

# Idaho In Touch

A Publication of the American Massage Therapy Association - Idaho Chapter, Vol. 17 No. 3 Autumn 2009

## FROM THE PRESIDENT

Dear Members,

It is that time of year again. The leaves are changing colors and the crops are being harvested, and we can look back over the first part of the year to see what has worked and what hasn't. It is also time that we can reap the rewards of what we have sown and prepare for the last part of the year.

Most of us have had our unit meetings. We had them a little earlier this year and I hope that as many of you that could attend, did so. To those of you who couldn't attend, I hope that you may find time to attend a meeting in the future. Remember, we as chapter officers are here for you, and if there is something you would like – training or such – please let us know. We are here to serve you.

We have the National Convention coming up in Florida in September, and the National Massage Therapy Awareness Week coming up in October. We can use that week to promote our chosen field and get therapeutic massage out into our communities. We have also included a message in this newsletter from AMTA National. Please read it and give us feedback. We as your chapter officers are here to assist you in any way we can.

So enjoy the season ahead with the changes in the air. As Eleanor Roosevelt said, "The future belongs to those who believe in the beauty of their dreams."

Trisha Pennell

## IN THIS ISSUE

From the President	Page 1
Dates to Remember	Page 1
Member Profile	Page 2
Chapter Website	Page 2
Welcome New Members	Page 2
Western Unit Workshop and Meeting	Page 3
Northern Unit Meeting	Page 4
Continuing Education	Page 4
Advertising Information	Page 4
Enter To Win - Education Survey	Page 5
New Social Networking Program	Page 6
Did You Know?	Page 6
AMTA Speaks Out, NCBTMB Decision	Page 7
Volunteering	Page 7
You Have The Right To Vote!	Page 8
Enter To Win - Delegate Survey	Page 9
The Rossiter System	Page 10
AMTA-Idaho Officer Roster	Page 12
Video Library Order Form	Page 13

## DATES TO REMEMBER

### Chapter:

April 23-25, 2010, AMTA-Idaho State Convention  
in Twin Falls, Idaho

### National:

September 23-26, 2009, AMTA National  
Convention in Orlando, Florida

October 19-23, 2009, National Massage Therapy  
Awareness Week

September 22-25, 2010, AMTA National  
Convention in Minneapolis, Minnesota

October 19-22, 2011, AMTA National Convention  
in Portland, Oregon

## MEMBER PROFILE

Name - Wayne A. Gray, Sr.  
City of residence? Shelley, Idaho  
Family status, children, pets? Married with six children, one grandson, one granddaughter  
Where do you practice? Currently not practicing  
Where did you receive your massage training?  
Utah College of Massage Therapy  
What are your specialties?  
Deep Tissue and Cranial Sacral Therapy  
Why did you become a massage therapist?  
I love to do massage!  
What did you do before you became a massage therapist? Electrician  
What are your hobbies and past times?  
Swimming  
What are your retirement goals? Travel and do massage  
How do you protect your arms and hands? I wear gloves as an electrician and keep my hands flexible as a massage therapist

Wayne serves as our AMTA-Idaho Eastern Unit Representative.

**Check out the AMTA-Idaho  
CHAPTER WEBSITE**  
[www.amtaid.org](http://www.amtaid.org)

## WELCOME AMTA-IDAHO NEW MEMBERS

### Central Unit

Rebekah Childers	Buhl
Amy Johnson	Mackay
Rachel Whatcott	Twin Falls

### Eastern Unit

Nanci Anderson	Grace
Kelli Ayers	Soda Springs
Kalie Blakeman	Idaho Falls
Jami Call	Pocatello
Kaci Corbridge	Chubbuck
Belinda Cranor	Idaho Falls
Elan Davis	Idaho Falls
Marie Graf	Pocatello
Jerold Hackworth	Pocatello
Jalene Heiner	Pocatello
Melissa Kanen	Pocatello
Marcus Lee	Pocatello
Melissa Malm	Blackfoot
Jana Martinez	Pocatello
Kristy Nukaya	Idaho Falls

### Northern Unit

Brandon Banner	Post Falls
Ben Baron	Hayden
Keela Behm	Spokane Valley
Leslie Danielson	Coeur d' Alene
Hallie A. Duebendorfer	Sandpoint
Jean Felker	Post Falls
Scott D. Freeman	Dalton Gardens
Kelly Jada Grace	Post Falls
Nathan J. Hays	Coeur d' Alene
Janelle Juerson	Hayden
Derek Joe Kilian	Coeur d' Alene
Janie A. Lumbert	Priest River
Amber Mangels	Coeur d' Alene
Ellen Mueller	Coeur d' Alene
Larry Schack	Spirit Lake
Lindsey Simler	Post Falls
Kristin Solomon	Post Falls
Amber Lynn Thompson	Spokane Valley

### Western Unit

Christopher J. Welsh	Boise
----------------------	-------

Welcome!! Look for your unit representatives in the "AMTA-Idaho Officer Roster" later in the newsletter and feel free to contact them for information. You can also log onto the chapter website for more details at [www.amtaid.org](http://www.amtaid.org)

## **WESTERN UNIT HOSTS SUCCESSFUL WORKSHOP AND UNIT MEETING!**

Congratulations to Mandy Shenk, Western Unit Representative, for successfully hosting their annual fall workshop and unit meeting at the Apollo College in Boise on August 1.

Paul Emery from Salt Lake City provided six continuing education units on Sports Massage and how to incorporate it into your daily practice. The class was received enthusiastically with eight participants, including seven chapter members and one non-member!

After enjoying Subway sandwiches and fruit for lunch, the participants applauded the increased information and contact they are receiving due to Mandy's efforts in utilizing the member e-mail list. Laura Elliott suggested that AMTA look into hiring and paying lobbyists for states that currently do not have licensure. The difficulty of selecting classes that would interest the majority of members was also discussed.

The unit is in need of a Western Unit Assistant Representative since our current assistant, Enid Atkinson, has moved to Salt Lake City, Utah.

Working with a budget of \$250 plus the \$725 brought in by the workshop, the profit/loss showed -\$71.66 after educator and meal expenses were paid. The loss was the result of a miscommunication regarding the contracted educator expenses and not the responsibility of the unit representative.

Congratulations, Mandy, on another wonderful job well done!!

## **SPA SERVICES AT UNIT MEETING**

Putting a unique spin on their unit meeting, Paul Weston held the annual Northern Unit Meeting at the American Institute of Clinical Massage and Highlands Day Spa in Post Falls where attendees were provided with refreshments and a discounted rate for spa services on the day of the meeting. Many thanks to Jeane Plastino-Wood, owner of the day spa, and her staff members and students for helping make the meeting a success with their contributions.

Member turnout was small but enthusiastic and productive. Held on August 1, Rebecca Goodrich, AMTA-Idaho Education Chairman, requested input on potential training topics for future chapter and unit workshops. Along with this request, additional continuing educational resources were also discussed.

Members unanimously expressed support of state licensing for massage therapy and requested that any potential bill emphasize protection of the public.

Trisha Thornquist from Moscow suggested that informal unit meetings be held on a monthly or bimonthly basis with the intention of creating a sense of community within the Northern Unit in addition to the opportunity for social networking and/or mentoring. It was also proposed that the idea be extended throughout the unit and that local volunteer coordinators be recruited.

Great ideas! Congratulations on such a fun and productive unit experience, Paul!

## CONTINUING EDUCATION

**Anatomy Trains for Bodyworkers** will be taught in Salt Lake City, Utah, on September 11-13, 2009, and April 16-18, 2010.

**Anatomy Trains for Movement** will be taught in Salt Lake City, Utah, on April 23-25, 2010.

Classes will be held on Friday evenings, Saturdays, and Sundays. Cost is \$295 before early registration and \$345 after. If you have any questions or would like to register, contact Eli Thompson at 617-776-9494 or [Eli@EliThompson.com](mailto:Eli@EliThompson.com).

**The School of Complementary Therapies** was established in 1995 and has an excellent reputation in the field of Complementary and Alternative Medicine. Currently, they are approved for CEUs by the College of Massage Therapists of Ontario. Other organizations that recognize SCT are the Reflexology Registration Council of Ontario, the Canadian Examining Board of Health Care Practitioners, and the Academy of Naturopaths and Naturotherapists. They are applying for recognition by the AMTA. Check them out for additional continuing education options.

Jacqueline Fairbrass, Founder of SCT,  
206-201-2764  
[jf@jacquelinefairbrass.com](mailto:jf@jacquelinefairbrass.com)  
[www.SchoolofCT.com](http://www.SchoolofCT.com)

## **IDAHO IN TOUCH Advertising Information**

### **Full page**

\$85 per ad for one insertion

\$80 per ad for multiple insertions

**½ page** - 7" wide x 5" high

\$65 per ad for one insertion

\$60 per ad for multiple insertions

**1/4 page** - 3.5" wide x 5" high

\$45 per ad for one insertion

\$40 per ad for multiple insertions

### **Business card size**

\$20 per insertion

**Deadline dates:** Feb 15, May 15, Aug 15, Nov 15

**Publish dates:** Mar 1, June 1, Sept 1, Dec 1

Please make payment payable to "AMTA-Idaho" and submit with camera-ready, black and white ads

to Gayla Nickel, 445 Marjacq Avenue, Idaho Falls, Idaho 83401, 208-524-1696, [gohthermas@aol.com](mailto:gohthermas@aol.com)

# WIN, WIN, WIN!

Fill out and submit the following survey, and your name will be placed in a drawing for free registration to the AMTA-Idaho State Convention 2010!

## AMTA-IDAHO EDUCATION SURVEY

As your new AMTA-Idaho Education Chairman, I'd like to schedule training that meets your needs. Please indicate your training priorities by filling out the short survey below. You may send the survey to Rebecca Goodrich at PO Box 3162, Moscow, Idaho 83843, or e-mail your responses to [rgoodrich@wsu.edu](mailto:rgoodrich@wsu.edu). Thanks!

Check your top three training priorities:

\_\_\_\_\_ Ethics  
Suggested topics: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Business  
Suggested topics: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Therapeutic massage and bodywork, e.g. craniosacral therapy, myofascial release, positional release, trigger point therapy, aromatherapy, etc.  
Suggested modalities: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Spa techniques, e.g. hot/cold stone, wraps, etc.  
Suggested techniques: \_\_\_\_\_

\_\_\_\_\_ Asian bodywork techniques  
Suggested modalities: \_\_\_\_\_

\_\_\_\_\_ Energy techniques  
Suggested modalities: \_\_\_\_\_

\_\_\_\_\_ Therapist self-care  
Suggested methods \_\_\_\_\_

\_\_\_\_\_ Sports massage, athletic injuries  
Suggestions: \_\_\_\_\_

\_\_\_\_\_ Other topics: \_\_\_\_\_

Check the highest amount you would be willing to pay for a training workshop at an AMTA-Idaho event:  
\_\_\_\_\_ \$100 \_\_\_\_\_ \$150 \_\_\_\_\_ \$200 \_\_\_\_\_ \$250 \_\_\_\_\_ \$300 \_\_\_\_\_ \$350 \_\_\_\_\_ \$400

Required only for the Drawing:  
Name \_\_\_\_\_ E-mail \_\_\_\_\_ Telephone \_\_\_\_\_

**RELEASE FROM AMTA NATIONAL OFFICE  
July 23, 2009 – AMTA Announces Multi-Faceted  
Social Networking Program**

Evanston, IL – The American Massage Therapy Association (AMTA) announces its multi-faceted social networking program to serve massage therapists, students, teachers and consumers through the latest technology. The association now has a presence on Facebook, LinkedIn, Twitter and YouTube to bring the most current association updates and news to its members and others in the profession. These venues also provide information to the public, opportunities for questions and dialog with consumers and with potential clients.

“Social networking allows AMTA to connect even more with our members and those interested in massage therapy in a relevant and accessible way,” says AMTA President Judy Stahl. “Members who are interested in having a more extensive and immediate voice on national massage issues will be able to dialog with the community on important topics. It’s a way to be a more active part of AMTA and the greater massage therapy community. Our younger members, the future leaders of the association and the profession, are especially enthusiastic about utilizing these social networking tools to make a difference in their practices, their communities, and the world. ”

The association began its YouTube presence in September 2008 and started its initial tests on Facebook in spring 2009. Within a short time, without announcement, more than 500 people joined AMTA’s Facebook group. “AMTA chose to use these existing online venues because they are so prevalent and invite broad participation,” says Stahl. “They also fit best with AMTA’s desire to respond to the current, fresh and exciting online dialog in our profession.”

AMTA will use these networking locations in a variety of ways to take advantage of their strengths. For example, in September attendees at the AMTA National Convention in Orlando, FL will be able to log on to Twitter for reminders regarding upcoming educational programming. Members who are interested in having more of a voice on national issues will be able to dialog with the community on important topics through Twitter, YouTube and Facebook.

The association looks forward to expanding its involvement in online social networking, recognizing the value of these communications forms to foster discussion and keep its discussions current. It also supports the per-

sonal interactions and networking at the local and state levels that have always been part of AMTA’s chapter activities.

The easiest way to connect with AMTA on Facebook, LinkedIn, Twitter and YouTube is to visit [www.amtamassage.org](http://www.amtamassage.org) and click on the corresponding icons listed on the AMTA homepage.

The American Massage Therapy Association is the largest nonprofit, professional association for massage therapists with 58,000 massage therapist members. The association is directed by volunteer leadership and fosters ongoing, direct member-involvement through its 51 chapters. AMTA works to advance the profession through ethics and standards, the promotion of fair and consistent licensing of massage therapists in all states, and public education on the benefits of massage.

**DID YOU KNOW?**

AMTA currently has:

51,593	Professional members
6,131	Student members
102	Supporting members
<u>428</u>	School members
58,254	Total members

As of August 2009, we have for this year alone:

1963	New student members
1843	New professional members
13	New school members
<u>13</u>	New supporting members
3832	Total new members

So far this year:  
Student membership retention is 55.4%.  
Professional membership retention is 82.8%.  
School membership retention is 80.3%.

Reasons given by members for leaving the AMTA:

21.3%	Temporarily not practicing
18.0%	Can’t afford membership
15.0%	Cheaper liability insurance elsewhere

This year alone:  
The national office has received 19,973 telephone calls and 1,779 e-mails from members.  
There have been 341,448 hits on the AMTA website.  
There have been 219,975 searches on AMTA’s Find A Massage Therapist (FAMT) Website.

## **CONCERN FROM THE AMTA NATIONAL BOARD OF DIRECTORS, July 10, 2009**

Dear Members,

Your Board of Directors wants you to know that AMTA is focused on serving members like you, the future of the profession and the ability of massage therapists to be successful. There are many elements needed to support and advance a profession, including national certification. You may have heard that last week the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) announced that it is creating the "USA Massage Resource Alliance (usaMRA)" as an organization to sell insurance.

Your AMTA Board of Directors is disappointed that the NCBTMB has announced plans to create this kind of organization, when its mission is to define and advance the highest standards in the profession "through a recognized credentialing program". We believe the announced plan will also further erode the value of NCBTMB certification in the profession and the ability of certificants to set themselves apart in the marketplace through higher credentials. We believe NCBTMB'S action is not in the best interest of the profession or of massage therapists.

Certification is a core part or cornerstone of a profession. That is why AMTA, responding to the view of our members, originally created the NCBTMB, has supported its mission and used its certification as a membership criterion to join AMTA. We also continue to support the development of advanced certification for the profession. Your board feels that for the NCBTMB to shift focus to attempt to compete as a type of membership association selling liability insurance is counterproductive for the profession's advancement.

AMTA and our chapters provide the most complete services available to massage therapists, students and schools. It will continue to pursue its mission as the largest national non-profit association created to serve and advance the profession, and it will proactively compete in the marketplace. The association is vibrant, strives to operate in a forthright manner, is directed by volunteer massage therapists, provides chapter and local involvement and offers a variety of continuing education opportunities for its members unmatched by any other organization.

We want to assure you of the continuing strength of your association and our continued commitment to you and our profession.

AMTA National Board of Directors

## **VOLUNTEERS NEEDED**

Looking for a way to give back to the association that serves you? Consider one of the following chapter positions:

- 3<sup>rd</sup> Vice President
- Central Unit Assistant Representative
- Eastern Unit Assistant Representative
- Western Unit Assistant Representative
- Government Relations Chairman

All volunteers are given the training needed to fulfill their duties. If you have access to a computer and would like to serve as a chapter volunteer, please contact Trisha Pennell at 208-521-4416, or [tmaster@gmail.com](mailto:tmaster@gmail.com).

## **BENEFITS OF VOLUNTEERING**

Volunteering to serve as an officer in the chapter is an exciting opportunity that provides many benefits:

- ❖ Attend the Annual AMTA-Idaho Officers Retreat and Leadership Training, expenses paid
- ❖ Learn more about the association, how it is structured, and how it functions
- ❖ Get to know other officers and therapists and exchange ideas on work and leadership
- ❖ Experience the fulfillment and reward that comes from becoming a contributing member of the world's largest non-profit massage association
- ❖ Build your confidence and professionalism through attendance at meetings, workshops, and conventions with other professionals

**"In any moment of decision,  
the best thing you can do  
is the right thing.  
The next best thing  
is the wrong thing.  
And the worst thing you  
can do is nothing."  
— Theodore Roosevelt**

**CHAPTER DELEGATE NEEDS YOUR HELP**

Dear Members,  
As your elected Chapter Delegate representing the Idaho chapter at the AMTA National Convention held in Orlando, Florida, I will be voting on September 23, 2009, on the following Recommendations and Position Statements. At our AMTA-Idaho Board of Directors' Meeting on September 19, 2009, the unit leaders will give me the input they got from members who attended the unit meetings or called and e-mailed them. If you were not able to attend your unit meeting, I am asking that you read the information below and contact me with your thoughts, opinions, and votes on the following issues.

This year the House of Delegates will vote on two Recommendations and four Position Statements. These are very long, and I am giving you the web addresses so you can go online to read them and comment on them directly on line. Please take advantage of your right to voice your opinion by calling me at 208-475-5095 or e-mailing me at [mwbylinda@gmail.com](mailto:mwbylinda@gmail.com). Thank you for caring about our association. Please feel free to contact me or your unit leaders with any questions or comments. We are here for you.

Linda Smeltz  
AMTA-Idaho Chapter Delegate 2009



**Recommendations can be found in their entirety at <http://www.amtamassage.org/member/recommendations.html>**

1. This Recommendation suggests that AMTA hire representatives to travel around the nation to promote the association to schools and students: "Therefore, be it resolved that the House of Delegates Operations Committee recommend to the National Board of Directors to include in their 2010 budget a compensation to hire and train full-time field representatives to travel to and promote AMTA to schools and students for increased membership and lasting relationships, with territories left up to National to decide along with job descriptions to promote professional excellence."
2. This Recommendation would basically give the Presidents Council the same purpose and authority as the House of Delegates: "Therefore, be it resolved, that the House of Delegates recommends to the National Board of Directors that the AMTA bylaws be changed at Article IX COUNCILS, Section 1. Chapter President Council, A. Purpose, add (4), pertaining to expanding the purpose of the Presidents Council, to include the ability to make a recommendation(s) to the National Board for consideration, which will be a consistent, "one voice", agreed upon message from a valuable resource for the betterment of the Association from the highest ranking elected officer of the Chapter who works first hand with the membership and the operation of the Chapter."

**Position Statements can be found in their entirety at [http://www.amtamassage.org/member/comment\\_position\\_statement2009.html](http://www.amtamassage.org/member/comment_position_statement2009.html)**

1. It is the position of the American Massage Therapy Association (AMTA) that massage therapy can aid in pain relief.
2. It is the position of the American Massage Therapy Association (AMTA) that massage therapy may be effective in reducing lower back pain.
3. It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be effective in reducing anxiety.
4. It is the position of the American Massage Therapy Association (AMTA) that massage therapy can improve the quality of life for those in hospice and palliative care.

## WIN, WIN, WIN!

Fill out and submit the following survey, and your name will be placed in a drawing for free registration to the AMTA-Idaho State Convention 2010!

### DELEGATE SURVEY

After filling out the following survey, please submit it to Linda Smeltz by mailing to 3935 Cavendish Highway, Ahsahka, Idaho, 83520 or e-mailing to [mwbylinda@cpcinternet.com](mailto:mwbylinda@cpcinternet.com). If you have any questions or need clarification, feel free to call Linda at 208-476-5095 or 208-305-2270.

1. Do you think AMTA National should use our money to hire field representatives to visit schools and promote the association to the schools and students?  
 yes     no     no opinion
  
2. Do you think the responsibility of promoting the association to schools could best be given to volunteers on a chapter level instead of using our national funds?  
 yes     no     no opinion
  
3. Do you think the AMTA Presidents Council (which consists of the fifty chapter presidents) should be given the responsibility of presenting Recommendations to the National Board of Directors when that responsibility has already been given to the House of Delegates with an effective protocol for doing so?  
 yes     no     no opinion
  
4. Do you feel that giving the AMTA Presidents Council the responsibility of presenting Recommendations to the National Board of Directors would circumvent the House of Delegates at the state and national level?  
 yes     no     no opinion
  
5. Do you feel that giving the AMTA Presidents Council the responsibility of presenting Recommendations to the National Board of Directors would be advantageous in terms of direct communication between chapters and national board members?  
 yes     no     no opinion
  
6. Do you agree with the following statements in their entirety?
  - A. "It is the position of the American Massage Therapy Association (AMTA) that massage therapy can aid in pain relief."  
 yes     no     no opinion
  - B. "It is the position of the American Massage Therapy Association (AMTA) that massage therapy may be effective in reducing lower back pain."  
 yes     no     no opinion
  - C. "It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be effective in reducing anxiety."  
 yes     no     no opinion
  - D. "It is the position of the American Massage Therapy Association (AMTA) that massage therapy can improve the quality of life for those in hospice and palliative care."  
 yes     no     no opinion

Required only for the Drawing:

Name \_\_\_\_\_ E-mail \_\_\_\_\_ Telephone \_\_\_\_\_

## **The Rossiter System: Hide Your Table, Double Your Power as Massage Therapist**

By Richard Rossiter

The therapists and bodyworkers who visited Richard Rossiter's booth at an April statewide meeting of the Ohio AMTA in Columbus had a predictable litany of questions and observations. "Where's your table?" they asked almost incredulously, watching as he used his foot to step on body parts of a steady stream of therapists who presented with stiff knees, sore shoulders, and low back pain. "Do you do ALL your work on a mat on the floor?" "Do you use your foot almost all the time?" "What ARE you doing, and how do these techniques work?" And the question that Rossiter's come to expect the most: "My friend said you fixed her stiff shoulder yesterday in about three minutes, and she told me I *had* to come see you before the end of the meeting. Do you have time to work on *my* shoulder?"

For Rossiter, a certified advanced Rolfer, the answers to those questions are as common-sense as the two-person stretching techniques he's created over the past 15 years to help therapists provide quicker, more effective relief for their clients. Not only is The Rossiter System giving therapists new approaches to do more in less time with their clients, it's giving the therapists themselves the tools and knowledge they need to keep their own bodies intact, pain-free and functioning optimally for the long-term, physical demands of massage therapy.

The answers:

1. Rossiter hasn't used a table in more than 19 years, not since he discovered that he could get much better results by asking his clients to lie on the floor, giving him the ability and freedom to use his foot to add weight (not pressure, just weight) to their bodies while they actively stretched connective tissue to ease pain, relieve tightness and restore range of motion to their bodies.
2. Nearly all of his 200-plus two-person techniques are done on the floor, although a handful are done with the client in a straight-backed chair.
3. Except for an occasional elbow, yes, all the Rossiter System techniques are done with the foot.

Why? The foot is a naturally smooth, flat surface that can provide direct and powerful weight and warmth to a client's connective tissue – the necessary elements that help the tissue proteins loosen and stretch so that tissue can return to its normal, fluid, state – the state that provides "space" to the body. Besides, he's yet to find anything that's easier on the therapist's body than the foot. The elbows, shoulders, and low back are far less powerful but far more vulnerable to overuse.

4. Yes, it's possible to "fix" a sore shoulder in a matter of minutes, as well as low back pain, stiff knees, carpal tunnel syndrome, elbow tendonitis, plantar fasciitis, and just about any other overuse injury the body can develop.

Rossiter doesn't want to turn massage on its head. He just wants therapists to think differently about how they DO their work, and he wants them to use the techniques he's developed because they're quicker, more powerful and far easier on the therapist's body. He remembers full well how it felt at the end of a busy day of his Rolfing practice. His clients would go home feeling loose, free and light ...while he went home with shoulders that throbbed, hands that felt numb, elbows that were overworked and a psyche that wasn't quite sure how much longer it could continue in the profession.

"I've always looked for the best, most efficient way to do things," says Rossiter, 59, a Rolfer since 1983. "This is a natural extension of Ida Rolf's work, made more effective, more accessible and just plain easier on the therapist."

**Who is Richard Rossiter?** Rossiter is a former pain sufferer who developed chronic shoulder pain from the stresses, physical demands and contorted positions associated with flying a helicopter. He was a U.S. Army pilot for one year in Vietnam and spent nine years as a commercial helicopter pilot in Alaska in the 1970's and early 1980's. On a friend's recommendation, he turned to Rolfing to relieve his pain and was so impressed with the results that joined the profession. One of his first clients was an Arkansas neurosurgeon who was so impressed with Rossiter's success at relieving his back pain that he began referring difficult patients to Rossiter for

Rolfing. Those clients' challenges -- multiple surgeries, cortisone injections, repetitive strain injuries, and disabling pain -- forced him to alter his use of traditional Rolfing techniques to get better, quicker, deeper results. When he introduced his techniques to the U.S. workplace, he added speed to the pro-gram to meet employers' expectations for quick-acting, pain-relief solutions that would cut costs and get employees back to work quickly.

**What is the Rossiter System?** The Rossiter System is a series of more than 200 powerful stretching techniques that two people do together to quickly and powerfully change large volumes of connective tissue in short amounts of time. The system includes techniques for the fingers, hands, wrists, arms, elbows, shoulders, neck, low back, hips, thighs, knees, feet, and toes. The upper-body techniques are arranged in ten levels, each level building on the knowledge and foundations of the one before it. The higher the level, the more challenging the techniques and the quicker the results.

The techniques are based on two concepts: weight and movement. The therapist/provider (called the "Coach" in the Rossiter framework) uses the foot to add weight to the client's body before and during each technique. The foot adds warmth to the tissue, allowing it to stretch more easily and freely, and it anchors tissue in place while the client executes each technique's specific movement(s). The client is called the Person in Charge (PIC), because he/she is in charge of finding the pain in the body and working hard to stretch it out. Each technique requires determined, active movement, and conscious participation by the PIC.

**Why use the foot?** First, the foot is a powerful tool. The arch is a strong, flat surface that can provide firm weight over a broader area than a hand or finger can cover. Using the foot is also much easier on the practitioner. With an emphasis on good body mechanics, the Coach in a Rossiter System workout usually stands erect and uses the back or a chair or a cane for balance, making sure to add weight straight down with the foot -- never compromising the lower back or tilting/leaning.

And clients, Rossiter has found, are much more willing to accept "weight," delivered slowly and deliberately by the broad/flat foot, than they are to endure the pointed, painful probing and digging of sharp fingers and elbows.

Anyone trained in massage therapy and myofascial release would look at a Rossiter System workout and see elements of all -- massage, shiatsu, Rolfing. But what's really going on is a powerful combination of those things and something else: client-driven, practitioner-coached bodywork that deeply and powerfully changes a large volume of connective tissue in a very short amount of time. It is client-centered work that revolves around the client's input and feedback, and it requires Coaches who are able to foster smart, better clients.

Says Jean Loose, a Colorado massage therapist and registered nurse who has taken two of Rossiter's workshops: "For people who want a quick fix and are really in pain, there's nothing I've seen that's any better. You can do the Rossiter work anywhere, in whatever time you have, whatever time your client has. In a short time, you can fix it -- and that's not the case with massage or structural integration or anything else, because you have to work at different spots and chase things around. The Rossiter techniques just fix it quickly ...and it's a lot easier on my body."

### **The "System" that governs The Rossiter System**

Each Rossiter System technique has to meet four qualifications to be included in the system. It has to be:

- \* Simple
- \* Teachable to anyone
- \* Easy to learn
- \* Able to produce consistent results

Call Donna now at 800-264-8100 to reserve your spot at a special low-cost follow-up Rossiter System class immediately after the AMTA convention in Florida. This class is ONLY \$200. Yes, you heard that correctly! For an entire three-day workshop. You'll save \$269 off the regular price of the class -- it's the least I can do as my contribution to this challenging economy for everyone.

<http://surgeriesucks.com>  
[www.therossitersystem.com](http://www.therossitersystem.com)

## AMTA-IDAHO OFFICER ROSTER 2008

### **President**

#### **Leadership Chairman**

Trisha Pennell  
420 North 4200 East  
Rigby, Idaho 83442  
208-745-7620, 521-4416  
[tmasther@gmail.com](mailto:tmasther@gmail.com)

### **Past President**

#### **First Vice President**

#### **Newsletter Marketing Chairman**

Margaret Linda Smeltz  
3935 Cavendish Highway  
Ahsahka, Idaho 83520  
208-476-5095, 208-305-2270  
[mwbylinda@gmail.com](mailto:mwbylinda@gmail.com)

#### **Second Vice President**

Susan Beck  
1800 South Grant Avenue, F14  
Pocatello, Idaho 83209  
208-420-2708  
[susiebe@gmail.com](mailto:susiebe@gmail.com)

#### **Third Vice President**

#### **Secretary**

Teresa Hoyle  
PO Box 64  
Meridian, Idaho 83680  
208-340-3973  
[tkhoyle@msn.com](mailto:tkhoyle@msn.com)

#### **Treasurer**

Mary Ann McNeely  
1518 20<sup>th</sup> Avenue  
Lewiston, Idaho 83501  
208-305-8486  
[mamcneely@clearwire.net](mailto:mamcneely@clearwire.net)

#### **Central Unit Representative**

Patti Slagel  
350 Shadetree Trail  
Twin Falls, Idaho 83301  
208-420-0333  
[psintwin@yahoo.com](mailto:psintwin@yahoo.com)

#### **Central Unit Assistant Rep**

#### **Eastern Unit Representative**

Wayne A. Gray, Sr.  
1145 North 1350 East  
Shelley, Idaho 83274  
208-403-1355  
[waynessmassage@yahoo.com](mailto:waynessmassage@yahoo.com)

#### **Eastern Unit Assistant Rep**

#### **Northern Unit Representative**

Paul Weston  
PO Box 8192  
Moscow, Idaho 83843  
208-883-6361  
[westop@gritman.org](mailto:westop@gritman.org)

#### **Northern Unit Assistant Rep**

Mary Butler  
3130 4<sup>th</sup> Street, D  
Lewiston, Idaho 83501  
208-305-6504; 208-746-5773  
[mlucia\\_us@yahoo.com](mailto:mlucia_us@yahoo.com)

#### **Western Unit Representative**

Mandy Shenk  
209 East Montana Avenue  
Homedale, Idaho 83628  
208-919-3782  
[mandy@raphamassage.com](mailto:mandy@raphamassage.com)

#### **Western Unit Assistant Rep**

#### **Video Librarian**

Shelley Jo Hitz  
4075 East 169 North  
Rigby, Idaho 83442  
208-745-0688  
[shelleyhitz@yahoo.com](mailto:shelleyhitz@yahoo.com)

#### **Education Chairman**

Rebecca Goodrich  
PO Box 3162  
Moscow, Idaho 83843  
208-310-9375  
[rgoodrich@wsu.edu](mailto:rgoodrich@wsu.edu)

#### **Government Relations Chairman**

#### **Newsletter Editor**

Gayla Nickel  
445 Marjacq Avenue  
Idaho Falls, Idaho 83401  
208-524-1696  
[gohthermas@aol.com](mailto:gohthermas@aol.com)

#### **Membership Chairman**

Cheary Haney  
414 Bracken Street North  
Twin Falls, Idaho 83301  
208-316-1719  
[emhmt@hotmail.com](mailto:emhmt@hotmail.com)

#### **WEB Page Administrator**

Stacy Fisher  
3943 Burman Road  
Marsing, Idaho 83639  
208-695-7228  
[stacy@raphamassage.com](mailto:stacy@raphamassage.com)

#### **Chapter Delegate 2009**

Margaret Linda Smeltz (see 1<sup>st</sup> VP)

#### **Chapter Alternate Delegate 2009**

Judy Silcock  
2324 Poleline Road E  
Twin Falls, Idaho 83301  
208-420-9045  
[judyksilc@magiclink.com](mailto:judyksilc@magiclink.com)  
[judyksilc@gmail.com](mailto:judyksilc@gmail.com)

#### **Chapter Delegate 2010**

Tamra Roth  
101 Mizer Gulch Road  
Hailey, Idaho 83333  
208-720-2826  
[ttroth1012@aol.com](mailto:ttroth1012@aol.com)

#### **Chapter Alternate Delegate 2010**

Glenda Bell  
2000 Longmont Avenue  
Boise, Idaho 83706  
208-250-7670  
[lotuswellnessmassage@yahoo.com](mailto:lotuswellnessmassage@yahoo.com)

#### **Chapter WEB page**

[www.amtaid.org](http://www.amtaid.org)

#### **National WEB page**

[www.amtamassage.org](http://www.amtamassage.org)



# WIN, WIN, WIN!

Two chances to enter a drawing  
for free registration to the  
AMTA-ID State Convention 2010!



AMTA-Idaho  
445 Marjacq Avenue  
Idaho Falls, Idaho 83401