

# intouch

Newsletter of the **American Massage Therapy Association® New York Chapter** • Spring 2019

## In This Issue

- 3 From the President's Desk
- 3 CBD Oil in Massage Therapy?
- 4 Member Highlight
- 5 CSMT Highlight
- 5 Farewell to the CSMT Chair
- 6 Introduction to New CSMT Chair
- 7 Volunteer Now for 2019 Outreach Events
- 8 Education Corner
- 9 Lobby Day 2019



## Oncology Massage

BY CHRISTINE BAILOR-GOODLANDER, RN, LMT, BCTMB



Oncology clients come to us at one of the most vulnerable points in any human's life. They feel nauseated, achy, tired; like they were hit by a Mack truck, seeking the relief that our hands and hearts can offer, at least for a little while. Some have lines, tubes, ports, scars, ostomies, stomas... but all have the unseen scars; the ones from the entanglement with this disease process known as cancer.

Clients have described an oncology massage as a vacation from cancer; a chance to feel "normal" for a time. They are gaining the physical benefits; decreased nausea, decreased pain, deep relaxation and the like, and the emotional benefits; decreased anxiety and depression, actively participating in their healing process and a renewed sense of well-being. The anecdotal evidence suggests that there are many benefits beyond these that are experienced by all individuals receiving oncology massage.

According to the Society for Oncology Massage (S4OM) "an oncology massage is a client-specific, customized massage session designed to meet the unique and changing needs of someone in treatment for cancer or with a history of cancer treatment. A safe massage plan generally revolves

around the side effects (both short- and long-term) of chemotherapy, radiation and surgery. Oncology massage can only be provided by a massage therapist who has received training in the specifics of cancer and cancer treatment. This training is more about cancer and less about massage. When you are receiving an oncology massage, you are receiving traditional, established massage therapy techniques that have been adapted to account for your unique health situation. The changes that might be made to a massage that make it an "oncology massage" can fall under any number of categories, but typically they will be related to session length, pressure, positioning and areas of specific compromise or concern like mediports, bone metastases or skin reactions to treatment.

Knowing what to do, when to do it and why, is what the massage therapist must know based on the information gathered from the client and then know how to make the corresponding adjustments. Despite what people may think, the need for oncology massage does not end when the treatment ends. There are life-long changes that have taken place with the individual and adjustments will always need to be a consideration. I have received calls over the years from clients who ask if I can recommend a

continued 



The mission of the **American Massage Therapy Association®** is to serve AMTA members while advancing the art, science and practice of massage therapy.

**Circulation** 5,500

*intouch* is published quarterly by the **American Massage Therapy Association® New York Chapter**, a non-profit professional organization of licensed massage therapists, massage therapy students and member schools. This publication welcomes contributions from readers. Submissions must include the author's name, address, telephone number and photo. Copyrighted material must be accompanied by a release from its holder. Submissions can be emailed to [office@amta-ny.org](mailto:office@amta-ny.org).

AMTA-NY reserves the right to accept or reject materials. Submissions may be edited for length or clarification. We assume no responsibility for errors, omissions, corrections, or modifications in publication. The opinions contained in this newsletter do not necessarily reflect those of the New York Chapter.

## Per Issue Advertising Rates

All ads must be prepaid and submitted in camera-ready or industry standard format (jpg, tif, pdf, eps). Make check payable to AMTA-NY and mail payment to Chapter Office.

## Ad Prices

Full page	\$350	Business Card	\$100
Half page	\$250	Classified Ad	\$50
Quarter page	\$200		

## Deadlines

Fall: September 1  
Winter/Spring: March 1  
Summer: June 1

## Contact Information

AMTA-NY Chapter Office  
167 Chamberlain Road, Honeoye Falls, NY 14472  
Tel: 585.582.6208 • [www.amtany.org](http://www.amtany.org)  
[office@amta-ny.org](mailto:office@amta-ny.org)

## Oncology

continued

book their therapist can read so they can work on them while they are in treatment. The answer is not as simple as yes or no. Yes, I can recommend some great books written by some amazing oncology massage therapists and that is a good place to start. I cannot, however, in good conscience, say that is all they have to do. If you wish to work with a specialized population, you need to educate yourself in that area of work. There really is no "fake it until you make it" when dealing with these clients. I have been accused of being militant in my belief on this subject. Honestly, I am fine with that. Sugar coating is not my way and I would rather you dislike me or my style, than have you make what could be a career ending mistake.

I have been a Registered Nurse for 34 years and a Licensed and Board Certified Massage Therapist for 21 years. When I completed massage school, I felt like my mind, body and soul needed a rest from all the medicine it had been involved with. Having worked with medical and surgical patients, I had experienced many types of cases and I was sure that I would be leaving that world behind for a new experience. I was mistaken. After a while, my mind, heart and spirit craved a return to the complex, the medical, the patient care zone I had known. Both my mother and mother-in-law had died from cancer related processes, and I had watched friends, co-workers and other family members do the same. It was then that I decided to train in oncology massage. As I mentioned before, it really is much more about the oncology knowledge than it is about the massage itself. I read, took classes live and on-line, connected with S4OM and other therapists in the oncology field and I have never stopped. I continue to do all of those things. With every new client, comes a new diagnosis or set of issues. I continue to educate myself on the disease process and how I can best help each and every person that comes to my massage table. I have no intention of ceasing that practice until the day I cease practicing the profession I have loved for so long now. They say, "Do something you love and you will never work a day in your life". If this is a calling you love, I am happy to support you.

Author, Christine Bailor-Goodlander will be teaching Oncology massage around Rochester September 13-15 and near Albany October 5-7.



# From the President's Desk

BY NICHOLAS BODKIN, LMT

In this edition of InTouch I'd like to discuss continuing education. You all know as LMT's we are required to document 36 hours of continuing education every three years to maintain our active registrations with NYS Education Department. There are many acceptable forms of CEH's that can satisfy our requirements. AMTA offers online options through our national website <https://www.amtamassage.org/courses/index.html> and many hands-on opportunities at the National Convention.

The AMTA-NY Chapter prides itself in offering several hands-on classes at our annual convention (24 CEH's available) and 16 regional classes scheduled for this year, all over New York State. While it's sometimes more convenient to take CEH's online, you could be missing out on the value of hands-on training.

After all, we do work with our hands, so it makes sense that we would benefit from hands-on training. Sharing of knowledge and experiences

through mentorship is an added value. One benefit of membership is that AMTA-NY offers some of the most affordable hands-on training available – as low as \$15 per credit hour for many of our classes.

Don't let time slip by, avoid the stress of renewing your NYS Registration, plan ahead and you can manage the expense and time associated with CEH's.

If you have questions about mandatory continuing education please visit: <http://www.op.nysed.gov/prof/mt/mtcnotice.htm>



I look forward to seeing you in a class soon!

Nicholas Bodkin, LMT  
AMTA-NY Chapter President

# CBD Oil in Massage Therapy?

BY LINDSAY BODKIN, LMT



CBD oil is everywhere! I can buy it from 6 stores within a half mile radius of my home. I can find CBD oil tea, CBD oil for my dog, and I can readily buy CBD oil massage lotion via a myriad of distributors online! What does this mean to me as a Licensed Massage Therapist in New York State? Why should I even question if it's legal to use? Many spas

throughout the state promote CBD oil massage services as well. Before I go further, please know that this is NOT an opinion piece. As Government Relations Chair for AMTA-NY, I believe it is my duty to stay up to date with state laws and regulations, and to inform our members of said laws. In other words, please don't shoot the messenger.

While medical marijuana has been legal in NYS since 2014, the only persons legally allowed to prescribe marijuana compounds are physicians, nurse practitioners, and physician assistants. I conversed with Dr. Doyle at the Office of the Professions, and she reiterated that, "Massage therapists are not identified as registered prescribers, and massage therapists may not administer prescribed drugs." The fact remains that recreational marijuana use is not legalized in NYS; and, even if prescribed by a

doctor, massage therapists are not authorized to dispense and/or apply medication. Therefore, according to our State Education Laws, we cannot apply any substance containing CBD oil in our practice as Licensed Massage Therapists. Dr. Doyle further elaborated, "Massage therapists may treat pain by massage, but they may not apply any product that is recognized by the FDA as a treatment for pain, such as oils and creams containing prescribed medications, or over-the-counter FDA identified treatments. Regardless of whether a physician has prescribed a product containing marijuana, including CBD, a massage therapist may not administer medication and may not use that product." In continuation, she stated, "It is important to understand that the use of marijuana, as defined by the FDA, remains illegal." While there are many persons in our profession who do not agree with this stance, it is important to remember that massage therapy is a regulated profession, and we must legally follow those rules and regulations as to not jeopardize our license to practice. Laws evolve and seem to change daily in New York State, and I will do my best to keep you updated on this topic.

# Member Highlight

QUESTIONS POSED BY DONALD GOODALE, LMT

## Samantha Paige-Graeber, LMT

### At what point in your life did you decide to become an LMT?

To be truthful, massage therapy was never a thought as a career. You see, I never knew what I wanted to be when I grew up. I guess I had a leaning towards helping people as well because at the age of sixteen I was a candy striper. BUT there was also my love of dancing, and the stage was where I wanted to be. The idea that I was “meant” to become a massage therapist occurred while I was working as a production assistant at a multimedia company in my early twenties. Our production was at the Chicago Merchandise Mart and it incorporated dancers whose feet were aching at the end of a performance. It just seemed natural for me to offer a foot massage. Every dancer commented on what great hands I had. In my late twenties, I experienced muscle testing as a way of improving your health through supplementation. That was fascinating. The practitioner I

was seeing offered a class in Health Kinesiology and Polarity. So I started studying. We were told that if we were to continue in this field, we should get a massage license. A friend of mine from work said that she wanted to go see a trance medium and wanted me to go with her. Still not sure that massage was the field for me, I thought what a perfect time to ask if I should become a massage therapist. The answer was a resounding YES. Silly I know, but off to the Swedish Institute I went. I was 37.

### How has your choice of career benefitted you?

Oh I couldn't be happier! I've learned that doing what you love in life is important, especially in a career where you spend as much time, if not more, than in a marriage. Getting to do what I am meant to do gives me great satisfaction and is soul filling. Assisting people to rid themselves of pain and stress is like “dancing in the street”. What more can you ask for?



# CSMT Highlight

BY SAMANTHA PAIGE-GRAEBER, LMT

## A Letter from Samantha

Dear Team,

It has been 11 plus years since CSMT was created and turning seventy has made me think about what I want to do with the rest of my remaining years. Sooner or later, someone new would have to take over. I am in good health, of sound mind and body, but feel it is time for new blood. My resignation was effective December 31, 2018. The decision wasn't an easy one, but it is one I feel good about. It has been a really good run and I believe I have done my best.

The board has appointed Karen Haas to be the new CSMT Chair effective January 1, 2019.

My heartfelt thanks goes out to the AMTA NY CSMT team, for without individuals such as yourselves, CSMT could have not existed and served as an important part of AMTA-New York. I could not have done this without you!

I cherish the friendships that have been made! And the good news is, I am not leaving the team, just not heading it up. I will still be around and look forward to volunteering alongside of you.

Thank you for making the first 11 plus years of CSMT great.



Your former fearless leader,  
Samantha

# Farewell to the CSMT Chair

BY DONNA WEBB, LMT, PAST DELEGATE

## A Tribute to Samantha

I have had the opportunity and pleasure to know Samantha for over 10 years; I've witnessed her as a mentor, leader, healer and friend.

She has taught so many how to be an effective Massage Therapist through her effortless and gentle approach to healing. Watching her work and interact with clients and showcasing her many talents and techniques has always amazed me.

As a Community Service Chair, Samantha was a fearless, giving, task-master and perfectionist. Sometimes these traits drove her team crazy, but we all knew that it was for the best face of the organization. Samantha was also instrumental in forging a partnership between the AMTA and the Red Cross of New York; that was a proud moment for all of us in attendance.

We were once scheduled to participate in the Mission of Mercy Event in Troy, New York for a full weekend. They had 1,200 dental volunteers who worked for over 12 hours each day, and we, the AMTA-NY Chapter,

were slated to offer as many massages as possible. I truly understood her healing qualities when she performed a treatment on me after I fell ill during this event. My cold symptoms disappeared, and I was in awe of her Healing Touch.

We've become good friends over the years. We have had our moments with both our strong personalities but in the end we remain friends. Samantha is an amazing dancer. She can be fierce on the dance floor, out-dancing any of her youthful partners. Watching her dance is just like watching her work at her profession "Lite, Airy and Effortless"

Samantha, you are one of a kind; a true "Class Act"! Enjoy your semi-retirement, it is well deserved.



Love,  
Donna

# Introduction to New CSMT Chair

QUESTIONS POSED BY DONALD GOODALE, LMT



We would like to introduce the new Chairperson of the CSMT Team,

**Karen Haas, LMT.**

Here are some answers to questions about her desire to be involved with AMTA NY on the committee chair volunteer level.

## What drove you to volunteer for the CSMT Chair position?

The former Chair, Samantha Paige-Graeber, was ready to step down, having served in the position since 2012. At last year's convention in Syracuse, she asked whether I might be interested in serving in a leadership position. I violated my usual "just say 'no'" rule about additional commitments. I thought my prior experience in the Maryland AMTA Chapter in a comparable position would be helpful, especially if an emergency incident occurs requiring our team's response.

## What are some memorable moments for you from your past Community Service work?

My most memorable experience was responding to the Pentagon during 9/11. The Virginia AMTA Chapter had, just three weeks prior, completed arrangements to be called up with the Virginia State Emergency Medical Team. So the Virginia massage therapists deployed on Sept. 11 with the first responders, and did an incredible job. Within a few days, massage therapists from other states were able to volunteer under the auspices of Virginia's team. Because it is a military facility, the Pentagon response was not photographed or in the news as much as Ground Zero. Being there was a profound privilege. The response site was dubbed "Camp Unity" because the spirit among the responders was very supportive and inclusive. The Maryland team was posted to the FBI tent, where we worked with FBI clinicians. It was intensely gratifying to be able to offer soothing touch to the first responders who were working under incredible stress.

## How were you drawn into the business of massage?

One day when I was about 40 I was getting a massage and the therapist mentioned to me that massage school was a lot of fun; that one of every three hours of school you were on the table getting a massage; and all that bodywork shifted things. I was a single mom, working as a Communications Director in Washington, DC for a scientific organization. I was surrounded by "left brains" and longed for an outlet for more intuitive and nurturing sensibilities. I also had great interest in holistic healing. My son was old enough for me to leave him a couple of nights a week, so I signed up for massage school.

I loved the school; I loved the work. When I graduated I got licensed and practiced a little on weekends to keep up my skills, but I had a mortgage and felt I couldn't quit my "day job" to become a massage therapist. When I retired, I moved back to Upstate New York, where I grew up, and opened a little wellness center where we offer massage, acupuncture, yoga, and fitness classes. I love it. It's the perfect retirement "gig" for me.

## What teachers, experiences, and individuals influenced you to pursue additional knowledge in the field?

In the early 2000s, I took a lot of continuing ed from Paul St. John. He's the most amazing teacher I've ever had. Even though I ended up going to massage school twice—once in Maryland and again in Syracuse to meet NY State requirements, I feel that Paul taught me most of what I know. The teachers at the Baltimore School of Massage back in the 1990s also taught me a lot of basics about what it is to be called to the healing professions. More recently, I've been studying with Anodea Judith, learning more about how to heal by releasing blocks in the physical and energetic bodies. In 2012 I became a yoga teacher, and I'm a better massage therapist because I do yoga; and also a better yoga teacher because I'm a massage therapist.

**Thanks Karen! Best wishes in your new position of service with the AMTA-NY Chapter! We're happy to have you leading the teams!**

# Volunteer Now for 2019 Outreach Events

BY KAREN HAAS, LMT

## CSMT schedule and opportunities

It's time to volunteer for events! AMTA-NY's 2019 calendar includes plenty of opportunities for you to join AMTA colleagues in providing chair massage to benefit worthy causes, or to provide sports massage at athletic events. We welcome all AMTA-NY professional members to participate in CSMT events. For Sports Team events, we also require volunteers to have completed continuing education in Sports Massage.

To register as a volunteer, please go to the events calendar on the AMTA-NY website, find the event you want to participate in, and click on "Register."

## 2019 CSMT Volunteer Opportunities

Date	Location	Event
April 9	New York, NY	NY Firefighter Burn Center's Spring Event
May 11	New York, NY	Living Healthy With Lupus
May 18	Rochester, NY	Annual Brain Tumor Caregiver Workshop
May 23	Malverne, NY	Family Fun Night to Benefit the Ronald McDonald House of Long Island
June 1	Branchport, NY	Camp SOAR (Supportive Oncology Adult Retreat) @ Camp Good Days and Special Times
June 9	New York, NY	NYC Brain Tumor Walk
September 14	Wantagh, NY	Long Island Brain Tumor Walk
September 21	Branchport, NY	Camp Good Days Women's Wellness Retreat

## 2019 Sports Team Volunteer Opportunity

Date	Location	Event
May 5	Syracuse, NY	Dunn Tire Mountain Goat Run

### Are You Willing to Be a Team Leader?

We are seeking CSMT members to serve as team leaders at the following events:

#### Annual Brain Tumor Caregiver Training Workshop

Rochester, NY May 18

#### NYC Brain Tumor Walk

New York, NY June 9

#### Long Island Brain Tumor Walk

Wantagh, NY Sept. 14

If you are available to be a team leader, please contact me, Karen Haas, [csmt@amta-ny.org](mailto:csmt@amta-ny.org) or call 315-591-7847.



### WHAT'S UP AND COMING

Go to [amtanewyork.org](http://amtanewyork.org) for further information. All AMTA members, who carry AMTA insurance, are welcome to volunteer.

# Education Corner

BY PAT COLLINS, LMT

## Peace on Earth....

As massage therapists, "peace on earth" could be a summary of our job, our mission, our passion. Not necessarily the whole earth – just our little piece of it; our treatment room for a start. With the world's stress level at a probable all-time high, we strive to reduce stress and bring comfort and peace to our clients .(and hopefully everyone else!) with whom we share our little piece of the planet. In this way, we can bring peace on earth, just a little bit at a time. They say a journey of a thousand miles begins with just one step. Let's take that journey together!

And to help us on our journey, let's pack our bags with some new "tools of the trade" to help our clients into their best, most peaceful lives, with reduced stress and increased well-being; with reduced pain and increased flexibility. Continuing education provides you with tools you can use in your treatment rooms for best outcomes for your clients. Join your friends and AMTA-family at classes throughout the state! See a complete listing on the website: <http://ny.wp.amtamassage.org/events-list/>.

# Mastery of Massage

Convention is just around the corner, too!

Tarrytown is the place to be April 12-14 for up to 24 hours of continuing education! Specialty classes in Geriatric Massage, Craniosacral Therapy for Autism, Concussion, Lymph Drainage, Orthopedics and some great assessment classes that will really accelerate your treatment skills are just some of the offerings there! (and as always, included in your registration are many of the weekend's meals, lots of friendship and tons of fun!)

The AMTA New York has a gift for members: classes that are Free to Members will be held the day before convention starts, on Thursday April 11. Join us for ethics and aromatherapy in Tarrytown.



See you there!  
Peace,

A handwritten signature in black ink that reads "Pat Collins LMT".





# LOBBY DAY

May 7, 2019

## Lobby Day in Albany!

BY LINDSAY BODKIN, LMT



Spring is in the air... which means Lobby Day 2019 is right around the corner! Join us on Tuesday, May 7th at the State Capitol and help lobby for our profession! There are several newly appointed Senators and Assembly persons; this gives us the ability to inform and educate these legislatures in a fresh, new, and innovative way.

We are excited to be working with other Title VIII professions (i.e. acupuncturists, chiropractors, physical therapists, and occupational therapists) in order to create legislation that encourages nonpharmacological treatment alternatives prior to a practitioner prescribing opioids. It would be truly wonderful if our profession could help aid in ceasing the growth of this tragic epidemic.

As usual, we will be continuing to advocate for the inclusion of NYS LMTs on the Worker's Compensation Bill thereby allowing LMTs to be reimbursed by insurance companies for WC claims. We also remain diligent in our efforts to combat illegal practices within our profession. If you are interested in attending Lobby Day 2019, please register on our website [www.amtany.org](http://www.amtany.org), click on Government Relations, Lobby Day 2019.

I look forward to seeing you there!



## Online CEH's

**Did you know you can complete all of your NYS required CEH's through online approved providers?** AMTA is an approved provider of NYS and offers more than 50 online classes.

Classes are in a variety of subjects and are as low as \$15 per credit hour.

For more information visit: [www.amtamassage.org/courses](http://www.amtamassage.org/courses)

REASONS I BELIEVE:  
**FREE CEs**

“OFFERING FREE CEs SHOWS ME THAT MASSAGE ENVY IS INVESTED IN ME AND MY LONG-TERM CAREER IN MASSAGE THERAPY.”  
- DIANA B., MASSAGE THERAPIST OF THE YEAR

There are many reasons to believe in your future with **Massage Envy**. Massage Envy franchised locations\* are collectively the largest employer of massage therapists and the first to provide therapists with access to at least 12 continuing education hours per year for FREE. It's just one of the ways Massage Envy franchised locations provide a gratifying career that helps you grow. Get to know ME and discover a culture of care that nurtures you as a person, an artist, and a professional. To learn more about a career at a Massage Envy franchised location in New York, Connecticut, or New Jersey, contact Kerrie Flynn at 917-868-2021 or David Axelrod at 203-209-0190.

Get to know ME  
MassageEnvy.com/Careers



\*Massage Envy Franchising, LLC (MEF) is a national franchisor of independently owned and operated franchised locations. Each individual franchised location, not MEF or any of its affiliates, is the sole employer for all positions posted by a franchised location, and each individual franchised location is not acting as an agent for MEF or any of its affiliates. Hiring criteria, benefits and compensation are set by each individually owned and operated franchised location and may vary from location to location. ©2017 Massage Envy Franchising, LLC.

*Follow Your Pathway to Success*  
**Discover Upledger CranioSacral Therapy...**

“Great experience. As a massage instructor and having been the director of a massage school, I appreciated how well all aspects of this workshop came together - admin and curriculum.”

— Natalie K., LMT



**Upcoming Classes:**

CRANIOSACRAL THERAPY 1 (CS1)

**White Plains, NY** May 2-5, 2019  
Toronto, ON May 23-26, 2019  
Ottawa, ON Sep 19-22, 2019  
Hartford, CT Oct 10-13, 2019  
**Rochester, NY** Dec 5-8, 2019

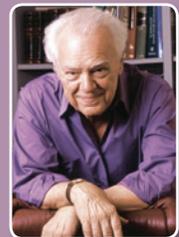
CRANIOSACRAL THERAPY 2 (CS2)

**White Plains, NY** May 2-5, 2019  
Toronto, ON May 23-26, 2019  
Philadelphia, PA Jun 6-9, 2019

SOMATOEMOTIONAL RELEASE 1 (SER1)  
Toronto, ON Nov 30-3, 2019

SOMATOEMOTIONAL RELEASE 2 (SER2)  
Washington, DC Aug 22-25, 2019

CST & THE IMMUNE RESPONSE (CSIR)  
Toronto, ON May 23-26, 2019



John E. Upledger, DO, OMM,  
developer of  
CranioSacral Therapy

Additional dates/locations:

**CALL 800-233-5880**  
PRIORITY CODE NY AMTA 3-19

**CLICK Upledger.com**



**Inquire about our Core-Pak Training and Certification Package**  
SAVE MORE THAN 30%  
SATISFACTION GUARANTEED!



**START TRAINING NOW!**

**\$100 PER MONTH**



## Officers

---

### **President Nick Bodkin**

South Glens Falls, NY • 518.260.0432  
president@amta-ny.org

### **Secretary Kyle Hierholzer,**

Baldwinsville, NY • 315.569.4549  
secretary@amta-ny.org

### **Financial Administrator Pat Collins,**

Johnson City, NY • 607.765.5624  
finance@amta-ny.org

### **Board Member Donald Goodale**

East Hampton, NY • 917.359.4055  
boardmembergoodale@amta-ny.org

### **Board Member Melanie R. Olivieri RN,**

Buffalo, NY • 716.713.5087  
boardmemberolivieri@amta-ny.org

### **New York State Delegates, AMTA National Convention**

Donald Goodale (2018 – 2019)

### **COMMITTEE CHAIRS**

#### **Awards Committee**

Kim Corpus

#### **Community Service/Sports Massage Team Chair**

Karen Haas

#### **Education Committee**

Pat Collins

#### **Government Relations Committee**

Lindsay Bodkin

#### **Membership Committee**

Larry Rockwell

#### **Communication Committee**

Donald Goodale

#### **Convention Committee**

Linda Toomey

#### **Scholarship Committee**

Melanie Olivieri



**AMTA New York Chapter**

167 Chamberlain Road,  
Honeoye Falls, NY 14472



The mission of the American Massage Therapy Association®  
is to serve amta members while advancing the art, science and practice of massage therapy.



## Useful Links

**AMTA National Office**

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

**NYS Education Department**

**Office of the Professions**

[www.op.nysed.gov/prof/mt](http://www.op.nysed.gov/prof/mt)

**Massage Therapy Journal**

[www.amtamassage.org/journal/home.html](http://www.amtamassage.org/journal/home.html)

**Massage & Bodywork Magazine**

[www.massagemag.com](http://www.massagemag.com)

**Massage Today**

[www.massagetoday.com](http://www.massagetoday.com)

**Massage Therapy Foundation**

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

## Social Networking

To network online with AMTA, visit [www.amtamassage.org](http://www.amtamassage.org) and click on the corresponding social media icons at the bottom of the page, or follow these links:



**Facebook**

[www.facebook.com/amtanychapter](http://www.facebook.com/amtanychapter)



**Twitter**

[www.twitter.com/AMTANY](http://www.twitter.com/AMTANY)



**LinkedIn**

[www.linkedin.com](http://www.linkedin.com)

Search Groups: American Massage Therapy Association (AMTA)



**YouTube**

[www.youtube.com/amtamassage](http://www.youtube.com/amtamassage)

\*Facebook and Twitter pages are linked so that information from Facebook will automatically be posted to Twitter.