

CONTINUING EDUCATION OPTIONS – AMTA IDAHO STATE CONVENTION

*Deep Tissue * Trigger Point * Chi Nei Tsang * Essential Oils*

Deep Tissue Made Easy (7 hrs) with Eric Stephenson (Friday) Cost: \$295 for both days or \$195 for one day

“It’s not how deep you go, it’s how you go deep.” – Ida Rolf

Performing deeper work often leaves us exhausted and in pain. This class provides you with the skills to deliver deeper work with less effort. Whether you are beginning your career or have been in practice for years, learn how to exceed your client’s expectations and continue practicing massage for years to come.

Students will learn:

- * body mechanics using proper alignment and hand position
- * to contact deep layer musculature safely and effectively
- * techniques for all regions of the body
- * to apply strokes without the use of thumbs
- * concepts for table height, lubricant and leverage



“Top Ten” Trigger Points (7 hrs) with Eric Stephenson (Saturday) Cost: \$295 for both days or \$195 for one day

Studying a trigger point chart with its anatomical detail can be overwhelming and outright confusing. This course shows students how to locate and treat common pain patterns, restoring muscles to their normal resting length. Students will learn:

- ten locations of frequent client complaints
- palpation skills to easily locate trigger points
- communication skills to safely work with clients
- to identify agonist/antagonist muscle strain patterns
- techniques to alleviate referral pain

Massage Ethics: Navigating the Waters (3 hours) with Eric Stephenson (Sunday) Cost: \$60, but this class is free if you pay for the full convention

This highly interactive workshop openly explores ethical issues that massage therapists routinely face in their professional and personal lives. Through a dynamic mix of lecture, discussion, small group exercises, and self assessments, students will explore an array of

topics. Students will learn:

- maintaining client safety, confidentiality, and satisfaction
- managing communication skills
- establishing and communicating boundaries
- navigating transference and countertransference
- incorporating self-care and strategies to avoid burnout



Introduction to Chi Nei Tsang (16 hours) with Mary Ellen Derwis (Friday and Saturday) Cost: \$295

Chi Nei Tsang is abdominal work that transforms. It is the modality brought to the west by Mantak Chia, a Taoist master who began teaching this work 35 years ago. It is part of the medical chi gong massage model with concentration on detox of the abdominal organs. It was recently featured on Dr. Oz’s show which is bound to bring inquiries from clients. Students will learn:

- to guide their client in proper breathing practices
- Five Element Theory, the basis of Chinese Medicine practice (meridians)
- to palpate the large intestine and encourage peristalsis
- a lymphatic detox protocol of the abdominal cavity
- Medical Chi Kung practice for practitioner/client to encourage detoxification

Basic Essential Oil Class (3 hours) taught by Sharon Moran (Thursday Evening) Cost : \$15 (includes book)

This 3 hour class is designed for the beginner as well as the individual who has been using essential oils for some time. We cover a wide range of topics and make the practice of using essential oils fun and easy. By the end of this class you will know how to effectively use essential oils in most situations. This class we will cover:

- The history of essential oils and where they come from
- Plant families in relation to essential oils
- Plant physiology in relationship to essential oil function
- Frequency and synergy
- The need for 100% pure, therapeutic essential oils
- The difference between blended oils and single oils
- Basic principles of essential oils - how they do what they do
- Using essential oils to restore balance within the body
- The shelf life of essential oils
- Safety guidelines to consider when using essential oils
- How and why to use a carrier oil when topically applying essential oils
- Methods of use when incorporating essential oils into everyday life
- Essential oils and balancing emotions
- What essential oil to use for specific symptoms.