

February 2010  
Volume 26, Issue 1

# Touchstone

Journal of the Oregon Massage Therapists Association

## Communication and Boundaries

**Journey of the Spirit:  
OMTA 2010 Annual  
Conference Preview**

## Building Community

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*OMTA is on Facebook*

Look for us on Facebook, where we will be posting events and you can connect with other therapists, massage fans, and the massage community.

*Membership Services*

*Moving Online*

After many hours of experimentation and work, OMTA is gradually moving membership services online for renewals, speeding up the process and sending you email reminders. It does require an email address for login and the site is still under construction. When completed, it will seamlessly replace the current omta.net web site. Beginning in March, individuals who renew will be uploaded to the new site and can have access to special members-only areas as well as participate in new forums.

Right now the test site is available for review at:  
[omta.shuttlepod.org](http://omta.shuttlepod.org)

Please bear in mind this is a test site and that the member database has not yet been uploaded. Feel free to “surf” and provide feedback to [info@bennouri.net](mailto:info@bennouri.net) if there are inaccuracies or things you want to see.

If you would like access to the members-only section, please call me directly and I will activate your basic account and provide you with a password. This will automatically be provided to all members once the site is fully functional.

One of the benefits to this web site is that members will have direct control over what appears on their web site listing—including control over what information is private and what is public, so changes of address or other contact information is made directly by you and effective immediately.

**Support Our Advertisers**

Oregon School of Massage *page 3*

**Touchstone Publication Information**

*Touchstone* is the journal of the Oregon Massage Therapists Association published several times a year. We welcome feedback, including letters to the editor. Letters will be printed, but may be edited for length and clarity. We also welcome topic requests for future articles and article submissions. For details on article requirements, advertising, and other questions, please contact *Touchstone* editor Heather Bennouri at 8827 SW Blake St, Tualatin, OR 97062, [info@bennouri.net](mailto:info@bennouri.net) or (971) 570-5404.

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# Letter from the Editor

If there is anyone that could be considered “decorated” in terms of their service to the massage profession, it is Patty Glenn. Some of her past titles have included Campus President and Director of Administration, Executive Director of the Oregon Board of Massage Therapists, Vice-Chair of the Founding Board of the Federation of the State Massage Therapy Boards, the first President of the Federation of State Massage Therapy Boards, and AMTA LMT of the Year.

Glenn was a catalyst for and made many changes during her time at the OBMT. Some of the projects and changes that she oversaw included:

- ♦ Design and development of a new database
- ♦ Comprehensive review of massage Statutes and Rules through the Rules Committee
- ♦ Expansion of the office staff from two to five employees, providing for more efficiency and customer service
- ♦ An overhaul of the Oregon practical exam
- ♦ Development of examiner certification and requirement of annual certification for practical examiners
- ♦ Transition from a regulatory focus to a customer-service oriented model for the OBMT
- ♦ Expansion of the school outreach program for graduates
- ♦ A return to traveling board meetings around the state
- ♦ Restructuring of the continuing education process, moving away from certifying providers

Glenn recognized that not only should the “general public” be protected through board actions, but so should LMTs as a public body as well, defending LMT rights in different situations to bridge the gap between the profession and the board.

In addition to serving the OBMT, Glenn frequently stepped above and beyond the required needs of the position, speaking at events around the state, and regularly attending the Friday night business meeting for OMTA at the annual conference, and AMTA events as well. She developed and began teaching an Ethics course, free of charge for LMTs, and an opportunity for CE credit, both in Oregon and recognized by the NCBTMB.

In her role as Executive Director, she testified repeatedly at the Oregon Legislature in Committee hearings, and met with senators and representatives from around Oregon, Executive Directors of other health boards, Executive Directors of the other semi-independent agencies, as well as the Governor’s office to discuss regulation of the massage therapy profession in Oregon.

Met with challenges from many levels on many different issues throughout her time at the OBMT, Glenn always kept in mind what was best for the profession, LMTs, and the public, and strove to provide the best balance possible, often sacrificing personal and family time to meet the needs of the massage therapy community.

I have spoken to many therapists over the years who have been licensed for over a decade and who have told me that the differences and changes in the OBMT since Glenn began have made such a positive impact to them personally.

With Glenn’s time as Executive Director now part of the past, I look forward to seeing where she will go next and expect she will soon add to her already-impressive collection of titles.

—Heather Bennouri, LMT #10079  
Touchstone Editor

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# President's Corner

Our efforts to educate the Governor and the Legislature on the value of keeping our massage board in its current semi-independent state are in a holding pattern for now.

The Oregon Board of Massage Therapists (OBMT) has appointed a task force to examine some of the issues. The Multi-Disciplinary Task Force is not expected to make its report until after the current legislative session ends. OMTA will continue to monitor the situation.

When we get a copy of the report from the Task Force, we'll provide a copy of it to our members.

Patty Glenn, the Executive Director of the OBMT, has been removed. A temporary director is in place until the Governor appoints a replacement. OMTA is taking a "wait and see" attitude in this matter. We strongly supported Patty Glenn's efforts as Director, and hope her replacement can keep her high standards.

We wish Patty all the best in her future endeavors.

—Robert Bike  
OMTA President

## Journey of the Spirit

**2010 OMTA Retreat and Conference  
Breitenbush Hot Springs  
October 1-3, 2010**

This year it's going to be different! The OMTA Executive Committee met for our planning meeting for the 2010 Annual Conference. After a number of years of the conference being less-than-profitable, it was time to make some changes but we also wanted to make the conference more accessible for more people. While this may seem like a contradiction, the committee spent several hours reviewing alternatives and determining how it could be structured to work—and break even—this year.

### Aspects that Are Staying the Same

- ♦ It will be held at Breitenbush Hot Springs the first weekend in October. (Mark your calendars for Friday, October 1 through Sunday, October 3, 2010!)
- ♦ We will have the business meeting Friday night for 1 CE
- ♦ We will offer a selection of quality class choices.
- ♦ Class and meal times remain the same.
- ♦ There will be a silent auction and raffle Saturday evening.

### Changes You Will See

- ♦ There are two "levels" that you can attend conference at: a "retreat" level, or you can add "premier" class choices.
- ♦ Pricing has changed. The "retreat level" will actually be *cheaper* (\$350.00 for OMTA members who register early). Those who sign up for "premier" classes can choose and pay extra only for those specific classes they want. This will allow you to still choose your classes, and balance attending with your own personal level of affordability.
- ♦ We will be able to offer a sweat lodge (for 1 CE hour) to the first 30 people that sign up, have paid in full, and request it.

### Class Offerings

Planned classes are Yoga, Tapping for Success, European Sports Stretching, Ethics and Boundaries, Communication and Boundaries, Structured Massage Exchange, Thai Massage, Lomi Lomi, Watsu, Negative Pressure Massage Cupping, Massage for TMJ Syndrome, and the Inipi Ceremony.

### Registration and Pricing

Registration opens for OMTA members on June 1, 2010. It will open for nonmembers on July 1, 2010. Costs:

\$410.00 Retreat Level

\$50.00 for three-hour premier classes

\$100.00 for six-hour premier classes

\$10.00 DISCOUNT for OMTA members

\$50.00 DISCOUNT if paid in full by August 1, 2010

\$40.00 bed in cabin with bathroom

*The cancellation policy is still under discussion to determine amounts and cutoff dates and will be posted when confirmed.*

# Building Community

## The Oregon Massage Therapists Association: Past, Present, and Future

### Founded in a Time of Need

The Oregon Massage Technicians Association (and yes, it should say “Technicians”) was formed in 1985 when the Oregon Legislature had a sunset review of the Oregon Board of Massage Technicians. A group of LMTs joined together to combine resources of both time and monetary donations to lobby the legislature to keep licensing for massage in Oregon.

Their success was the beginning of a grassroots organization that has continued to support massage therapists in Oregon for the past twenty-five years. As we come up on our 25th anniversary this April, much has changed, not the least of which is the change from “Technicians” to “Therapists.”

OMTA was the first group to successfully remove prostitution ads from the massage section in the yellow pages, after the president (Susan Kerr Shawn) finally resorted to accusing the companies of pimping for prostitutes. We host an annual conference that is held at Breitenbush Hot Springs, and have built a number of other resources for massage therapists through the years.

### Serving the LMT Community Today

OMTA now has five active area representatives that have held meetings within the past year. Four of these “Area Reps” have started new communities and offer CE classes either on a monthly or quarterly basis, consisting of 1-2 hour sessions that are free or discounted for OMTA members. These communities are also reaching out to other LMTs, the legislature, and the governor’s office to address concerns affecting the massage profession.

A recent development for OMTA is the formation of Continuing Education University (CEU), which has hosted conferences around Oregon and now into Washington. The goal of CEU is to offer reasonably-priced quality continuing education for LMTs.

### Striding into the Future

Massage is a rapidly-changing medical profession. Bordering on “alternative” or “complementary” care, yet actively used in Physical Therapy as a beneficial modality, massage therapy sits on a fence. Some states have no licensure and those that do have varied requirements, making it challenging to move to some states and continue working in the field. Even within regulated states, requirements are changing on a continual basis.

OMTA helps to keep its members current on the changing aspects of the massage profession and is unique as a professional association in that we poll our members prior to taking a stance on legislative issues. With a questionable future for the OBMT, based upon statements made by the governor and certain modalities seeking exemption from regulation, OMTA may find a return to the beginning, requesting that the legislature keep the OBMT in its current semi-independent form.

# Building Community

## Area Representatives now in Eugene, Hillsboro, Portland, Roseburg, and Tualatin-Sherwood

### Eugene Area Representative Michael Pooler

Michael has been licensed since 2007 and on the OMTA Executive Committee as an Area Representative since 2009. He started holding monthly area meetings in Eugene in September 2009 at the Market of Choice. Topics have ranged from Breathwork to Lomi Lomi to OBMT Updates and there are more scheduled for 2010.

### Hillsboro Area Representative Neva Winter

Neva has been licensed since 2008 and on the OMTA Executive Committee as an Area Representative since 2009. She hosted her first area meeting in Hillsboro this month and requested input from those in attendance so that she can plan future events that meet the schedules and needs of those in the area.

### Portland Area Representative Donovan Monroe

Donovan has been licensed in Oregon since 2004 and on the OMTA Executive Committee as an Area Representative since 2008. He hosted his first meeting in January 2010 at NCMN. Donovan is also active teaching massage for continuing education and has released a CD of massage music.

### Roseburg Area Representative Carol Duncan

Carol has been licensed since 1997 and on the OMTA Executive Committee since 2006 (and is currently also the OMTA Vice President). A Registered Aromatherapist, Carol has a thriving practice in Sutherlin, Oregon. She regularly held area meetings in Roseburg for a number of years, took a break for a short while, but has recently resumed activities, including volunteer work at the Annual Macy’s Celebration of Caring.

### Tualatin-Sherwood Area Representative Heather Bennouri

Heather has been licensed since 2002 and on the OMTA Executive Committee in a variety of capacities since 2005. Currently also the Vice-Chair of the OBMT, Heather has hosted area meetings ranging from a coordinated Body Worlds III event to local get-togethers on OBMT updates. She will be holding future events at the Tualatin Library.

### No Area Meeting In Your Area? Volunteer!

We’ll help you get started. Please contact Emden Griffin, our State Coordinator, for more information. (541) 350-0723.

**LMTs are welcome at all Area Meetings, regardless of their “home” location.**

**See the Calendar of Events on page 9 for upcoming Area Meetings.**

**See the OMTA Executive Committee listing on page 10 for Area Representative contact information.**

# Building Community

## Help a Fellow Massage Therapist in Need

On March 24, 2009, Lynnet McKenzie, a Coos Bay LMT, was injured in a motor vehicle accident. With her neck snapped fully toward her left shoulder, the top left side of her head impacted the driver's side window hard enough to give her a concussion and whiplash. Unaware at the time, Lynnet already had severe arthritic changes in two vertebrae and several large bone spurs protruding from her cervical vertebrae from a whiplash injury 16 years previously. The condition had not been symptomatic. Lynnet knew she was injured immediately and was taken to the hospital, but did not know that two discs had ruptured and a large bone spur had been shoved toward her spinal cord, severely compressing her spine. X-rays and a CAT scan did not show this.



Although the other driver was clearly at fault, she was only insured for the Oregon minimum, which is only \$25,000. Lynnet's own PIP (personal insurance protection) was only \$15,000. Despite this seemingly large amount of money, it was quickly absorbed by the hospital and specialist's bills. As a self-employed, single mom without health insurance, Lynnet was also facing challenges from an Independent Medical Examiner (IME) claiming that she was uninjured and therefore did not need further compensation.

Being a believer in alternatives to pharmaceuticals and surgery whenever possible, Lynnet was initially closed to the possibility of surgery. However, after six months of alternative therapies (in addition to pharmaceuticals), still being in constant, often excruciating, muscular and nerve pain, and still being unable to work or even participate in any of the physical activities which had previously defined her life, she agreed to see a neurosurgeon.

Lynnet's lawyer referred her to a surgeon in Portland who is reputed to be one of the best neurosurgeons in the nation. Initially frightened to have the spur surgically removed and have the required cervical double fusion, she was relieved to schedule surgery since she was told that the bone spur would not dissipate on its own and put her at constant risk of quadriplegia. This was the point where her PIP had been exhausted. Her lawyer contacted the at-fault party and asked for a settlement to cover the surgery—and this was the first time they discovered the limits of the other driver's insurance.

The surgery alone was estimated to cost more than twice the amount of her coverage. Lawyers get 30% of all monies received *before* medical bills are paid (40% if it goes to court). Other options were explored, but there were none that fit her exact situation without delays of six months or more. The nerve damage had progressed to the point where she could not feel her fingers, had pins and needles and intense nerve pain down both arms and her left leg, and the neurosurgeon warned her again that she needed surgery immediately to avoid quadriplegia.

Manora Fawn, another Coos Bay therapist and friend, took it upon herself to open a fund-raising account and launch fund-raising activities. After some finagling (including the reduction

of his own fee and the neurosurgeon's generous reduction of his), her lawyer managed to bring the cost of surgery and the insurance settlement much closer than expected. However, this did not cover other outstanding medical bills or bills forthcoming with recovery. Lynnet also incurred significant debt, due to lost wages and uncompensated expenses. She dreams of being able to pay for a series of healing massages, as part of recovery.

Lynnet had the surgery four weeks ago and is healing well. The prognosis is that she will be 95% functional within three months. After a long year of pain and disability, she is looking forward to working, dancing, and rough-housing with her son by summer—just the thought of it brings tears to her eyes.

Lynnet wants others to learn from her experience so that they do not have some of the challenges she went through.

### Self-Care and Treatment for Spinal Pain and Injuries

Spinal decompression via inversion or other means allows discs to heal and helps keep a spine healthy. An alkaline diet, stress reduction, and certain supplements can reduce or prevent bone spurs and numerous ailments that cause back pain. For comprehensive information, visit [www.losethebackpain.com](http://www.losethebackpain.com).

### Underinsured Coverage

While both Lynnet and the other driver carried car insurance, the totals were simply not enough to cover the bills. You can purchase additional "underinsured coverage" usually at a minimal cost that can help cover this gap in severe cases.

### Make a Donation

Visit [www.health-products-and-massage.com](http://www.health-products-and-massage.com)

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# Building Community

## When Community Made the Difference

When Sharon Jakeways was diagnosed with breast cancer in November 2005 she had to have a mastectomy immediately in early December 2005.

Sharon had no health insurance, so she had to take out an equity loan on her home to pay the medical bills, which the loan barely covered. She still had all of the regular bills, but since she could not work, she couldn't cover regular expenses.

Amber Leanna, a friend and local massage therapist, set up a bank account for donations. She and others reached out to the community and OMTA advertised on its web site. The amazing generosity of the community raised a total of \$1200.00.

Sharon was able to access and use the money. All of it went towards paying day-to-day bills, and allowed her to buy a dishwasher, which made it easier for her to handle day-to-day chores. She also purchased a Singing Bowl, which she used to help her through the Chemotherapy she started in April 2006, and which she still uses on herself and clients in her practice.

Sharon is still grateful for the generosity of those who helped her, as it was more than just financial. It gave her a boost in spirits and bridged the gap to making a difference when she needed help just to make it through.



# Good Scents

## An Essential Introduction

Carol Duncan LMT, RA



Hello to cold and flu season! By now everyone has seen the effects of the H1N1 virus in addition to the regular old flu bug that goes around. There are things you can do to help prevent illness for yourself and your loved ones. Hand washing tops the list. Do it often. Using hand sanitizers are also effective if soap and water are not available. I have a hard time using hand sanitizers as my hands are very sensitive. Another option is making your own sanitizer with essential oils.

### Sanitizer Recipe

- ♦ Get a spray bottle in any size that is convenient, preferably one you can't see through as light diminishes the effects of the essential oils.
- ♦ Vodka or Everclear
- ♦ Distilled water
- ♦ Essential oils of:
  - ♦ Citronella (*cymbopogon nardus*)
  - ♦ Lemongrass (*cymbopogon citrates*)
  - ♦ Rosemary (*rosmarinus officinalis*)
  - ♦ Cajeput (*melaleuca leucadendron*)
  - ♦ Lavender (*lavdendual angustifolia*)

### Instructions

- ♦ Mix equal amounts of Vodka/Everclear and distilled water in your spray bottle.
- ♦ For each ounce of liquid, add 5 drops of each of the essential oils. Shake well.

### Notes

This blend can be irritating to sensitive skin. Discontinue use if irritation occurs.

You can use this blend to wipe door knobs, light switches, and use for general cleaning and disinfecting.

# It's Your Money

Robert Bike, LMT

The ability to take credit cards is vital in today's economy. Many of our clients can no longer afford our services, even though they need them. Allowing your clients to pay for your services later is easy when you accept credit cards.

A few years ago I decided that I could increase my sales by taking credit cards. Since I do many on-site events, at Saturday Market, at corporate sites and at classes I teach, I knew I needed the ability to take credit cards by cell phone. Because I have my massage practice outside my home, I also use my cell phone as my business phone at my office.

I found a company that allowed me to use my cell phone to verify credit card numbers. I signed a multi-year contract and figured that at the rate my business was growing that I could easily absorb the extra fees. Then the economy slowed down, and I was stuck with high fees and a multi-year contract that I had to buy my way out of! Lesson learned.

Spraying it in the air kills odors, bacteria, molds, and fungus. It will neutralize mildew, cigarette smoke, and other noxious odors. It repels insects. It is good for sterilizing cuts and wounds.

### Four Thieves Blend History

There are several different stories and blends that reference "thieves" or "four thieves." One of the variations of the story is that in medieval times when plagues were prevalent in Europe there were four thieves that anointed themselves with blends of herbs and oils, then walked among the dead to rob them. The thieves, under penalty of death, were made to divulge the blends they used to protect themselves from illness. Here is one version of the blend that can be used for germ killing.

### Make Your Own Four Thieves Blend

- ♦ Cinnamon bark (*cinnamomum verum*)
  - ♦ Cloves (*syzygium aromatic*)
  - ♦ Lemon (*citrus limon*)
  - ♦ Rosemary (*rosmarinus officinalis*)
  - ♦ Eucalyptus (*eucalyptus globulus*)
- These oils are mixed with a carrier oil.

### Usage

I like to use the blend with edible carrier oils and at first sign of illness, I put a drop on my tongue and hold this to the roof of my mouth as long as I can, then swallow. By doing this, the oils penetrate the soft palate and kill germs in the mouth, sinuses, and the throat. This is the area illness enters the body. I also put a drop or two in my water cup I cart around everywhere I go.

If you are already sick, I recommend doing two steams a day. Boil some water in a sauce pan. Remove from heat and add a drop of two of rosemary in the water. Put a towel large enough to cover your head and the pan. Inhale until the steam is gone. This will open the airways and get the rosemary's anti-inflammatory properties into the bronchial tubes and the lungs.

Associated Bodywork and Massage Professionals (ABMP) recognizes OMTA as a professional organization and offers OMTA members a \$50.00 discount on liability insurance. When I received my last renewal from ABMP, a flyer was included about accepting credit cards via cell phones. After investigating the costs, I went to [www.abmpcellcharge.com](http://www.abmpcellcharge.com) and signed up. Now I accept credit cards, have no equipment to lease or buy, have no monthly minimums, and best of all, didn't have to sign a contract.



ABMPCellCharge is just \$8.99 per month plus 3.79% of each charge. With the old company there was a minimum charge of \$25.00 per month if the percentage they took didn't meet their standards.

While the 3.79% with ABMPCellCharge is slightly higher than the old company, I figure that I'd have to consistently have thousands of dollars in charges each month to pay more than with the old company. I highly recommend ABMPCellCharge.

# Communication and Boundaries

## Application as a Client and LMT

by Heather Bennouri

I had the opportunity to attend Patty Glenn's classes on Ethics and Boundaries and Communication and Boundaries. The two classes are great, and I highly recommend them to anyone who is able to get into them (they fill up quickly). Unfortunately, I left the class with one of my worse headaches—I won't go into all the details, but let's just say that fluorescent lighting is not my friend.

I wanted (*needed*) bodywork. I'd also been wanting to check out a chain that has a few locations in my area. I decided to combine the two on my way home.

I will admit that while I was completely honest, I left out certain details since part of my trip was essentially to do market research on a local business. For example, I didn't mention that I was an LMT. Yes, the part of me that had just attended an ethics course was rolling the irony of this over in my head. Might I have been treated differently had I shared this information? Probably, but since part of my intention was to find out what an "average client" might receive with my requests, I continued in my "less knowledgeable" role through to the end.

During the treatment, I kept thinking about the communication component of Patty's class. There had been a discussion in class about how important it is to be "present in our bodies" and aware of the treatment being received—especially as practitioners. There was also discussion in the class that it is so important that we communicate this with other bodyworkers while receiving treatment as they may not be aware of any accidental harm they may be causing and it is our responsibility as clients to communicate our needs.

I'm sure there are many of you who are certain you are confident and empowered enough to speak up at any time when in the role of a client. There are also others who as LMTs are so experienced and intuitive that their clients have little, if any, need to speak up during a treatment.

I don't think I'm blessed enough to fall into either category. I'm on a continual learning curve, and as pressure became too much and fingernails raked across me (not in a good way), I decided to put my communication to the test.

I was sadly disheartened at the responses. On pressure, "Yeah, this is going to hurt." On fingernails, no apology, but kind of a "hmm" grunt (and very little change to the technique).

When I revised the fingernail comment to, "Sorry, but if it's not your fingernails, something else is scratching me," I didn't even get a response. When I reiterated that the pressure was too much, I got, "Yeah, this area's going to hurt too. Also it might hurt up into your head and down your arm."

I went from feeling empowered about communicating and feeling responsible for being clear in my needs to screaming inside my head, *HELLO? I'm your CLIENT. I'm telling you this HURTS!* Maybe I should have screamed it out loud? However, my headache had decreased slightly by the end of the session and my other complaints had been addressed reasonably, so I headed home.

On the drive home (with my headache worsening again), still reflecting on the classes, I was trying to weigh whether I had perhaps "invited" a less-than-perfect experience through my own intent and misleading. Since it is easy to justify yourself when

you want to, I decided that my intentions had not been negative or malicious, although perhaps I had gone in with a set of lower expectations. Regardless, I had communicated clearly, consistently, and in multiple manners, that I was in discomfort.

I don't think the negative aspects of my experience were related to the chain I visited nor reflective of all the LMTs there. They may not even be reflective of typical treatments by that therapist, who I do believe had my best interests at heart and truly wanted to make a positive difference—which I gathered from his verbal communication and sincere intonation.

Unfortunately, now, eight hours after my massage, my suboccipitals are extremely tender to the touch. My headache dissipated after a four-hour "nap" but I'm left with pain past my headache, and questions swirling about the experience.

One of the other things that was brought up in both the ethics and communication components of the class is that people tend to evaluate things through the lens of their own experiences, beliefs, and values. The frustrations I felt about my less-than-perfect massage evolved into asking myself how I might have stated anything differently to the therapist. I thought I was clear. Perhaps on my intake instead of putting "addressing the needs of my complaints" I should have added "within my tolerance" or "I don't want my massage to hurt."

Since I didn't say those things and since I didn't flat out say "STOP treatment," I don't know what the outcome would have been. Apparently I still need work on my own communication as a client.

It did make me wonder—since I'm an LMT *and* I'd just come from those classes—what *aren't* my clients telling me? Or worse, what *are* they telling me that I'm not hearing and/or ignoring? From that, *what can I do to make it better?*

Perhaps one of the most important things about the classes was that ethics, boundaries, and communication are not constants, and that they are continually evolving. Hopefully, through my own experiences, I will be able to continue to evolve along that path as well. I just hope next time I don't have to learn the hard way—and neither do my clients.

*A day after writing this and unable to put my head on my pillow to sleep because I was too sore, I decided to call the place and let them know, politely and constructively, what had happened. Unfortunately, I was met with the response that this is a "normal side effect of massage," that I wouldn't be scheduled with that therapist again, and that I would get a discount on my next visit. When I further explained that I am an LMT, have taught massage, am quite familiar with the potential effects of massage, and that I had clearly expressed, multiple times that there was too much pressure, I was again told that I wouldn't be scheduled with that therapist on my next visit since clearly it "wasn't a good match and as an LMT I should know that sometimes happens." I told them that was not the reason for my call and that as a professional, I would want to know if this had inadvertently happened with a client I treated, and that I felt that despite the good work the therapist had done, there was still a disconnect with me as the client on the table. When the receptionist continued to repeat what I was beginning to feel was a script, I gave up on "communicating" in this instance, thanked her, and hung up. I won't be back.*

# Calendar of Events

**Monday, March 8, 2010, 9:00 A.M.**

## **OBMT Rules Hearing**

Board office, 748 Hawthorne Ave, Salem, OR

**Monday, March 8, 2010, following Rules Hearing**

## **OBMT Board Meeting**

Board office, 748 Hawthorne Ave, Salem, OR

Agenda available online at [www.oregon.gov/obmt](http://www.oregon.gov/obmt)

**Monday, March 22, 2010, 7:00-9:00 P.M.**

## **Tualatin-Sherwood Area Meeting**

Tualatin Public Library

Speaker: Heather Bennouri on OBMT Update/Q&A and Orthopedic Testing

**Saturday-Sunday, March 20-21, 2010**

## **EFT Level 2**

Eugene, OR

Robert Bike, EFT-ADV

[www.thementalgame.org](http://www.thementalgame.org) or 541-465-9486

12 CEs, \$250.00

**Monday, March 22, 2010, 7:00-9:00 P.M.**

## **Eugene Area Meeting**

Market of Choice on 28th and Willamette

Speaker: Carol Duncan on European Sports Stretching

2 CEs, free for OMTA members, \$10.00 for nonmembers

**Monday, April 12, 2010, 7:00-9:00 P.M.**

## **Tualatin-Sherwood Area Meeting**

Tualatin Public Library

Speaker: TBD

**Saturday-Sunday, April 17-18, 2010**

## **Myokinetic Therapy (Upper Body)**

2607 SE Hawthorne Blvd, Ste I, Portland, OR 97214

Robert Sirch, LMT

(971) 221-5839 or [rs@robertsirch.com](mailto:rs@robertsirch.com)

14 CEs, \$275.00 (\$25.00 discount if paid two weeks in advance)

**Saturday-Sunday, April 24-25, 2010**

## **Hot Serpentine Stone (Prone and Lower Sidelying)**

2607 SE Hawthorne Blvd, Ste I, Portland, OR 97214

Robert Sirch, LMT

(971) 221-5839 or [rs@robertsirch.com](mailto:rs@robertsirch.com)

14 CEs, \$275.00 (\$25.00 discount if paid two weeks in advance)

**Sunday, May 2, 2010, 9:00 A.M.-4:30 P.M.**

## **OMTA Spring Conference**

Lane Community College, Downtown Campus, Eugene

Robert Bike: Emotional Freedom Techniques

[eft1e.eventbrite.com](http://eft1e.eventbrite.com)

Donovan Monroe: Repetitive Strain Injuries—Upper Extremities

[rsieugene.eventbrite.com](http://rsieugene.eventbrite.com)

Carol Duncan: European Sports Stretching

[esse.eventbrite.com](http://esse.eventbrite.com)

6 CEs, \$125.00

**Monday-Wednesday, May 17-19, 2010**

## **Introduction to Watsu®-Hot Tub Style**

Breitenbush Hot Springs

Jeannie Edwards: (541) 344-4374 or [jeannie@efn.org](mailto:jeannie@efn.org)

12 CEs \$165.00 (\$150.00 if paid by April 23, 2010) plus lodging

**Tuesday-Friday, August 3-6, 2010**

## **Transforming Body Image: A Women's Retreat**

Breitenbush Hot Springs

Jeannie Edwards (541-344-4374)

Kassy Daggett: [kdaggett@efn.org](mailto:kdaggett@efn.org)

18 CEs, \$255.00 (\$225.00 if paid by July 9, 2010) plus lodging

**Friday-Sunday, October 1-3, 2010**

## **Journey of the Spirit: 2010 OMTA Retreat and Conference**

Up to 13 CE credits in a variety of class offerings

\$350.00 for OMTA members with early registration (includes lodging and food) for retreat level; some classes and amenities have additional charges. Member registration begins June 1, 2010. Visit [omta.net](http://omta.net) for the latest details and information.

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## Classifieds

### Services

Affordable Natural Skincare...Back to Nature Facials and Massage, specializing in 100% Oxygen Spray Facials offers OMTA members a 10% discount off facial and waxing services and skincare products. Close to I-5 and set in a beautiful forested area in Lake Oswego, we provide the highest quality skincare. Facial treatments are corrective to skin conditions yet relaxing and pampering. Call (503) 670-7749 for consultation, Leslie Martinsen, LE, LMT #6672. See website at [www.backtonaturefacials.com](http://www.backtonaturefacials.com).

### Volunteer Opportunities

Seeking massage therapists to volunteer internationally. Information at [www.ngoabroad.com](http://www.ngoabroad.com) or via email at [info@ngoabroad.com](mailto:info@ngoabroad.com). NGO abroad is a nonprofit organization that provides frugal, customized international volunteer options and helps people enter international humanitarian work. INDIA: rural areas need massage therapists to work on weary villagers who have just dug wells, latrines, or done other hard labor. CHILDREN: Help untangle the emotional knots of children who have been abused or neglected. LIVELIHOODS: teach massage as an employment skill--a ticket out of poverty.

### Other/Misc.

Yachats Beach House. This welcoming house is located just steps away from easy access to the eight-mile beach between Yachats and Waldport. It has 2 bedrooms, 1.5 baths, fully equipped kitchen, fire-view woodstove and large windows and decks for ocean viewing. With sleeper sofas in the living room and library, it sleeps eight. Pets are welcome. \$120 winter; \$155 summer, 7th night is free in winter. For info, contact Glenda Jones, (541) 726-9720 or [ethelscoastcottage.com](http://ethelscoastcottage.com).

# Oregon Massage Therapists Association Executive Committee

OMTA holds annual elections to select the Executive Committee (EC). Elections are open to all current OMTA members with voting status. President and Vice President are elected in even years. Secretary, Treasurer, and Membership are elected in odd years. All other positions are appointed by the elected officers. EC positions are volunteer except Conference Registrar and Ad Manager.

## Elected Officers

The positions of Membership, Secretary, and Treasurer are up for election in October 2009. Nominations are now open (see page 8 of this issue for more information).

### President

1710 Oakhurst Court  
Eugene, OR 97402

### Robert Bike

(541) 465-9486  
robertbike@comcast.net

### Vice President

1007 W. Central Ave  
Sutherlin, OR 97479

### Carol Duncan

(541) 584-2810  
massagecentral@yahoo.com

### Secretary

1630 Ash Street  
Portland, OR 97034

### Joni Kutner

(503) 635-7591  
jonidan@gmail.com

### Treasurer

1865 Whistlers Park Road  
Roseburg, OR 97470

### Kami Manselle

(541) 672-3478  
massagenurse04@yahoo.com

### Membership

8827 SW Blake St  
Tualatin, OR 97062

### Heather Bennouri

(971) 570-5404  
info@bennouri.net

## Appointed Positions

### Advertising Manager

*Contact the President if you are interested in this commissioned position.*

**vacant**

### Conference Registrar 2010

See Membership for contact information

**Heather Bennouri**

### OMTA Library

PO Box 306  
Bend, OR 97709

### Bruno DeBlock

(541) 330-1980  
massage@bendbroadband.com

### State Coordinator (for Area Reps)

5112 SW Garden Home Rd  
Portland, OR 97219

### Emden Griffin

(541) 350-0723  
emdengriffin@yahoo.com

### Touchstone

See Membership Coordinator for contact information

### Heather Bennouri

### Volunteer Coordinator

See State Coordinator for contact information

### Emden Griffin

### Webmaster

See President for contact information

### Robert Bike

## Area Representatives

### Bend

See OMTA Library for contact information

### Bruno DeBlock

### Eugene

PO Box 2397  
Eugene, OR 97402

### Mike Pooler

(541) 556-0970  
kmiamike@yahoo.com

### Hillsboro

4004 East Main St  
Hillsboro, OR 97124

### Neva Winter

(503) 484-7565  
nevajowin@msn.com

### Portland

1988 SE Ladd Ave  
Portland, OR 97214

### Donovan Monroe

(503) 984-1963  
donovanmonroe@me.com

### Tualatin-Sherwood

See Membership Coordinator for contact information.

### Heather Bennouri

### Roseburg

See Vice President for contact information

### Carol Duncan

**Albany, Ashland, Coastal Area, Salem, and Eastern Oregon**  
Positions open

*Representatives for other local areas are welcome. Please contact the State Coordinator if you are interested.*

*Touchstone* is the journal of the Oregon Massage Therapists Association. Published several times a year for OMTA members, *Touchstone* features articles relating to the practice of massage, techniques, resources, tools, books, classes, continuing education, legislative information, Oregon Board of Massage Therapists (OBMT) updates, and other related information. If you would like information about advertising in *Touchstone*, more information about OMTA, to submit an article or letter to the editor, please contact the appropriate source listed below.

### Touchstone

Editor: Heather Bennouri  
8827 SW Blake St  
Tualatin, OR 97062  
(971) 570-5404  
touchstone@bennouri.net

### OMTA

1710 Oakhurst Ct  
Eugene, OR 97402  
www.omta.net  
*see specific officers for phone contact information*