



## 2018 AMTA-NY Annual Convention

May 4-6, 2018 | Holiday Inn Liverpool Syracuse, NY

# Welcome!



## Message from the President

I want to personally invite you to this year's AMTA-NY Chapter Convention and annual business meeting!

Convention offers a great opportunity for quality education at an affordable price. Most often, that is the single factor considered when making the decision to attend.

However, convention offers so many other great opportunities;

- Shopping at vendor hall for unique items that pertain to our profession
- Joining one of our volunteer groups like our Sports Massage Team, Community Service Massage Team, and/or Emergency Response Team
- Meeting and networking with great people who frequently become life-long friends!

We sometimes forget that AMTA-NY is more than a place to get your insurance and continuing education. It's a "community" of LMT's... our community! And this year's theme, "Together in Touch" is meant to remind us of that bond. Mentorship and networking are some of the most valuable benefits of membership. Conversing with therapists from all over the state, sharing experiences and ideas at convention has helped me grow as a professional and I know you can receive many benefits as well.

Join us this year, enjoy a free lunch at our annual business meeting, attend some great educational classes and take advantage of this yearly tradition when we once again are "Together in Touch"!

I look forward to seeing you there!



Nicholas J. Bodkin, LMT  
AMTA-NY Chapter President

## A Word from the Convention Chair

The Convention Committee is very excited to announce the AMTA-NY Convention 2018 to be held in Syracuse, NY, May 4 - 6, 2018. Home of the indigenous Onondaga Nation, Syracuse has functioned as a major crossroads in Central New York. Thus, Syracuse is accessible via the intersection of I-81 and I-90 to the convention site at Holiday Inn Liverpool.

The 2018 Convention theme, Together in Touch, focuses on coming together for quality education, expanding your practice, and networking with fellow massage therapists. Enjoy spending time at the vendor marketplace for discovering new massage products. Join us at the Dinner Dance for a fun-filled evening.

Massage therapists give a 'quality of life' to clients with their skills and compassion. Now, it is your turn for inspiration and rejuvenation. We look forward to meeting each one of you, and it is with joy that we welcome you to Convention 2018!

*Linda Toomey, LMT*



Linda Toomey, LMT  
Convention Committee Chair

# Schedule of Events

## Thursday, May 3

CEH

9am-5pm	Community Service Emergency Response Team Training	7
1 – 7pm	Convention Registration Open	
3 – 7pm	Vendor Marketplace Open	

## Multi-day Sessions

### Thursday, May 3-Sunday May 6

CEH

Craniosacral Therapy Level 1 : IAHE – Binaifer Bugli	24
May 3: 2-6pm  May 4: 8am-12pm, 2-6pm  May 5: 8am-12pm, 1:30-5:30pm  May 6: 8:30am-12:30pm	

### Friday, May 4-Sunday May 6

ACE Massage Cupping Therapy – William Burton	22
May 4: 8am-12pm, 2-6pm  May 5: 8am-12pm, 1:30-5:30pm  May 6: 8:30am-3pm	

## Friday, May 4

CEH

7-9am	Continental Breakfast	
7am-5pm	Convention Registration Open (Closed during Business Meeting 12-1:45 pm)	
All Day Session 8am-12pm 2-6pm	Multiple Nerve Compression – Upper Body – James Waslaski	8
	Precision Neuromuscular Therapy Arm-Hand – Douglas Nelson	4
Morning Sessions 8am-12pm	Hot Stone for Feet, Hands, and Arms – Dale Montelione-Grust	4
	Advancing Massage Therapy into the Clinical Care Setting – Nancy Porambo	4
10am-12pm	Vendor Marketplace Open	
12:15-1:45pm	Annual Meeting-All Welcome	
	Precision Neuromuscular Therapy for the Knee – Douglas Nelson	4
Afternoon Sessions 2-6pm	Rejuvenating Facial Massage with Hot Stones – Dale Montelione-Grust	4
	Pathology and the Practice of Massage – Nancy Porambo	4
6:30-9pm	Vendor Marketplace Open	
7-9pm	Welcome/Vendor Appetizer Reception	

## Saturday, May 5

CEH

7-9am	Continental Breakfast	
7am-1:30pm	Convention Registration & Voting Open	
All Day Sessions 8am-12pm 1:30-5:30pm	Multiple Nerve Compression – Lower Body – James Waslaski	8
	Effective Soft-Tissue Strategies for Plantar Fasciitis and Plantar Fasciosis – Douglas Nelson	4
Morning Sessions 8am-12pm	Aromatherapy for Chakras and Energy Fields – Connie Wehmeyer	4
	Insurance Billing & Concrete Business Operations – Nancy Porambo	2
10am-3:30pm	Vendor Marketplace Open	
12-1:30pm	Lunch Break (on own)	
	A Deeper Understanding of Whiplash – Douglas Nelson	4
Afternoon Sessions 1:30-5:30pm	Aromatherapy for the 5 Elements – Connie Wehmeyer	4
	Research: Evidence Based Decision Making – Melissa Miller	4
7pm	Dinner Dance – Banquet Dinner & Awards Ceremony	

## Sunday, May 6

CEH

7:30-8:30am	Continental Breakfast	
	Elite Sports Massage – James Waslaski	4
	The Mystery of Pain – Douglas Nelson	4
8:30am-12:30pm	Ethical Considerations for Practice in NYS – Melissa Miller	4
	Perinatal Mood Disorders: The Full Spectrum – Chris Kowaleski and Nicole Miller	4
10am-1pm	Vendor Marketplace Open	
1pm	Convention Concludes: Submit Convention Evaluations	

# Class Course Descriptions

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## Multi-Day Sessions

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**May 3: 2-6pm**

**May 4: 8am-12pm, 2-6pm**

**May 5: 8am-12pm, 1:30-5:30pm**

**May 6: 8:30am-12:30pm**

 **Craniosacral Therapy Level 1 : IAHE - (24 CEH)**  
**Upledger Institute CranioSacral Therapy**

Instructor: Binaifer Bugli

**Must attend all classes to receive the 24 CEH.**

Few systems have as much impact on the human body as the craniosacral system. It protects and nourishes the brain and spinal cord – and affects nearly every aspect of central nervous system performance.


That's why CST is so critical to your healthcare practice. Developed after years of university research and testing, it allows you to release fascial restrictions anywhere on the body that may be impinging the craniosacral system and every other system it interacts with.

In this workshop, you'll learn gentle techniques to normalize the craniosacral system and allow the body to self-correct. By unraveling pain and dysfunction at the source, you'll naturally help eliminate stress, strengthen resistance to disease, and enhance health in every dimension.

**May 4: 8am-12pm, 2-6pm**

**May 5: 8am-12pm, 1:30-5:30pm**

**May 6: 8:30am-3pm**

 **ACE Massage Cupping Therapy - (22 CEH)**  
**Instructor: William Burton**

**Must attend all classes to receive the 22 CEH.**

VacuTherapies™ are an incredible modality that can be added into any massage or health care practice. This 22 CE course includes education in theory and application of ACE Massage Cupping™ therapy, along with demonstration of both basic and advanced techniques and treatments using manual vacuum tools. ACE Massage Cupping™ greatly enhances the benefits of massage, decreases strain on the practitioner, and increases revenues through "add-on" services.

This ancient tool has been adapted for bodywork and is powerfully therapeutic for many conditions. ACE Massage Cupping™ is effective in addressing conditions such as: inflammation, tissue congestion, movement restrictions, scar tissue, chronic pain, and many pre and post-surgical conditions. It is also proven itself to be effective in athletic performance enhancement and medical weight loss programs, including bariatric surgery.

This versatile technique mimics massage movements ranging from deep tissue and myofascial release to the light pumping movements of lymphatic drainage. Used regularly, ACE Massage Cupping™ therapy is a terrific approach to promoting wellness for our clients.

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## Thursday, May 3

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**All Day Session • 9am–5pm**

 **Community Service Emergency Response Team Training – (7 CEH)**

Instructor: Samantha Paige-Graeber, LMT and CSMT-NY Chair

The training will provide you with the necessary skills to be a member of the AMTA-NY's Community Service Massage Team (CSMT) team. It will also prepare you to participate in full scale emergency preparedness exercises, train with the American Red Cross and be deployed as part of the CSMT Emergency Response Team should a disaster occur in New York State.

If you are not familiar with CSMT, please go to [amtany.org](http://amtany.org), click on Volunteer to learn about us. For questions, please contact Samantha Paige-Graeber, Chair, at 845.519.4112 or [ladystar44@icloud.com](mailto:ladystar44@icloud.com)

**Prerequisite:** Be an AMTA member in good standing; be NYS licensed and registered, carry AMTA insurance.

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## Friday, May 4

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**All Day Session • 8am–12pm & 2–6pm**

 **Manual Therapy to Eliminate Multiple Nerve Compression Pattern of the Upper Body – (8 CEH)**

Instructor: James Waslaski

The current medical system so often confuses severe clinical conditions such as Thoracic Outlet and Carpal Tunnel Syndrome. That is because almost every patient that gets treated for either of these conditions will have nerves chronically compressed in multiple areas between the brain, spinal cord, neck, shoulder, and arm. This dynamic multimedia presentation will highlight our cervical, shoulder and arm work to eliminate multiple nerve crush phenomenon. Therapists will learn specific tests such as the Spurling Test indicating spinal nerve root compression, the Adson's Maneuver Test indicating scalene involvement on nerve and vascular compression between the 1st and 2nd rib and clavicle, the Wright Abduction Test indicating the role of the pectoralis minor on the brachial plexus of nerves, the Pronator Teres Test indicating the role of the pronator teres on the median nerve, and tests such as the Phalen's Test, Tinel's Test, and the Tethered Median Nerve Stress Test indicating true and rare carpal tunnel problems. The highlight of this seminar will be the hands-on techniques that will eliminate the musculoskeletal cause of each area of nerve compression between the brain and the fingertips forever. In addition, therapists will learn life changing techniques to release complicated frozen shoulder problems.

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## Friday, May 4

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### Morning Sessions • 8am–12pm

#### **Precision Neuromuscular Therapy Arm-Hand** – (4 CEH) Instructor: Douglas Nelson

In this workshop, participants will explore common clinical problems of the upper extremity. You will learn efficient and effective techniques to address pain at the medial and lateral epicondyle, forearm, and hand. In addition, you will learn how to effectively address neural symptoms such as carpal tunnel.

#### **Hot Stone for Feet, Hands, and Arms** – (4 CEH) Instructor: Dale Montelione-Grust

Our hands and feet take a beating every day and a relaxing massage is a welcome relief.

This class is designed to show you ways to address common injuries such as plantar fasciitis as well as how to pamper the extremities with soothing hot stone massage. Working the intricate musculature of the hands and feet can be challenging to our own hands, especially our thumbs, unless we work consciously and carefully.

We will review the anatomy of the feet, hands, and forearms and discuss common problems that can arise in these areas.

Proper body mechanics are an integral part of this course and you will learn how to work with stones without compromising your wrists and hands.

The contraindications/considerations of hot stone massage will be reviewed, and we will discuss ways to alter sessions to accommodate certain conditions. You will learn how to heat or cool stones to the proper temperature to achieve our desired therapeutic outcome: deep muscle relief without causing tissue trauma and learn how to sanitize your stones for client safety.

Stone massage can save your hands and extend your career.

You will be working with more ease and less strain.

Participants should bring a massage table, linens, and oil/lotion.

#### **Advancing Massage Therapy into the Clinical Care Setting** – (4 CEH)

Instructor: Nancy Porambo

This class presents opportunities to improve knowledge and approach to understanding the client when working in a healthcare setting or when providing clinical massage in a private practice.

Topics of discussion include client assessment, postural evaluation techniques, effective charting and progress report creation. Students will also gain an understanding of how to effectively communicate with healthcare providers, become familiar with MRI report findings and recognize how those conditions may complicate the care of their client. Vignettes are included for group work.

Before taking this class, students are expected to have a thorough understanding of the anatomy, including identification of bony prominences and insertions and origins of muscles.

### Afternoon Sessions • 2–6pm

#### **Precision Neuromuscular Therapy for the Knee** – (4 CEH) Instructor: Douglas Nelson

Knee pain is a common symptom for many people, yet the role of soft tissue in knee pain is commonly overlooked. In this seminar, we will examine multiple soft tissue structures that can present as medial, lateral, patellar, and posterior knee pain. It is not uncommon for massage therapy clients to present with soft tissue discomfort in the knee. Unfortunately, many soft tissue conditions mimic more serious disorders. It is likely that if other therapies fail, the real problem was one of a muscular nature—efficiently addressed by precise massage therapy. This does require a specific knowledge base from the therapist; exactly what this seminar explores.

#### **Rejuvenating Facial Massage with Hot Stones** – (4 CEH) Instructor: Dale Montelione-Grust

This comprehensive training combines the best of both worlds – rejuvenating facial massage plus therapeutic massage of the neck and face. Gentle yet precise strokes using stones, both warm and cold, will relax muscles, tone and tighten the face, and stimulate collagen and elastin production. Relieving tension in the face, jaw and neck will visibly reduce fine lines and wrinkles.

Our technique combines acupressure to stimulate the nerves in the face with a series of vertical and horizontal moves to relax facial muscles and connective tissue, increase blood flow and stimulate lymph drainage.

We will work specifically with the muscles of the jaw, face, and neck to address tension in the jaw, headaches, and tension held in the neck.

Students will learn how to heat or cool stones to the proper temperature to achieve our desired therapeutic outcome: deep muscle relief without causing tissue trauma. And they will learn how to clean their stones for client safety.

The contraindications of hot stone massage will be reviewed and we will discuss ways to alter sessions to accommodate certain conditions.

Participants should bring a massage table, linens, and oil/lotion.

#### **Pathology and the Practice of Massage** – (4 CEH) Instructor: Nancy Porambo

As the use of massage therapy continues to grow, it is essential for the practicing massage therapist to have an updated and thorough understanding of physiological conditions that may challenge clinical decision-making. This class will address commonly seen conditions that confront the massage therapist and may complicate outcomes. Students will gain an understanding of the benefits of massage through supporting research as well as grasp an understanding of contraindications, especially for those with compromised health. Common skin conditions and proper sanitization procedures are also included in discussion.



## Saturday, May 5

### All Day Sessions

8am–12pm & 1:30– 5:30pm



#### Manual Therapy to Eliminate Multiple Nerve Crush Phenomenon of the Lower Body – (8 CEH)

Instructor: James Waslaski

Based on myofascial pain studies presented at Harvard Medical School, and research dating back to 1946, participants will learn new techniques that will forever change the way they approach myofascial pain, and nerve entrapment pain in the lower extremities. Too often the clinical diagnosis will focus too much on the area of clinical symptoms when dealing with peripheral nerve entrapments, without freeing up the proximal nerve entrapments that feed the peripheral nerves. Aligning the spine is simply not enough in many cases. Manual Therapists must remove the soft tissue restrictions causing stress on discs and fixating joints onto nerves. In the low back, 90% of patients suffering from disc injuries do NOT require surgery. These innovative structurally-oriented routines offer pain-free multi-modality methods for achieving immediate and permanent results for nerve entrapments throughout the kinetic chain of the lower extremity. We must look beyond things like disc herniation, compression of lumbar nerve roots, and spinal stenosis. You cannot treat clinical conditions like sciatica, tarsal tunnel, or Morton's neuroma if you do not free up the multiple fascial nerve adhesions and entrapments feeding from the spinal cord. James will incorporate dazzling 3-D functional anatomy and human dissection models to support his multi-disciplinary approach for assessment, treatment and correction of multiple nerve entrapment pain. Revolutionary techniques to release advanced stage hip capsule problems will be highlighted in this presentation.

### Morning Sessions • 8am–12pm



#### Effective Soft-Tissue Strategies for Plantar Fasciitis and Plantar Fasciosis – (4 CEH)

Instructor: Douglas Nelson

Heel pain affects up to 10% of the population; it would only make sense that since the source of pain is soft tissue in nature, the treatment should be soft tissue focused as well. Many long-term cases of plantar fasciitis are actually plantar fasciosis, which requires a totally different approach. In this hands-on training, you will understand the difference between these two conditions and learn effective strategies for both.



#### Aromatherapy for Chakras and Energy Fields – (4 CEH) Instructor: Connie Wehmeyer

Enhance your practice by using Aromatherapy to help balance and strengthen the Chakras and Energy Fields! In this hands-on class, students will be able to smell and work with a wide range of oils, learn to feel the Chakras and Energy fields, and learn how to use over 20 essential oils to make specific blends for themselves or their clients. Students will leave with 2 products they have designed and made themselves. This class will help you add an additional level to your services and be a source of revenue generation.



#### Insurance Billing & Concrete Business Operations – (2 CEH) Instructor: Nancy Porambo

Please note this class offers **TWO** hours of NYS CEH credits.

This class presents opportunities for the massage therapist to fine-tune and enhance current business operations. Students will gain a thorough understanding of the billing process, how to obtain a national provider number (NPI), how to bill electronically as well as gain insight into the professional ethics required through the process. Discussion will also include variable topics on solid business operations and the protection from liability.

### Afternoon Sessions • 1:30–5:30pm



#### A Deeper Understanding of Whiplash – (4 CEH) Instructor: Douglas Nelson

With more than one million new cases of whiplash annually, there is great need for specific soft-tissue strategies to address the symptoms of whiplash associated disorders. In this training, therapists will explore a deeper understanding of the biomechanics of whiplash and subsequent soft-tissue trauma. Partnered with this understanding will be palpation and treatment strategies for several muscles often affected by whiplash.



#### Aromatherapy for the 5 Elements – (4 CEH) Instructor: Connie Wehmeyer

Enhance your Shiatsu and other 5 Element practices with Aromatherapy, Learn how Aromatherapy Essential Oils can help balance and strengthen Kyo and Jitsu meridians. In this class we will review Aromatherapy and over 30 oils that can help balance meridians. You will leave with two essential oil products that you design and make! This class will help differentiate you from other practitioners and give you an additional source of revenue.



#### Research: Evidence Based Decision Making – (4 CEH) Instructor: Melissa Miller

Evidence based and massage research area terms frequently used in current massage literature. However, many therapists remain unclear about how they put these concepts into practice when treating their clients.

This class will examine the decision making process to show therapists how to integrate outcomes and evidence into massage intervention for their clients. This exploration will include systematically finding and analyzing the current massage research data.



Lecture Class



Hands-on session that requires the use of massage tables.

## Sunday, May 6

### Sessions • 8:30am–12:30pm

#### **Elite Sports Massage – Clinical Sports Massage and Corrective Stretching and Strengthening Exercises for Performance Enhancement** – (4 CEH)

Instructor: James Waslaski

This unique course takes you far beyond the traditional event sports massage training. We will be looking at on site sporting event work, injury prevention, injury rehabilitation, and performance enhancement techniques. Olympic and professional athletes realize the benefits of elite sports therapy to fit their specific needs. How do you customize your techniques to complement the work of the athletic trainer, sport medicine physician, physiotherapist, or chiropractor? Are you familiar with the biomechanics of the various different athletes? What about proper muscle firing orders for optimal performance? You will know which techniques can have a negative effect on performance, if applied too close to competition. You will look at protocols to enhance transitions in endurance events like triathlons. You will analyze movements of multiple sports, and eliminate overactive and underactive muscle activity to prevent sports injuries and enhance performance potential. This incredible course looks at Elite Sports Therapies that will set your work apart from the average sports massage therapist, and could pave the way to working at international sporting events, or securing a career with your favorite professional sports team.

#### **The Mystery of Pain** – (4 CEH) Instructor: Douglas Nelson

The Mystery of Pain is a fascinating journey into the very heart of how you understand, and therefore treat pain and suffering. A deeper understanding of the science of pain will open new vistas for exploration and increase your effectiveness with clients who hurt. Essentially, the more deeply you understand the process of pain, the more power you have to influence it.

Emerging advances in the science of pain are not only fascinating; they open doors to possible avenues of treatment.

#### **Ethical Considerations for Practice in NYS** – (4 CEH) Instructor: Melissa Miller

When was the last time you were on the NYSED OP website? Did you review the guidelines for practice? This course will address the NYS practice guidelines and explore the moral and ethical issues faced as our world becomes more litigious.

This is the generic term for the study of how we make judgements – however, when therapists fail to maintain that appropriate standard of legal and ethical conduct, consequences can be career ending.

#### **Perinatal Mood Disorders: The Full Spectrum** – (4 CEH) Instructors: Chris Kowaleski and Nicole Miller

Chris Kowaleski, NP at Crouse Hospital and Perinatal Mood Disorders (PMADs) specialist, will expand your awareness beyond the focus of Post Partum Depression. Today's Continuum of Care Model recognizes both prenatal and post-partum periods, along with a Full Spectrum of mood disorders. Chris and Nicole Miller, M.S., L.M.T. will discuss the role of massage therapists from both complementary and treatment perspectives. They will profile the current Perinatal Integrative Treatment model at Crouse Hospital. This presentation is supported by a private screening of The Dark Side of the Full Moon documentary as a form of authentic learning. Disclosure: viewer discretion is advised. Those who do wish not to view the movie will be supported with a complementary learning activity while the movie is viewed.



## Volunteers Needed!

If you are interested in donating your time, skills and expertise, there are a variety of volunteer opportunities available at Convention 2018. We appreciate your help!

If interested, please contact:  
585-582-6208 or e-mail: [office@amta-ny.org](mailto:office@amta-ny.org)

# Instructor Bios



## Binaifer Bugli, PT, CST-D

Binaifer is a licensed Physical Therapist in the state of Michigan; working in an outpatient multidisciplinary clinic at St John Providence Health system, in Novi. She has been a CranioSacral Therapy practitioner since 1996 and currently holds a Diplomate (advanced)

level certification in CranioSacral Therapy from the Upledger Institute. She is a Clinical Instructor & mentors students enrolled in PT and PTA programs; conducts lectures/presentations for the community and other professionals in CST, Falls Prevention and Vestibular Rehabilitation. Presently, she is an instructor with the Upledger Institute and is certified to teach CST I & CST for Pediatrics I. Binaifer works with a mixed population of clients, from newborns to geriatrics, presenting a variety of orthopedic and neurological complaints. In addition to CranioSacral Therapy, her treatment approach incorporates various forms of Manual Therapy techniques.



## William Burton Jr. BA. LMT. CMCE, NCBTMB

William, an army veteran, attended Community College of Philadelphia and New Jersey's Rowan University. He graduated from the the National Massage Therapy Institute and is currently a Licensed Massage Therapist in PA. William has instructed at the Dedicated

to Placement and Training (DPT) Business School's Massage Department teaching Swedish, Deep Tissue, Sports Massages, Kinesiology and Pathology; also instructing Eastern Holistics and TCM. Upon completing the Massage Cupping CEH training, William apprenticed and mentored under the personal tutelage of Massage Cupping's creator, Anita Shannon, traveling across the country assisting in workshops and massage shows. William is a Certified Massage Cupping Educator (CMCE) for Advanced Continuing Education (ACE). As owner of MindBody Therapeutics located in Philadelphia, William works with clients who have a wide variety of muscular dysfunctions and ailments; athletes, and everyday people who seek relief from everyday stress and injury. William has also written a Deep Tissue Massage Manual that was used in the DPT Massage Dept.



## Dale Montelione Grust

Dale is a NY Licensed Massage Therapist with more than 30 years' experience in the healing arts. She is the founder and director of the Center for Therapeutic Massage in New Paltz, NY and founder of CoreStones, LLC – developers of a uniquely designed soapstone

tool that effectively facilitates deep muscle release. Over the years

her pursuit of education has led to diversified expertise in many modalities. She has taken the knowledge she has gained through her years of study and used that to create a modality using stones – hot or cold – to achieve therapeutic results. Dale teaches stone massage with an emphasis on the therapeutic value of using the stones as a tool for myofascial and trigger point release without compromising your wrists and hand. The focus of her work is to help therapists deliver deep relief for their clients while minimizing the effort exerted to achieve this therapeutic result.



## Christine Kowaleski

After 23 years of working as a Nurse Practitioner, serving neonatal patients in NICUs, Christine Kowaleski, MSN, NP-BC, returned to school for her post-Master's degree as a Psychiatric Nurse Practitioner to help both infants and families. She has served as faculty at Morrisville State

College and Pomeroy College of Nursing at Crouse Hospital, both in New York for the past 6 years. She currently oversees Crouse Health's Perinatal Family Support program and awareness initiatives including Valerie's Voice. She also provides professional & community education sessions around the country on the topics of maternal depression and anxiety.



## Melissa Miller

Melissa is a chiropractor and licensed massage therapist. She is a professor in the therapeutic massage program at Finger Lakes Community College and the Coordinator of the Health Care Studies Program. She has taught a variety of courses in Anatomy, Soft Tissue Modalities

and Research. She brings over 20 years of practice and teaching experience to her instruction. Melissa is the Director of Research in the therapeutic massage program where she implemented the first massage research course.



## Nicole Miller, B.S., M.S., L.M.T., C.I.M.I.

After enjoying a rewarding career in Higher Education Nicole became a massage therapist in 2004. From the very beginning she partnered massage education initiatives specializing in pregnancy, sports, and eastern methods. She has received over 12 additional certifications

or trainings including Mother Massage, Myofascial Release, Infant Massage Instruction Certification, Massage for People Living with Cancer, and more. She has served as an active massage therapy educator as a full time and part faculty member at Morrisville State College and the Onondaga School of Therapeutic Massage in



Syracuse New York. Since 2005 she has served Crouse Hospital as an educator and speaker. Also, she has enjoyed serving as a consultant and trainer to local physical therapists and doctor's offices in Syracuse educating about massage therapy and the power of therapeutic touch.



### Douglas Nelson

Douglas is Board Certified in Massage Therapy and Therapeutic Bodywork, beginning his career in massage therapy in 1977. Seeing over 1,000 client visits annually, he is also the President of BodyWork Associates, a massage therapy clinic in Champaign, IL. He is the founder of NMT MidWest, Inc., providing more than eighty workshops annually in Precision Neuromuscular Therapy™ across the USA. He has been a neuromuscular consultant to professional and collegiate sports teams, dance companies, and is a guest lecturer at the University of Illinois Medical School. Doug has published articles in numerous journals and magazines and is the author of two books – *Table Lessons: Insights in the practice of Massage Therapy* and *The Mystery of Pain*. He is the recipient of the 2013 Educator of the Year and 2015 Pioneer Award by the Illinois Chapter of the AMTA. Doug is president-elect of the Massage Therapy Foundation.

medicine and rehabilitation codes. Besides teaching in formal academic settings, Nancy dedicates much of her time to teaching the fundamentals of successful practice building, insurance billing, client communication skills, business plan implementation, pathology, and clinical massage assessment and technique.



### James Waslaski

James is an Author & International Lecturer who teaches approximately 40 seminars per year around the globe. He's served as AMTA Sports Massage Chair and FSMTA Professional Relations Chair. He's developed 8 Orthopedic Massage and Sports Injury DVDs, and authored manuals on Advanced Orthopedic Massage and Client Self-Care. His new book: *Clinical Massage Therapy: A Structural Approach to Pain Management*, was published by Pearson Education in 2011. James is a Certified Personal Trainer with NASM James received the 1999 FSMTA International Achievement Award, and was inducted into the 2008 Massage Therapy Hall of Fame. James was awarded Massage Therapist of The Year in 2012 at the Canadian Massage Conference. He was also nominated and awarded by his peers and colleagues the designation of Teacher of The Year 2015 at the World Massage Festival. [www.orthomassage.net](http://www.orthomassage.net)



### Samantha Paige-Graeber

Samantha has been a member of AMTA for 29 years, was a former 3rd Vice President and chairs the Community Service Massage Team, which celebrated its 10th Anniversary in 2017. The Emergency Response Division celebrated its 5th year. She coordinates for both the Outreach Team events and training opportunities for the Emergency Response Team. Samantha played an important role in creating a partnership between AMTA National and the National American Red Cross.



### Connie Wehmeyer, LMT

Connie has been an Aromatherapist since 1998. She uses essential oils daily in her practice as well as having several product lines she has created. She has been teaching aromatherapy classes since 1999. Connie trained initially with Michael Scholes and Joan Clark (Laboratory of Flowers) for a yearlong course. Subsequently, she has trained with Jane Buckle in her yearlong medical aromatherapy course. She also has perfume training with Catherine DeGraff and with several other well known aromatherapists, herbalists, and perfumers. She has over 800 hours of training. Connie is a member of AIA (Alliance of International Aromatherapists). Connie is owner and main massage therapist at Subtle Energies Holistic Health Center ([www.subtleenergieshealth.com](http://www.subtleenergieshealth.com)) where she specializes in CranioSacral, Lymph Drainage, and working on people with developmental disabilities. She is also a Reiki Master and Homeopath.



### Nancy M. Porambo, MS, LMT, NCB

Nancy is Board Approved and has a successful 27 year neuromuscular therapy practice in Jim Thorpe, PA. She is owner and operator of The Therapy Option with one location specializing in the relief of chronic pain and another specializing in spa services. Nancy holds degrees in Business Management and Psychology and has a Master's in Clinical Health Psychology from the Philadelphia College of Osteopathic Medicine. She authored the practice building book, *Professional Practice Concepts, A Bodytherapist's Guide to Success* and has written articles and interviewed for numerous journals. Nancy currently serves as the AMA's Advisor for massage therapy representing the profession's interests in the CPT physical

# Lodging Information



To secure lodging, contact:

## **Holiday Inn Syracuse/Liverpool**

|Exit 37 |  
441 Electronics Parkway  
Liverpool NY 13088

1 315 457-1122

Call the hotel at the above number to reserve your room. Mention **"AMT"** to get our discounted rate.

## **Room Rates**

Standard and doubles: \$114

Be sure to mention the AMTA-NY Convention for the special rate! Please note that after the cut-off date of April 2, 2018, the above room rates are subject to change.

Check-in: 3pm

Check-out: 12pm

**AMTA-NY offers rigorously vetted continuing education to grow your practice and your skill set. Practice new techniques in a hands-on course, or broaden your knowledge with courses on business, research and ethics.**

## **Continuing Education Credit**

NYS Continuing Education Law requires 36 hours of continuing education every 3 years beginning with your first re-registration. (Same as NY registration period.)

AMTA is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education approved provider. All courses are submitted for state CE, if appropriate. Visit [amtamassage.org](http://amtamassage.org) for current approvals by state.

# AMTA-NY 2017-2018

# Thank You Sponsor

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## Executive Board

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### President

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