

CAMTC gathering at Bodo's Bagels, 3/10/15

[Dolo Brandolo](#), [Ernie Kidd](#), [Franciska Pocanic](#), [Anya Shepelavey](#) (guest of Franciska), [Dee Walsh](#)

Even though the group was small, we had a lovely and lively conversation at Bodo's – which was blessedly quiet, as most of the students were gone on Spring Break!

Anya Shepelavey introduced herself and her work to the group – Anya is relatively new to Cville, having moved from the West Coast with her husband (also a massage therapist!) and two children. Anya has a background in yoga instruction and in health care (Master's in Public Health), and has also studied Shamanic Healing with Susan Wolf, as has Franciska. Her new interest and primary focus is now building a practice as a Certified Emotion Code Practitioner (using energy healing techniques), and she is offering complimentary introductory sessions to local clinicians. Anya is seeking part-time office space and was given Brian Keena's contact information – and anyone else with office space to share is of course willing to contact *her!* For more information, check one of [several internet links](#) or contact Anya via [www.bluebirdmedicine.com](http://www.bluebirdmedicine.com) // [www.facebook.com/pages/Bluebird-Medicine](https://www.facebook.com/pages/Bluebird-Medicine) // 540-849-0004 // [anya@bluebirdmedicine.com](mailto:anya@bluebirdmedicine.com)

And just to be clear: [Brian Keena](#) has part-time office space to sub-let, if anyone's interested. It's a lovely space on East Market Street, accessible and quiet.

Healing Connections, the AMTA state conference, is being held in town on May 3<sup>rd</sup>. Multiple CEU opportunities are available on both the 2<sup>nd</sup> and 3<sup>rd</sup>. For more information, visit:

<http://events.r20.constantcontact.com/register/event?oeidk=a07eaak32vgb04227cd&llr=765wjycab>

Melanie Lepper had mentioned earlier (on Facebook, perhaps?) that the Richmond AMTA group had held a meeting with police representatives present to address the issues regarding “creepers”, and asked if the CAMTC would be interested in organizing a meeting on that topic locally. If anyone wants take the initiative to organize a similar session, I'd be glad to publicize it via the CAMTC, as I feel it's an interesting and important topic, especially for newer therapists who may be encountering unsavory folks for the first time. But, as this group really doesn't have an “agenda” or formal structure, I'd prefer not to take the lead on this one ---

That being said, it came to the attention of the group that a person who has had his massage therapy certification suspended by the Board of Nursing/Department of Health Professions for inappropriate behaviors is *once again* practicing in the area. Please encourage current and prospective clients to request and review current proof of certification before engaging massage services!

Dolo Brandolo highly recommended the book, [Love, Medicine and Miracles](#) by Bernie Siegel, MD. It covers “lessons learned from a surgeon's experience with exceptional patients.” Other book recommendations included anything by [Vaclav Smil](#) (writing on various topics regarding environment and sustainability) and [1493](#) by [Charles C. Mann](#), covering the rapid globalization of commerce, ideas, and biologics (foods, animals, pathogens) after the discovery of the Americas.

Becky Getz reminds folks that the Martha Jefferson Hospital's "Celebration of Life" event is to be held on March 22<sup>nd</sup>. To volunteer for this event (chair massage), which is a lovely reunion and celebration of cancer survivors, their families, friends and health care providers, please contact Becky at 757-270-1241 or via [becky@getzmassage.com](mailto:becky@getzmassage.com).

Reminder: Tracey Moon's Ethics Workshop at Common Grounds is to be held on May 15<sup>th</sup>, 2015. For more information, see: <http://www.commongroundcville.org/ncbtmb-massage-ce-tracey-moon/>.

The group was polled regarding CPR recertification options. Most used either the [Red Cross](#) on Rose Hill Drive or offerings via the Open Doors publication (Cville/Albemarle Parks and Rec.) Anyone who knows a local CPR instructor: your friend could probably make a mint by organizing reasonably-priced twice-yearly classes specifically for the local massage therapy community!! (And it would be a blast to have a bunch of us in the same room massaging Annie, too! ;-)

Franciska mentioned the [Nayada Institute](#) training in Costa Rica, including training in Thai (Table) Massage, and recently has participated in a workshop led by [Janet Evergreen](#) on "Exploring the Vagus System". She witnessed a participant in this workshop go through a fascial unwinding after receiving a simple contact hold, similar to experiences clients have when MFR techniques are applied. Ernie has a friend in another energy/aura-field training program called the "Hands of Light", led by [Barbara Brennan](#) in Florida.

Once again the subject of NCTMB v. MBLEX came up. Our understanding is that only persons seeking *initial* certification in the Commonwealth of Virginia must take either the NCTMB or MBLEX exam. After that, CMTs must "keep up" the same number of CEUs and active-practice hours as required by the NCTMB, but it is NOT necessary to maintain that particular certification. Persons who wish to teach at a school or otherwise market themselves to other therapists for CEUs would be wise to keep up the NCTMB certification, but otherwise.... It's not really needed, as far as the Commonwealth is concerned.

A link to the actual statutes regarding Virginia certification (and recertification) of massage therapists can be found [HERE](#).

That was about it for the morning – all I can remember, anyway.

The next CAMTC gathering will be held on Wednesday, April 29<sup>th</sup> 1:00 – 3:00, place TBD. If you know of a good, inexpensive, central, quiet, "perfect" place for a mid-day meeting, please feel free to suggest it! Cheryl Nardone has generously offered her home for a future meeting, and so well try to coordinate an evening time in May or June that works for her, too!