

Finally, a change I feel we all can be proud of as members, is that this year will be our 1st annual AMTA-NE State Convention. In year's past, the chapter usually held a spring education event which coincided with our annual member meeting. As your elected representatives' have networked with other state chapters, they have approached their annual gatherings by calling them State Conventions. We learned how each year they had become just as popular as a National Convention but on a local level. We

decided to adopt this approach and hope that our members across the state will be excited to participate with education, meetings, food, and fellowship. This year's theme is "Connecting Members, Elevating Success". I feel this is a great theme. It's at the core of what AMTA does for its members. It speaks to the importance of gathering and sharing ideas with your fellow professionals. And it speaks volumes for advocacy, out-reach and elevation of the massage therapy profession as recognized field in the health care profession.

Let's face it, change is inevitable at times, but if we are holding true to what we believe in as a professional society, what we stand for, and what we are passionate about; change could be for the better. Let's change the world together, one passionate professional at a time.

If you are not signed up for our e-newsletter and would like to keep receiving great news, information and content from AMTA-NE, please visit our website at www.amtane.org and click on "Subscribe to our Newsletter"

Have a great 2017

Sincerely, Mitchell Lowry-Lee, LMT
Board Member/ Newsletter Editor/
PR Chair—AMTA- Nebraska
mitchell.lowry-lee@amtane.org

Newsletter Advertising Information

Newsletter Advertising Rates

| Size | Dimensions | Cost |
|--------------------------|-----------------|-------|
| Full page | 7.5"w x 10"h | \$170 |
| 1/2 page | 7.5"w x 4.75"h | \$85 |
| | 3.25"w x 10"h | \$85 |
| 1/4 page | 3.25"w x 4.75"h | \$45 |
| 1/8 page | 3.25"w x 2.25"h | \$25 |
| Annual Subscription Rate | | \$25 |

Newsletter Deadline

May 29th, 2017 for summer publication
(newsletter deadlines are approximately one month before hard copy is due to reach our mailbox)

Advertising must be received by these deadlines to be considered for publication. All ads must be electronic or camera ready and accompanied by payment in full. Ads will not be billed. Make checks payable to the AMTA-NE Chapter and mail to Lora Van Etten, 1953 Jefferson Avenue, Lincoln, NE 68502

AMTA-NE Call for Candidates—*ONLINE ELECTIONS*

POSITION DESCRIPTION: FINANCIAL ADMINISTRATOR

The Chapter Financial Administrator supports the financial operations of the Chapter.

Eligibility—In addition to being a Professional member in good standing, and signing the Chapter Volunteer Code of Conduct, she/he must meet one or more of the following requirements:

- Completed one term year as a Chapter Board member within the last three years.
- Completed one term year as a Chapter committee chair or member, within the last two years.
- Completed one term year as a National Board member, National Standing Committee Chair or National Standing Committee member within the last two years.

Authority—The authority of the Chapter Financial Administrator is conferred by the Chapter membership through election and as specified in National AMTA Bylaws and Policy.

Accountability—The Chapter Financial Administrator is accountable to the Chapter Board, Chapter members and AMTA National Board by virtue of election. The Chapter Financial Administrator agrees to uphold and abide by the Chapter Volunteer Code of Conduct.

Term of Office—The Chapter Financial Administrator is elected every odd year for a term of two (2) years or until a successor is elected.

Relationships—The Chapter Financial Administrator works most closely with Chapter Board members and appointees, and National AMTA staff. The Chapter Financial Administrator also communicates with Chapter members, the Chapter Relations Committee, and Finance staff, and/or other National volunteers, as appropriate.

Responsibilities

1. Is a voting member of the Chapter Board.
2. Attends Chapter Board, Chapter membership, and any Chapter committee meetings for which the Chapter Financial Administrator has responsibility (i.e. Chapter budget meeting).
3. Accepts responsibilities for Chapter/Association assignments as delegated by the Chapter President.
4. May temporarily assume the responsibilities of vacant positions while working with the President, the Chapter Relations Committee and staff to fill the vacancy.
5. Shall not be the Chair of more than two (2) committees, sub-committees, special committees or workgroups.
6. In cooperation with the President, conducts the regular day-to-day financial business affairs of the Chapter.
7. Adopts, uses, and complies with the Chapter Internal Controls detailed in AMTA Policy.
8. Manages and oversees the Chapter Budget.
 - a. In collaboration with Chapter Board members and/or Chapter Finance Committee, prepares the annual Chapter budget, for presentation to the Chapter Board and the Chapter membership for approval.
 - b. Submits approved budget to national office finance department by deadline in accordance with AMTA Policy.
 - c. Ensures that Chapter records are maintained according to the record retention guidelines, and submits required reports to the National Office.
 - d. Ensures that expenses are budgeted and allowable.
 - e. Provides information to the Chapter Board regarding budgetary restrictions and alerts the Chapter Board when projects, programs, or units are in danger of going over budget.
 - f. Brings all unapproved and/or unbudgeted requests for funds and payment to the Chapter Board.
 - g. Proposes cost cutting measures and budget adjustments.
 - h. Reports line item financial status of the Chapter, actual vs. budgets, to the Chapter Board quarterly and to the Chapter members annually.
9. Keeps the Chapter Board current regarding status of investments, when applicable.
10. Approves reimbursement to members, appointees, or other volunteers, for budgeted or approved expenditures made on behalf of the Chapter.
 - a. Submits required documentation to the national office to support each payment in order to allow proper recording in the chapter financial records.
11. Signs and submits certification letter to national office finance department by deadline in accordance with AMTA Policy.
12. Submits checks and cash received as payments for chapter events and other income to the national office finance department within 5 business days of receipt.
13. Reviews Chapter expenditures and financial status on a regular basis to ensure overall fiscal responsibility.
14. Reconciles total credit card statement monthly, ensuring all receipts are received and in order.
15. Annually updates Chapter Board on changes to National financial policies.
16. Communicates with Chapter membership, through regular reports, the financial status of the Chapter, including income and expenses to date and account balances.
17. Identifies, recruits, cultivates, and mentors future Chapter leaders.
18. Makes recommendations to the Chapter President for committee appointments.
19. Directs and refers members to appropriate volunteer and staff contacts as appropriate.

20. Is available to receive direct feedback from members for input to the Chapter Board and to communicate appropriate information regarding actions of the Chapter Board.
21. Ensures Chapter financial operations are consistent with AMTA National Bylaws and Policy.
22. Fulfills fiduciary, due diligence, and other responsibilities of Chapter Board members as described in the Chapter Volunteer Code of Conduct.
23. Maintains orderly records of activities and timelines relevant to his/her position during their term and supplies the incoming Chapter Financial Administrator with those records to ensure a smooth transition.

Time Commitment—The time commitment is approximately 5 hours per week. Time commitment may be considerably greater for short durations during preparation of budget, annual reports, etc.

Vacancy—A vacancy in the Financial Administrator position will be filled according to AMTA Bylaws and Policy.

Removal from Office—An officer may be removed from office for failure to:

- Fulfill her/his duties and responsibilities (dereliction of duties).
- Abide by the Chapter Volunteer Code of Conduct.
- Keep AMTA membership dues current.

Removal shall occur upon recommendation from a Chapter Board member with a two- thirds vote of the entire Chapter Board. The National Office must be contacted prior to Chapter Board voting on removal of a volunteer.

POSITION DESCRIPTION: BOARD MEMBER

Chapter Board Member will assist the Chapter President in achieving Chapter goals and implementing decisions made by the Chapter Board.

Eligibility—In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet the following requirement:

- Completed one year of AMTA membership.

Authority—The authority of a Chapter Board Member is conferred by the Chapter membership through election, and as specified in National AMTA Bylaws and Policy.

Accountability—Chapter Board Member is accountable to the Chapter Board, Chapter members and AMTA National Board of Directors by virtue of election. Chapter Board Member agrees to uphold and abide by the Chapter Volunteer Code of Conduct.

Term of Office—One Chapter Board Member shall be elected every odd year for a term of two years or until a successor is elected. One Chapter Board member shall be elected every even year for a term of two years or until a successor is elected.

Relationship—Chapter Board Member work most closely with Chapter Board members and appointees, and National AMTA staff. Chapter Board Member also communicates with Chapter members, the Chapter Relations Committee, and/or other National volunteers, as appropriate.

Responsibilities

1. Is a voting member of the Chapter Board and is familiar with Robert's Rules of Order.
2. Accepts responsibilities for Chapter/Association assignments as delegated by the Chapter President.
3. May temporarily assume the responsibilities of vacant volunteer positions while working with the President, the Chapter Relations Committee and staff to fill the vacancy.
4. Shall not be the Chair of more than two (2) committees, sub-committees, special committees or workgroups.
5. Attends Chapter Board, Chapter membership, and any Chapter committee meetings for which the Chapter Board Member has responsibility.
6. Identifies, cultivates and recruits future Chapter leaders.
7. Makes recommendations to the Chapter President for committee appointments.
8. Directs and refers members to appropriate volunteer and staff contacts as applicable.
9. Is available to receive direct feedback from members for input to the Chapter Board, and to communicate appropriate information regarding actions of the Chapter Board.
10. Maintains communication with Chapter membership through regular reports, and reports at Chapter membership and Chapter Board meetings.
11. Fulfills the fiduciary, due diligence, and other responsibilities of Chapter Board members as described in Chapter Volunteer Code of Conduct.
12. Maintains orderly records of activities and timelines relevant to her/his position during their term and supplies the incoming Chapter Board Member with those records to ensure a smooth transition.

Time Commitment—The time commitment averages approximately 5–8 hours per week, depending on Chapter activities. The time commitment may be higher before and/or during certain Chapter events or actions.

Vacancy—A vacancy in the Chapter Board Member position will be filled according to AMTA Bylaws and Policy.

Removal from Office—An officer may be removed from office for failure to:

- Fulfill her/his duties and responsibilities (dereliction of duties).

- Abide by Chapter Volunteer Code of Conduct.
- Keep AMTA membership dues current.

Removal shall occur upon recommendation from a Chapter Board member with a two-thirds vote of the entire Chapter Board. The National Office must be contacted prior to Chapter Board voting on removal of a volunteer. These positions are open for a 2-year term beginning April 2017.

We are also looking for candidates interested in serving as a Delegate and Alternate Delegate. Delegate terms are 2 years beginning April 2017. Alternate Delegate terms are 1 year beginning April 2017.

POSITION DESCRIPTION: DELEGATE TO THE HOUSE OF DELEGATES (HOD)

Eligibility

- Must be a professional member in good standing of the Chapter to which they are assigned
- Must sign the AMTA Chapter Volunteer Code of Conduct.
- Agrees to uphold and abide by National AMTA Articles of Incorporation, Bylaws, Policy, Code of Conduct, Rules of Engagement, and Position Description.
- Shall not be an AMTA National Board member.

Authority—Delegate is given authority by National Bylaws and Policies and through election by the Chapter membership.

Accountability—Delegate is accountable to the members of the Chapter by virtue of election, and to the Chapter Board by virtue of funding, where applicable.

Term of Office—The delegate shall serve a term of office of two years, beginning at the same time as chapter officers’ terms. The delegate shall serve no more than three consecutive elected terms

Purpose—Delegate represents her/his Chapter members in the HOD and related activities, informs the Chapter of timelines, and facilitates the Chapter’s influence in the HOD.

Relationship—Delegate works with her/his Chapter members and fellow Chapter Delegates, as well as Delegates from other Chapters and the House of Delegates Operations Committee (HODOC), to follow timelines and carry out the assignments and charges applicable to the HOD function.

Responsibilities

1. Delegate, in communication at all Chapter Meetings and through other means available, initiates member involvement in discussion of matters that may or will come before the HOD.
2. Delegate responds to Chapter Board and member communications on a regular and timely basis via phone, e-mail, or other appropriate means.
3. Delegate provides written reports to the Chapter Board as directed by the Chapter Board.
4. Delegate attends all Chapter membership meetings, and reports to the members and Chapter Board at those meetings.
5. Delegate maintains a working knowledge of materials provided for the HOD meeting.
6. Delegate prepares and reviews all necessary materials prior to meetings.
7. Delegate attends and participates in the HOD meeting and casts informed votes.
8. Delegate reports the actions of the HOD to the Chapter membership.
9. Chapters may assign additional Chapter responsibilities to delegates.

Time Commitment—The time commitment averages about 2–4 hours per month. Delegate attends the Chapter Annual Meeting, Chapter membership meetings, Chapter Board meetings (as requested by the Chapter Board), Chapter Leadership Training, (as requested by the Chapter Board), and the HOD Meeting at the National Convention. Time commitment will be considerably higher during the annual convention.

Use of Organizational Resources—Resources related to carrying out the duties of this office:

- HODOC provides materials and training.
- Chapters may provide reimbursement according to Chapter Policy.

Vacancy and Succession—In the event of a vacancy, the alternate with the next highest number of votes in the previous election will assume the Delegate position.

Removal from Office—A Delegate may be removed from office for failure to:

- Fulfill her/his duties and responsibilities (dereliction of duties).
- Abide by the AMTA Articles of Incorporation, Bylaws, Policy, Code of Conduct, Rules of Engagement, or Position Description.
- Keep AMTA membership dues current.

Removal shall occur in accordance with the AMTA Chapter Conflict Resolution Process.

POSITION DESCRIPTION: ALTERNATE TO THE HOUSE OF DELEGATES (HOD)

Eligibility

- Must be a professional member in good standing.
- Must sign the AMTA Delegate to the HOD Code of Conduct.
- Agrees to uphold and abide by National AMTA Articles of Incorporation, Bylaws, Policy, Code of Conduct, Rules of Engagement, and Position Description.
- Shall not be an AMTA National Board member.

Authority—Alternate is given authority by National Bylaws and Policies through election by the Chapter membership.

Accountability—Alternate is accountable to the members of the Chapter by virtue of election.

Term of Office—Term of Office is one calendar year after election to alternate position.

Purpose—Alternate stays informed and ready to assume Delegate position (thereafter represents her/his Chapter members in the HOD and related activities, informs the Chapter of timelines, and facilitates the Chapter’s influence in the HOD).

Relationship—Alternate will work with their Chapter members and Chapter Delegates to follow timelines and be prepared to carry out the assignments and charges applicable to their potential HOD function.

Responsibilities

1. Alternates shall be responsible for supporting the purposes and performing responsibilities of the House of Delegates as described in Bylaws, Policy, and Delegate Position Description should they succeed to the position of Delegate.
2. Maintains a working knowledge of materials provided prior to the HOD.
3. Prepares and reviews all necessary materials prior to meetings.
4. Attends the HOD preliminary and business meetings per Chapter policy.

Time Commitment—The time commitment averages about 2–4 hours per month. Alternate attends the Chapter Annual Meeting, the Delegate Orientation Meeting and the HOD Meeting at the National Convention per Chapter policy. Time commitment may be considerably higher during the annual convention.

Use of Organizational Resources—Resources related to carrying out the duties of this office:

- HODOC provides materials and training.
- Chapters may provide reimbursement according to Chapter Policy.

Vacancy and Succession—In the event of a vacancy in the Alternate position, the Alternate with the next highest number of votes in the previous election will assume the open Alternate position.

Removal from Office—An Alternate may be removed from office for failure to:

- Fulfill her/his duties and responsibilities (dereliction of duties).
- Abide by the AMTA Articles of Incorporation, Bylaws, Policy, Code of Conduct, Rules of Engagement, or Position Description.
- Keep AMTA membership dues current.

Removal shall occur in accordance with the AMTA Chapter Conflict Resolution Process.

If you are interested in serving in any of these positions, please submit your candidate resume online through our website at www.amtane.org as well as submit a signed Code of Conduct to AbbyDavis_Massage@yahoo.com. All applications must be submitted no later than 5:00pm central time February 22nd, 2017.

Please contact Abby Davis, LMT, AMTA-NE Chapter online election coordinator if you have any questions about the position, responsibilities, or application process

Welcome Our Newest Members!

Seth Borer—Lincoln, NE
Cheree Buesing—Lincoln, NE
DeAirick Hernandez—North Platte, NE
Laura McIntosh—Elkhorn, NE
Kristin Moeller—Dannebrog, NE
Abby Pecha—Elkhorn, NE
Cassandra Reiman—Omaha, NE
Dianne Rombach—Bellevue, NE
Karahia Stewart—Omaha, NE
Hallie Tibbs—Lincoln, NE
Elizabeth Waldner—Omaha, NE
Kara Winters—Omaha, NE

Logan Judge—Atkinson, NE
Ana Smiley—Bassett, NE
Natalie Beckman—Elgin, NE
Tracy O’Brien—Falls City, NE
Fernando Flores—Lincoln, NE
Jeffrey Turner—Lincoln, NE
Kathleen Wingard—Lincoln, NE
Melissa Murkins—Lincoln, NE
Lindsey Finochiaro—Omaha, NE
Ann Spenner—Wayne, NE

AMTA-NE chapter is honored to welcome these new members! Your local chapter continues to grow yet remain a constant in an ever-changing world. With your membership, you receive discounts on classes, opportunities to network, volunteer and grow your business. We will be providing member gatherings throughout the year and would love to see all of you attend. Our local chapter is here to provide support and guidance during your journey with open arms!

TONIA HUNTER, LMT
CSMT-OUTREACH & MEMBERSHIP
tonia@simplewellnessmassage.com
402.430.1711

Amy Williams

HELP YOUR CLIENTS CREATE NEW POSSIBILITIES!
BALANCING ENERGY FOR BODY, MIND, HEART & SOUL

2017 UPCOMING CLASSES

FEB 12, DE-MOLECULAR MANIFESTATION & MOLECULAR DE-MANIFESTATION
3 CE'S LINCOLN, NE ACCESS CONSCIOUSNESS® BODY PROCESS

FEB 23, ERADICATION & DILUTION OF ALL EMOTIONAL INTENSITIES & RESTORATION OF THE JOY OF EMBODIMENT
ACCESS CONSCIOUSNESS® BODY PROCESS CLASS -3 CES, LINCOLN, NE

FEB 25, THE MIRACLE CLASS – DISCOVER THE MAGIC OF YOU™ LINCOLN, NE
A TASTE OF ACCESS CONSCIOUSNESS AND A MAGICAL EXPERIENCE

MARCH 3, ENERGY MEDICINE 101 - 6 CES, LINCOLN, NE
IN PARTNERSHIP WITH SOUTHEAST COMMUNITY COLLEGE

MARCH 4, ENERGY MEDICINE 102 - 6 CES, LINCOLN, NE
IN PARTNERSHIP WITH SOUTHEAST COMMUNITY COLLEGE

MARCH 19TH, THE MIRACLE CLASS – DISCOVER THE MAGIC OF YOU™ LINCOLN, NE
A TASTE OF ACCESS CONSCIOUSNESS AND A MAGICAL EXPERIENCE

MARCH 20, ERADICATION, ELIMINATION & DISSIPATION OF BIOMIMETIC AND BIOMIMETRIC MIMICRY OF OTHER PEOPLE'S PAINS, PATHWAYS AND REALITIES
ACCESS CONSCIOUSNESS® BODY PROCESS CLASS -3 CES, LINCOLN, NE

MARCH 26 ACCESS CONSCIOUSNESS® "THE BARS" – 8 CES, LINCOLN, NE
PRACTITIONER CERTIFICATION CLASS

**SAVE \$100 WHEN YOU PURCHASE 5-3 HR
ACCESS CONSCIOUS BODY PROCESS CLASSES!!**

AMTA CONVENTION CLASSES ARE NOT ELIGIBLE FOR PACKAGE PRICING DEALS REGISTRATION IS DIRECTLY THROUGH AMTA AND THEIR PRICING DEALS ARE PER DAY.

MORE CLASSES WILL BE POSTED FOR JUNE-OCT PLEASE VISIT OUR WEBSITE

FOR COURSE INFO AND TO REGISTER GO TO WWW.AMYWILLIAMS.US/UPCOMING-CLASSES

* DENOTES COURSES THAT HAVE NCBTMB ** DENOTES NON HAND ON CLASS THAT YOU CAN USE FOR YOUR 10 HOURS OF "OTHER"

Amy Williams LMT, EEM-CLP, BF
29 years experience in Bodywork

LICENSED MASSAGE THERAPIST
EDEN ENERGY MEDICINE CLINICAL PRACTITIONER
EDEN ENERGY MEDICINE CLINICAL CERTIFIED INSTRUCTOR
ACCESS BARS AND BODY FACILITATOR

APRIL 2, ENERGIZING YOUR MESSAGE! (AMTA SPRING CONVENTION)
• AM SESSION – MULTIPLE TERMINAL VALENCE SLOUGHING SYSTEM (MTVSS)
ACCESS CONSCIOUSNESS® BODY PROCESS -3 CES,
• PM SESSION – THE THYMUS EXERCISE ENERGY WORK AND MASSAGE PRACTICUM – 3 CES,

APRIL 3, ENERGIZING YOUR MESSAGE! (AMTA SPRING CONVENTION)
• AM SESSION - ZERO SUM OF TRAUMA ACCESS CONSCIOUSNESS® BODY PROCESS -3 CES,
• PM SESSION - ACCESS CONSCIOUSNESS BARS® & MASSAGE

APRIL 22, CIRCUITRY ACCESS CONSCIOUSNESS® BODY PROCESS CLASS -3 CES, LINCOLN, NE

MAY 13TH, ACCESS CONSCIOUSNESS® "THE BARS" – 8 CES, NORFOLK, NE
PRACTITIONER CERTIFICATION CLASS

MAY 19, 20 & 21 THE ENERGY SPA RETREAT

MAY 19, STRUCTURAL INTEGRITY AND FUNCTION - EVE CLASS
ACCESS CONSCIOUSNESS® BODY PROCESS CLASS -3 CES, BETWEEN- LINCOLN & OMAHA

MAY 20 & 21ST, RETREAT/SPA DAYS (LOCATION IS BETWEEN- LINCOLN & OMAHA)
IF YOU HAVE TAKEN ANY ACCESS CONSCIOUS CLASSES 3 HOURS OR MORE YOU CAN ATTEND
& PARTICIPATE, IF NOT, TAKE THE CLASS ON FRIDAY NIGHT TO QUALIFY FOR THIS RETREAT OF
TRADING & CLINICAL PRACTICUM LMT CE HOURS ARE AVAILABLE 3-6 PER DAY.

JUNE 3, BODY PROCESS DAY I
• MORNING - CELLULAR MEMORY
• AFTERNOON - ERADICATION, ELIMINATION & DISSIPATION OF BIOMIMETIC AND BIOMIMETRIC
MIMICRY OF OTHER PEOPLE'S PAINS, PATHWAYS AND REALITIES

AM & PM ACCESS CONSCIOUSNESS® BODY PROCESS CLASS -3 CES EACH, HASTINGS, NE



AMTA-NE State Convention

We have some great education events lined up for 2017.

As we all know it is a renewal year and AMTA-NE is committed to providing its members as well as other massage therapists some great education options to choose from!



The theme for our first ever AMTA- NE State Convention is:

“CONNECTING MEMBERS, ELEVATING SUCCESS”

This year's convention has many great offerings for all massage therapists!
The information that follows is what you need to know if you are thinking about taking advantage of these wonderful education opportunities. We hope you will be able to join us!

**CONNECTING MEMBERS,
ELEVATING SUCCESS**

STATE CONVENTION

Location

**Embassy Suites by Hilton Omaha
La Vista Hotel & Conference Center**

**12520 Westport Pkwy
La Vista, NE 68128**

Phone: (402) 331-7400

Event Schedule

Friday, March 31st

- Registration: 8:30am–8:55am
- Chikly Health Institute, Lymphatic Drainage Therapy Level 1
9am–5pm (w/ break for lunch)

Saturday, April 1st

- Chikly Health Institute, Lymphatic Drainage Therapy Level 1
9am–5pm (w/ break for lunch)

Sunday, April 2nd

- Chikly Health Institute, Lymphatic Drainage Therapy Level 1
9am–5pm (w/ break for lunch and meeting)
- Amy Williams:
Energize Your Massage!
8:30am–11:30 (Morning Session)
2pm–5pm (Afternoon Session)
- Chapter Member Meeting w/ lunch
12:00 Noon
- Student Massage Therapist Day
- Vendors: 10am–3pm

Monday, April 3rd

- Chikly Health Institute, Lymphatic Drainage Therapy Level 1:
8am–3:30 pm (w/ break for lunch)
- Amy Williams:
Energizing Your Massage
9am–12pm (Morning Session)
1pm–4pm (Afternoon Session)

Class Information

Chikly Health Institute Lymphatic Drainage Therapy 1 (4 day workshop)

Our instructor for the Lymphatic Drainage Therapy 1 workshop, which will be held on March 31st through April 3rd, will be Arlene Garcia, LMT, LTC, LLCC. Arlene has taught Lymph Drainage Therapy classes for the Upledger Institute, the International Alliance of Healthcare Educators (IAHE) and the Chikly Health Institute (CHI) since 2009. She is a study group leader for the Brain Curriculum for the International Alliance of Healthcare Educators (IAHE) and the Chikly Health Institute (CHI). She apprenticed with Molly Clark, PT and Dr Chikly for Lymph (LDT) techniques.

Early Registration until 2/24/17:

\$495 for AMTA Members
\$595 for Non-AMTA Members

Registration after 2/25/17:

\$545 for AMTA Members
\$645 for Non-AMTA Members

Cancellation Policy:

All refunds are subject to processing fees up to \$36.00, depending upon type of registration.

All refund requests must be emailed to lora.vanetten@amtane.org

Or, by phone at 402-202-3231.

Requests must be made by these dates:

100% refund ends 2/24/17

50% refund ends 3/1/17

25% refund ends 3/17/17

After 3/17/17, no refunds will be given.

In case of emergency, registration may be transferred to another person.

Lymph Drainage Therapy 1 (LDT1)

Fluid Dynamics—Lymphatic Pathways—Anatomical Integrity is approved for: 24 CEUs for massage therapists, NCBTMB Approved Provider # 451238-10
24 CCU's for PT and PTA by ProCert/APTitude and ProCert

Supplies

We need one massage table for every two class participants. If you have a massage table available, bring it. You may not use your table but we don't want to be short.

Attire

Bring comfortable, loose fitting clothes. Some of these approaches require to touch an exposed skin, we encourage you to bring a bath towel, lab clothes, and appropriate undergarments so that you are comfortable. Short finger nails are required for some techniques. Due to potential chemical sensitivities of your classmates, please refrain from wearing perfumes or oils to class.

LUNCHES

Sunday April 2nd Lunch:*

We will have a lunch buffet available which includes: soup of the day, dinner rolls, tortellini salad, red skin potato salad, garden salad, potato chips, pre-made sandwiches, coffee, tea, and dessert.

\$24/person

**Lunch provided on Sunday ONLY. However, there are lunch options available inside or close to the Embassy Suites Convention Center. No outside food can be brought into the Convention Center.*

**ALL Registration for classes at State Convention & lunch is online at:
tinyurl.com/AMTA-NE2017stateconvention**

**Energizing Your Massage
Amy Williams (2-day workshop)**

Join us for two days of tools techniques and hands on body processes you can use with YOUR massage or as a stand-alone energy healing treatment. Learn tools to clear other people's energies from Your body with greater ease than ever before. Discover the ease that adding Energetic awareness can bring to your sessions and how it can increase your effectiveness.

Each morning you will learn and experience an Access Conscious® Energetic Body Process that you can add to your practice with or without massage. You will learn it in the morning and trade that process in the 3 Hour Class.

Each afternoon you will learn more tools and skills for Energizing Yourself and becoming more Energetically Conscious with your Massage. Then you will trade Massages and integrate these new ways of being with the Massage you already know and have ease with. You will experience how adding a new type of awareness can super charge your body and your client's experience!

*Amy Williams, LMT, CFMW, BP, BPF
is a Certified Access Consciousness®
Bars & Body Process Facilitator*

**April 2nd
8:30 am–11:30 pm (3 CEUs)**

- Introduction to “Energizing Your Massage”
- Discover Conscious Massage tools to increase your longevity and effectiveness as a therapist.
- Your will Learn the Hands on Energetic Body process:

**MTVSS —Multiple Terminal
Valence Sloughing System**

This Access Consciousness hands-on Body Process can be run during massage on both therapist and client. What if you could receive a treatment while you were working—all day long?

- This process has numerous applications. You will learn:
- Whole body treatment for Muscular and Skeletal Systems and More!
 - How to use it for Exercise
 - Immune system positions
 - Using MTVSS on individual Organs and all Body Systems.

Participants learn and trade to experience gifting and receiving the Access Consciousness® Body Process for 45–60 mins each in the class.

**April 2nd
2 pm–5 pm (3 CEUs)**

The Thymus Exercise

Learn Basic “Consciousness Tools” to create more intuitive awareness in your Massage Sessions. The thymus gland is part of your immune system until you hit puberty, and then it “turns off”. It's a vestigial organ. By doing the “Thymus Exercise” the thymus gland will start to activate again. Originally, the thymus gland was the source for intuitive awareness. It was blocked and diminished as a way to limit awareness. Hence came the activation of the third eye for this information. With this class the Thymus will start to regenerate and become stronger. It is the center from which we gain energy.

After learning the “Thymus Exercise” you will swap massages from this Energized state and if you have taken the morning class you can also run that process on yourself, your client or both while massaging.

Practice this energy play in a supportive environment where you can really “Get the feel of it” before you take it into your office, both on and off the table!

**April 3rd
9 am–12 pm (3 CEUs)**

Your will Learn the Hands-on
Energetic Body process:

Zero Sum of Trauma

Zero sum of trauma is a hands-on body process for when the body or being has been traumatized. It undoes the effect of cumulative trauma on the body. The need for it occurs with repeated trauma when a person gets used to the pain they are living with and experience more and more trauma until debilitation occurs.

This can be applied for physical trauma or mental emotional trauma. Accidents, injuries, repetitive use, traumatic experiences emotions and PTSD.

The zero sum trauma process undoes whatever locks the trauma into place. This stays within a massage therapist's scope of practice as we are simply allowing the energy that is locked in

the body to be released with our touch and the energy of the body process.

Participants learn and trade to experience gifting and receiving the Access Consciousness® Body Process for 45-60 mins each in the class.

**April 3rd
1 pm–4 pm (3 CEUs)**

**Access Consciousness Bars®
and Massage**

Access Consciousness® “The Bars” is a hands-on process that dissipates stress from the system. We store energy and information in the body that creates stress and pain. The Bars are 32 points on the head that when touched clears this type of energy from Body and Mind like defragging your Brain & Body hard drive.

In this class, you will learn a few of these points that you can use for yourself or your clients. You can immediately apply this in your practice either as part of a session or just for a few minutes at the beginning or end of a massage.

In this “Bars Taster” you will be taught the location of the Bars for Healing and Body and a few others. You will also learn a powerful set of points called “Restructuring of Bodies that re-sets the body to a “new normal” after the work you have done for the client during any type of session massage OR Energy work. You can even use them on yourself after you receive a massage or chiropractic adjustment to have the benefits last longer.

After participants learn the points, all will trade Massages with each trading pair's choice of whether they would like Bars, Massage or both combined. It's all your choice!

**Early Bird Pricing:
Register before 3/10/17**

| AMTA Members | Non-AMTA Members |
|-------------------|-------------------|
| \$80 per session | \$90 per session |
| \$150 full day | \$170 full day |
| \$300 full 2 days | \$340 full 2 days |

Pricing after 3/11/17

| AMTA Members | Non-AMTA Members |
|-------------------|-------------------|
| \$85 per session | \$95 per session |
| \$160 full day | \$180 full day |
| \$320 full 2 days | \$360 full 2 days |

Our hope for this convention is for it to be a great learning experience and time for socializing. On Sunday, even if you can't attend the classes, we hope you still join us for lunch and the chapter meeting and to browse and converse with the vendors, and of course, catch up with your fellow massage therapists!



Open Call to Vendors for 2017 AMTA Nebraska State Convention

AMTA Nebraska is still accepting vendor applications for the 2017 State Convention. AMTA Nebraska is looking for any and all vendors whose products and services would be marketable to the massage therapy industry. Our Vendor Fair will be on Sunday February 2nd. If you know of or hear of a business that might benefit from marketing their products and services towards Nebraska's massage therapists, please forward my information to them or share your thoughts with me. The charge is \$35, which includes lunch. Contact Mitchel Lowry-Lee for details.

Sincerely,
Mitchell Lowry-Lee, LMT
AMTA-NE: Board Member
mitchell.lowry-lee@amtane.org

2017 Summer Education Events

Cadaver Workshop: 7/29/17

We are pleased to announce that we will have another year for cadaver workshops! Our instructor will be Ryan Splittgerber, once again. He impressed all those in attendance last year and so we are growing upon last year and offering more sections for you to choose from. You may choose just one section or all four.

Registration: Tickets for this event will go on sale sometime after State Convention. The event page has already been created.
<http://tinyurl.com/amtane2017cadaver>

Time: Registration will be 30 minutes prior to each section
July 29th, Section 1: 9am–1pm
July 29th, Section 2: 2pm–6pm
July 30th, Section 3: 8am–12pm
July 30th, Section 4: 1pm – 5pm

Location:
University of Nebraska-Kearney,
Health Sciences Education Complex
2402 University Dr
Kearney, NE 68849

CE credits:
4 CEUs/section (3 hands-on CEUs, 1 non-hands-on/section)

Lodging: We are currently in communications with the housing director on UNK’s campus. If you are interested in staying overnight and would like to stay in one of their suites, please mitchell.lowry-lee@amtane.org. When we have, more details regarding the cost and supplies you would need to bring, we will pass that along. Centennial Towers would be utilized for our group.

Instructor: Ryan Splittgerber, PhD, is Assistant Dean at the University of Nebraska Medical Center (UNMC) in the College of Allied Health Professions. Dr. Splittgerber serves as the Director of the Gross Anatomy Laboratory in Health Sciences Education Complex located on the University of Nebraska-

Kearney (UNK) campus. His primary teaching responsibilities include clinically oriented gross anatomy courses for Physician Assistant, Physical Therapy, and Medical Imaging and Therapeutic Science students. Dr. Splittgerber received his PhD in Neuroscience from the University of Alabama at Birmingham and trained in gross anatomy during his postdoctoral education at Vanderbilt University.

These courses are designed as a review of gross anatomy for massage therapists. Structured cadaveric lab sessions will explore anatomical relationships of muscles, nerves, bones and viscera of the human body. Lab sessions will be preceded by a brief classroom review of regions to be discussed.

Section one: Back & Upper Limbs
This section will begin with exploration of the intrinsic muscles groups of the back including the vertebral column and spinal cord. Extrinsic muscles of the back will segue into the structure and function of the upper limb. Emphasis will be placed on spatial relationship of muscles and nerves, in addition to bony landmarks.

Section two: Pelvis and Lower Limbs
This section will explore the structure and function of the lower limb, with emphasis on spatial relationships of the muscles, nerves, and bony landmarks. Additionally, Pelvic anatomy will be demonstrated, focusing on its relationships with the lower limb. Urinary and reproductive organs will also be discussed.

Section three: Thorax and Abdomen
This section will explore the organs of the thorax and abdomen. Anatomical donors will reveal the physical relationships of the heart and lungs. Function will be discussed with regard to anatomical features. The abdominal dissection will demonstrate the complex organization of the viscera and blood vessels within the abdomen. Additionally, the viscera will be removed to explore the posterior abdominal wall.

Section four: Head and Neck
This section is considered the crème de la crème of anatomical dissection. Participants will explore the complex relationship of muscles and nerves in the cervical region, followed by a demonstration of the muscles of the face. The brain will be removed and accompanied by a walkthrough of neuroanatomical structure and function. The cranial cavity will reveal the brain environment including origins of the 12 pairs of cranial nerves.

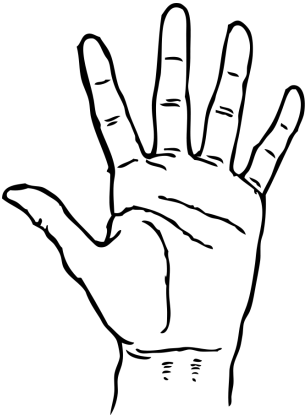
Cost:
AMTA members
Per section: \$95
Per day: \$175
Whole workshop: \$350

Non AMTA members
Per section: \$115
Per day: \$195
Whole workshop: \$370

2017 Fall Education Events

Hands Across Nebraska

We are currently developing the program for Hands Across Nebraska late summer/early fall 2017. We will keep you updated with details regarding this workshop in the months to follow via website, email and social media.



Community Service Massage Team (CSMT) Report

The Community Service Massage Team is a service oriented team committed to giving back to our community. We have been given the opportunity to assist with the Light The Night Walk the last two years by offering seated massages for those attending the walk. We have also offered seated massages to the Volunteer Organizations Active in Disaster (VOAD) as well as the Community Organizations Active in Disaster (COAD).

The CSMT has been building our membership this last year. We will be continuing with classes in 2017 for those that want to join the Emergency Response Team. If you are interested in giving back to your community, you can sign up to join the Outreach Division. If you have any questions or would like to join our team, please email Beverly Riley at: Beverly.Riley@amtane.org.

Light the Night Lincoln and Omaha events were a great success. We were able to help a great organization with offering massages to volunteers before the walk.

At the COAD meeting in Omaha we offered massages for those that travel the State and/or Nationwide to help at disaster sites.



COAD Meeting: Alan Vovolka and Valdeen Nelson



Light the Night Walk: Beverly Riley, Tonia Hunter, and Rania Baxter

Sports Massage Report

2017 Lincoln Marathon: Post-Event Sport Massages
May 7th, 2017
6:50am–1pm
Memorial Stadium, North Concourse, Gate 15
(we are indoors, take the elevator by the medical tent to the 2nd floor.)

The Lincoln Track Club is excited to have you join in the fun and invites you to volunteer at the Lincoln Marathon and get free CEUs, FOOD, T-SHIRT, and DOOR PRIZES! This is open to all Nebraska Licensed Massage Therapists!

The Sports Massage class starts at 7am and then as the runners finish the race, you will perform post-event sports massage on the finishers.

Everyone who registers and completes the event will receive 5 free CEUs, breakfast, a boxed lunch, snacks, and a t-shirt. You are also invited to take part in the free pasta feed the night before. For some fun, we will be giving away some awesome door prizes!

In addition, if you register by MARCH 31st, you will get FREE marketing, including your name and contact information in each of the runners' packets and on the Lincoln Track Club Website, lincolnrun.org. Approximately 13,000 athletes will see your name and contact information for FREE!



Mistaken Identity of Pain Continuing Education Seminars
Elevate Ordinary to Exceptional

| Date | Time | Content | # CEU's | Location |
|------------|---------------|----------------------------------|----------|---------------------------|
| 16-Feb | 6:30-8:30pm | Extensors of the Forearm | 2 ceu's | Omaha Ballroom |
| 21-Feb | 9:30-11:30 | Extensors of the Forearm | 2 ceu's | Omaha Ballroom |
| 16-Mar | 6:30-8:30pm | Quadratus Lumborum and Iliopsoas | 2 ceu's | Omaha Ballroom |
| 21-Mar | 9:30-11:30am | Quadratus Lumborum and Iliopsoas | 2 ceu's | Omaha Ballroom |
| 25-Apr | 9:30-11:30 | Adductors | 2 ceu's | Omaha Ballroom |
| 18-May | 6:30-8:30pm | Posterior Cervical and Scalenes | 2 ceu's | Omaha Ballroom |
| 21-May | 9:00-5:00 | Cervicals and Cranials | 7 ceu's | Omaha Healing Arts Center |
| 23-May | 9:30-11:30 | Posterior Cervical and Scalenes | 2 ceu's | Omaha Ballroom |
| 15-Jun | 6:30-8:30pm | Anterior Cervicals | 2 ceu's | Omaha Ballroom |
| 20-Jun | 9:30-11:30 | Anterior Cervicals | 2 ceu's | Omaha Ballroom |
| 9-Jul | 9:00-5:00 | Cervicals and Cranials | 7 ceu's | Special Kneads |
| 20-Jul | 6:30-8:30pm | Anterior lower leg and foot | 2 ceu's | Omaha Ballroom |
| 25-Jul | 9:30-11:30 | Anterior lower leg and foot | 2 ceu's | Omaha Ballroom |
| 17-Aug | 6:30-8:30pm | Rotator cuff | 2 ceu's | Omaha Ballroom |
| 19-20 Aug | 9-5 both days | Low back and Sciatica | 14 ceu's | Omaha Healing Arts Center |
| 22-Aug | 9:30-11:30am | Rotator cuff | 2 ceu's | Omaha Ballroom |
| 16-17 Sept | 9-5 both days | Shoulders Arms and Hands | 14 ceu's | Omaha Healing Arts Center |
| 21-Sep | 6:30-8:30pm | Muscles of the Spine | 2 ceu's | Omaha Ballroom |
| 26-Sep | 9:30-11:30am | Muscles of the Spine | 2 ceu's | Omaha Ballroom |
| 8-9 Oct | 9-5 both days | Shoulders Arms and Hands | 14 ceu's | Omaha Healing Arts Center |
| 19-Oct | 6:30-8:30pm | Quadratus Lumborum and Iliopsoas | 2 ceu's | Omaha Ballroom |
| 22-23 Oct | 9-5 both days | Low back and Sciatica | 14 ceu's | Special Kneads |
| 24-Oct | 9:30-11:30am | Quadratus Lumborum and Iliopsoas | 2 ceu's | Omaha Ballroom |



FOR MORE DETAILS AND REGISTRATION VISIT
www.message-ce-workshops.com
www.facebook.com/massageceworkshops

Don't Delay! Register by March 31st, and you will be eligible to win a mini tablet!

<http://tinyurl.com/LincolnMarathonPostRaceMassage>

Please note, you are welcome to register anytime, even on the day of the event.

Lincoln Track Club will provide supplies; all we need is you and your table!

Registration will need to be done online. If this hinders your participation, please email me at: nebraskasportsmassage@gmail.com
Or, call/text 402-601-0391. Leave a message with your info.

Website and Technology Reprot

The Nebraska AMTA website will be taking on some changes in the coming months. If you are interested in volunteering to help maintain the chapter website, please contact ben.stone@amtane.org. We are looking for people who might have ideas for what should be shared or included on the website. No special computer knowledge is required, just the ability to send and receive emails. If you would like an easy way to get involved with the Nebraska Chapter of the AMTA, this is it!

Communication Technology
Ben Stone
402-730-1707
ben@benstonemassagetherapy.com
ben.stone@amtane.org

MASSAGE ROOM FOR RENT!
Massage room for rent in Physical Therapy outpatient practice. The office is located near **114th and Dodge in Omaha.**
We will rent full-time to one person or on a part-time basis.
Contact: diana@rehabguruapt.com for additional information.

2017 CEU Schedule
Universal College of Healing Arts

Sunday, January 22 Online Marketing with John Mayo 7 hr Non Hands-On CEU. \$170.00

Sunday, March 26, Monday, March 27, & Tuesday, March 28 Comfort Touch with Mary Rose 21 hr Hands On CEU \$485.00

Sunday, April 2, Monday, April 3 & Tuesday, April 4 Clinical Massage with Jon Martine 21 hr Hands On CEU \$485.00

Saturday, April 8 & Sunday, April 9 Heath Expo

Sunday, May 7, Monday, May 8, & Tuesday, May 9 Cancer and Massage with PJ Meyer 21 hr Hands On CEU \$485.00

Sunday, June 11 Ethics Conference 3 hour CEU at UCHA \$25.00

Monday, June 12,: Exploring a Mindful Centered Approach to Bodywork with Dan and Patrick Davis-Long. 7 Hours Hands On CEU \$170.00

Sunday, August 20 Body Mechanics with Wes Shockley 7 hr Non Hands-On CEU \$170.00

Sunday, September 17 Heal the Healer's Heart with Julia Ponce 7 hr Non Hands-On CEU \$170.00

Sunday, October 1 Herbs and Oils with Rachel Liester & Susan Wells in Stanton, NE 7 hr Non Hands-On CEU \$170.00

Sunday, October 22 & Monday, October 23 Gua Sha and Cupping with Libba Harmon 14 hr Hands On CEU \$330.00

Online Ethics Class- (sign up and take anytime) 3 hrs Non Hands On CEU \$25.00

For more information or to register, visit ucha.edu
or contact Julie Lesser at 402-556-4456 ext. 3
By email: julielesser@ucha.edu

Associate Degree
Universal College of Healing Arts

Already have your 3 semesters or 1000 clock hours in Massage Therapy? Join us this January 2017 to complete two more semesters to obtain your Associate Degree. Choose an all online delivery or a blend of on-site and online. Courses can be applied towards CEU requirements. Advance your skills or obtain the edge of being a Degreed Licensed Massage Therapist.
Our web page: UCHA.edu details the classes you will take for your Associate degree.
ENVISION YOUR FUTURE WITH US

Advanced Certification in Cancer and Massage

The medical field is utilizing Massage Therapy more and more. It is also demanding the knowledge and specialization in working with their patients. UCHA has developed an Advanced Certification where LMTs can work with clients with cancer effectively and safely.

For this Advanced Certification, you will need to take the 21 hour Cancer and Massage CEU and the 21 hour Comfort Touch CEU. There is also 8 hours of supervised lab time working with clients with cancer. If you have taken the Cancer and Massage class in the past, it may be applied towards your certification.

HELLERWORK STRUCTURAL INTERGRATION

Have you ever considered expanding your bodywork through Structural Integration? UCHA offers an accredited program from the lineage of Ida Rolf, the Hellerwork Structural Integration Program.

This program is designed to teach you the skills to help your clients have structural balance using a systematic release of the body's fascial planes. You will be able to teach your clients how to move in ways that minimize effort and tension while maintaining and improving bodywork results. Hellerwork also focuses on how client's thoughts, beliefs, attitudes, and feelings impact their bodies through balance and posture.

This modality will give you the skills to improve your abilities to help your clients. To find out more information, please visit our webpage at UCHA.edu or contact Paulette Genthon at paulettegenthon@ucha.edu. Next program starts October 2, 2017!

Associate Newsletter Editor
AMTA-Nebraska Chapter
1612 L Street
Lincoln, NE 68508



DATED MATERIAL—PLEASE EXPEDITE

American Massage Therapy Association
www.amtamassage.org

2017 AMTA NE Chapter Calendar of Events

| | | |
|-----------------------------|---|--------------|
| March 19th | Board Meeting | Omaha, NE |
| March 31st, April 1st & 2nd | State Convention/Chapter meeting (Embassy Suites) | La Vista, NE |
| May 7th | Lincoln Marathon (UNL Stadium) | Lincoln, NE |
| July 29th & 30th | Cadaver Workshop (UNK) | Kearney, NE |
| August 20th | Board Meeting | Lincoln, NE |
| September 13th–16th | AMTA National Convention | Pasadena, CA |
| Sept 30th | Market to Market | Lincoln, NE |
| Fall | Hands Across Nebraska | (TBD) |
| Oct 22nd–28th | National Massage Therapy Awareness Week | Nationwide |
| Oct 29th | Good Life Halfsy | Lincoln, NE |
| Nov 1st | License Renewal (Massage Therapy) | Statewide |