

Idaho In Touch



amta
american **massage therapy** association

A Publication of the
American Massage Therapy Association

TO SUPPORT OUR MEMBERS
AND PROMOTE THE HIGHEST
PROFESSIONAL STANDARDS

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A Message From Our President

Change. Some folks hate the idea, while others embrace it. For me, it depends on the situation. I love when I can help create change in a client’s level of pain, range of motion, etc. A new (to us) old house begging for some TLC. Working outside of my home-based studio for a change of scenery...especially when the client has a panoramic view of our gorgeous Lewiston-Clarkston Valley. But a change to our chapter’s corp of volunteers and Board of Directors??? Nooooooo! I mean, it’s not like I didn’t know about the change and have time to prep for it, but I was so comfortable with our previous group. We’d been together for a year or more and we knew what to expect (or not to expect) from each other. Now, we have 5 brand spankin’ new volunteers, a couple of whom I have yet to meet face to face.

And then, this past weekend happened. Six and a half (Baby Troy our newly designated SPR mascot) of us met in McCall for our annual Strategic Planning Retreat. “Retreat” may or may not be a cruel descriptor of this event. Yes, we go to a lovely location with beautiful scenery but trust me...we worked. We worked hard. And we worked long hours. I intended for our Friday evening to be a dinner with casual getting-to-know-us conversation. Nope. That was not to be. This energetic, eager and wicked smart group started peppering me with in-depth questions and queries before I even unpacked the groceries. And this continued until 10:30 p.m. when I finally glanced at the clock and cried, “Uncle!”

They are a quick and savvy group, loaded with ideas and the drive and energy to carry them out. We planned and brainstormed and worked together flawlessly. No stress, no angst, no awkwardness, just smooth collaboration.

Volunteers that joined me in McCall were: Newsletter Editor, **Kylie Dunder** with Baby Troy; Board Member & Delegate, **Joan Hamilton**; Alternate Delegate, **Angie Hastings**; Secretary, **Jami Slaughter**; and Board Member, **Donna Hoffman**.

Our chapter also has 3 more new volunteers who were not able to attend but are anxiously waiting to jump in: Membership Co-chairs, **Lila Nordin** and **Rebekah Harmon**, and Education Chair & Government Relations Chair, **Tracy Koehler-Liller**.

Change is good, especially for our chapter and our members. Be sure to watch this quarterly newsletter, our web page, www.id.amtamassage.org and our facebook page, AMTA - Idaho, for the latest and greatest plans we put together for you!

In health,
Becky



Meet Our New Volunteers



Joan Hamilton

Board Member & Delegate

Joan Hamilton has been a practicing massage therapist since 2001. She graduated from The St. Croix Center for the Healing Arts in Hudson, WI with a certificate in Massage Therapy. She has an Associates degree in Radiography, Bachelors degree in Career and Technical Education and a Masters in Managerial Leadership. Joan specializes in Deep Tissue, Myofascial Release and Sports massage. She has completed training in Hot Stone, Precision Neuromuscular Therapy, Pregnancy Massage, Hydrotherapy, Thai, Reflexology Acupressure and Medical Massage. Joan has worked in a physical therapy facility in Wisconsin for 10 years doing rehabilitation. She currently works for the YMCA in Caldwell Idaho, helping people reach their wellness goals. She hopes as a volunteer to increase educational opportunities in the state as well as give massage therapists a voice with the AMTA National organization and with the state of Idaho.

Angie Hastings

Alternate Delegate



Angie Hastings is a independent therapist with offices in both Boise and Garden Valley. Her practice focuses on sports massage, pain management, preventive maintenance and rehabilitation. She is passionate about helping her clients reach their goals and take control of their health journey. As a past massage therapy instructor, she also has an excitement for education and seeing new therapists take on the craft. We are happy to have her join us as a new Alternate Delegate as she has expressed her interest in bringing more awareness to our Idaho chapter members about the on-goings of AMTA and giving them a voice in the association. After attending her first state convention and experiencing the sense of community that comes with the AMTA chapter she immediately wanted to get involved and help others experience that community as well.



Image courtesy of photostock at freedigitalphotos.net

Exciting changes happening within AMTA Idaho! In an effort to better serve our members please watch our website and Facebook page the date and time of an upcoming Fall Member Meeting.



5 Steps

for a Drama Free Life

Mention the word “Drama” and most people immediately relate. We all have people, places and things in our personal and professional lives which drain our time, money and energy. I’d like to share five approaches for ditching the drama around you- once and for all.

I define drama as: a voluntary behavior that creates negative emotions or outcomes, draining resources of time, money and harmonious relationships.

First and foremost, creating a drama free life begins with the realization that all of the drama in your life begins and ends with you- a difficult reality for many of us to accept. But until that statement becomes an absolute truth, drama will continue to follow you, tempting you to blame it on external people, events and circumstances.

Our culture feeds on drama: nightly news, pop magazines and reality television generate a ton of it. Here are five steps for ditching drama:

1. **Practice “Unconditional Positive Regard” for yourself and others.**

Psychologist Carl Rogers coined this term as a way of relating to the self and others. All too often, our judgments and stereotypes limit our ability to accept other human beings and treat them with respect. Unconditional Positive Regard is an overall acceptance of another human being, regardless of their political views, sexual orientation, religious affiliation, or any other factor that may lead us to prejudice. This general outlook of acceptance is communicated through our thoughts, feelings, words and most importantly, our non-verbal communication. Ever felt judged by someone without them ever saying a word to you? Research shows that as much as 80% of our communication is non-verbal. Our body language says a lot.

In addition, a review conducted by researcher, Margaret Kemeny (UCLA) of over 200 studies examining stress and cortisol, found that being negatively evaluated, especially by someone of importance or interest to you is the most important variable that elevates cortisol in our blood during a stressful event. In other words, what

causes our greatest increase in cortisol release is not having too much to do, or feeling the pressure of deadlines, but how negatively judged we feel by others.

2. **Learn to recognize what hooks you into drama.**

Your mother has just asked you for the third time this month: “When are you going to give me a grandchild? This statement causes you to see red and blow smoke out of your ears. I call this the “big fat worm on the fishhook”. Each of us has certain buttons that get pushed by family members, co-workers, even complete strangers. Once these are pressed, it often sends us into a reactive state that finds us entering the “fight or flight” part of the nervous system. New scientific brain research shows that information first enters our brain through an almond sized organ called the amygdala. The amygdala has an enormous influence on our reaction to events that stress us and cause drama. If we are constantly in a reactive state to the events around us that cause drama, our amygdala can hijack our body’s response and our thoughts, words and actions can quickly trigger the fight or flight response. We become on the one hand- aggressive, combative or on the other hand- evasive or unable to effectively address conflict.

There’s good news! By becoming aware of when our amygdala is lit up, we can learn to watch our reaction and choose how we will respond to our triggers. Simply by taking a few deep breaths in the midst of an amygdala hijack, you send a different signal to your nervous system, hopefully allowing you to choose the most appropriate response.

3. **Practice non-reactivity.**

There are countless opportunities to react to events, opinions, and activities that those around you engage in. Simply scroll down on any on-line discussion forum or controversial Facebook feed to see how quickly humans can disagree with each other and the short distance to truly harmful language pointed towards those that disagree with our views. As I mentioned above, becoming aware of what hooks us is the first step in choosing what garners our attention and response. Maybe the driver who just honked at me to hurry through the green light doesn’t need to be responded to with my middle finger. Maybe the Facebook status that disagrees with my view on immigration policy doesn’t need my input- especially when it involves family or friends. Learn to sit a few out and avoid the drama.

4. **Make clear agreements and manage them accordingly.**

We make agreements in all arenas of life. Education is an agreement between teacher and student. Employment is an agreement between employer and employee. Anytime we enter into relationship with a role in our life, it comes with both written and unwritten agreements. One of the best pieces of business advice I have ever gotten is the adage: "Manage agreements, not personalities." The truth is, most of us end up in relationships where we attempt to manage or change the other's personality. Personality for some can change from day to day, causing all sorts of personal and professional drama. Clearly defined agreements stay pretty consistent, with occasional renegotiations.

People who thrive on drama are often looking for any external excuse to lay blame for their breach of agreements. The co-worker that is always late, blaming it on traffic, a sick child, anything but taking responsibility for the fact that when they signed their employment agreement, showing up at a certain time was a clearly written part of what they agreed to. The brother-in-law who promised to not have more than one drink at your holiday party, who now is holding a bottle a Jack Daniels in the middle of your living room while playing his favorite Lynyrd Skynyrd songs for your friends that seem to now be leaving the party early. Holding ourselves and those with whom we make agreements accountable is a sure way to diminish drama before it can spread.

5. **Learn to manage difficult conversations.**

When it comes to tough conversations, many of us enter our fight or flight response. Either we turn into a screaming, distraught hot-head or we avoid the conversation all together, desperately hoping the situation goes away on its own. But arguing with another person's ego rarely achieves healthy results. On the other hand, totally avoiding a drama filled situation that demands our attention only makes the pink elephant in the room get bigger and bigger with each passing day. So how can we enter into a respectful dialogue that treats the other person with unconditional positive regard, and in the process, holds ourselves and the other accountable?

I call the process: "The Model for Drama-Free Communication". Here are the steps:

1. **Stop, breathe, and quiet your amygdala.**

Profound new research has conclusively determined that all information coming into our nervous system first goes to the brain's amygdala. The amygdala controls the fight or flight response. Interrupting a reaction with breath will override a purely emotional re-

sponse to the situation.

2. **State the facts.**

Using a statement such as "I notice...." Or "I am noticing", we identify the situation in objective terms stating facts. Many times this means giving voice to the "pink elephant" in the room. If this statement alone does not initiate response, you can use "I'd like to describe what I'm noticing and get your interpretation of it."

3. **Seek to obtain their point of view first.**

Here we gather their interpretation of the situation and seek to understand their intent. We may be missing some important information. Remember, the desire to be seen and heard is a basic human need.

4. **Mirror back your understanding.**

Make sure that what they said is what you heard. "So if I am hearing you correctly....(insert your understanding).... Is that correct?"

5. **Now pause and run it through the BS meter:**

Trust your "gut feeling" here. Is this story a load of BS? Does the story you are hearing add up to the facts? Your response to the next step might depend on this reading.

6. **Speak your truth.**

With an understanding of their intent, you run this through your intuition for congruence with their side of the story. You now express your point of view. Use only "I" statements and refrain from "you" statements. What non-negotiables do you need to reiterate?

7. **Getting agreement.**

Here the intent of both parties is weighed and an agreement is made on how to proceed. In some cases we "agree to disagree". In other cases, we are unable to reach an agreement and the situation is ended.

Drama always requires fuel for the fire. People that create drama often turn to those around them as fuel. When they turn to you, how will you respond?

Remember- all of the drama in your life begins and ends with you.

Eric Stephenson has a clear personal mission: to decrease the amount of unnecessary suffering in personal and professional relationships. In addition to his work at www.imassageinc.com he teaches work teams nationally how to decrease workplace drama- www.dramafreeinc.com



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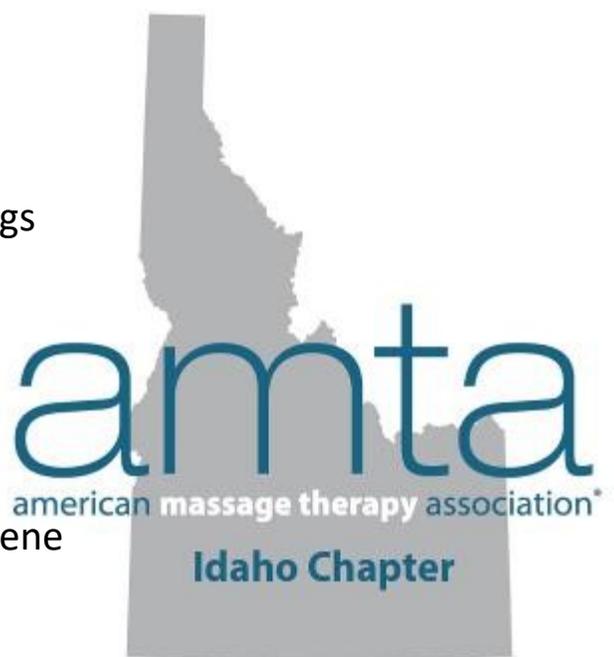
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WELCOME NEW MEMBERS

**WELCOME!
THANK YOU
FOR JOINING
THE
AMTA-IDAHO
CHAPTER**

**CHECK THE OF-
FICER MAP &
ROSTER (PG. 14-
15) AND
CONTACT A
BOARD MEMBER
IN YOUR AREA
WITH ANY
QUESTIONS YOU
MAY HAVE.**



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Idaho Chapter

Thanks Des!!

Our chapter recently had a pretty amazing person step away from volunteering with our chapter. Her reasons were dumb. Or not. Something about her growing belly...spending more time with her sweet family...the reasons that are the very best and the most important. Deserae Johnson and her two favorite guys, husband Kevin and son Shay, welcomed baby Kennedy Claire into the world this spring and what a beautiful addition she is! While we are thrilled for them, we are licking our wounds just a wee bit.

Deserae is one of those go-to people that will step up and jump into any task, whether it's within her knowledge base or not. She put together an awesome chapter convention in Boise. She's an Apple gal while the rest of us are Microsofties and she never batted an eye. She brought new and fresh perspectives to our board and our chapter and we thank her so much for that.

Thank you, Des, for all of your fun and generous contributions to our chapter. We can't wait to watch all of your #johnsonfamfun adventures now that baby makes 4!



Left to right: Shay, Kevin, Deserae and Baby Kennedy Claire with their fully restored, award-winning 1959 Chevy Impala.

2017 AMTA State Convention

Lewiston, ID





save the date
April 19-22

next year:

2018 AMTA - Idaho
Convention in Twin Falls, ID

AMTA-Idaho Government Relations Update

This week, all Idaho licensed massage therapists should have received this message in a postcard from the Bureau of Occupational Licenses:

“The Idaho Board of Massage Therapy proposed several statute and rule changes to the 2017 Legislature.



The first proposed change would have required applicants and currently licensed massage therapists to obtain a fingerprint-based criminal history check as a condition of licensure. The second proposed statute would have given the Board the authority to approve the curriculum for massage therapy schools registered by the State Board of Education. These two proposals did not pass.

A proposed rule to lower original license and annual renewal fees from \$75 to \$65 passed and is now in effect. A temporary license and provisional permit along with a fee of \$25 passed and is also now in effect. The full set of laws and rules can be found on the Board’s website at; www.ibol.idaho.gov by clicking on the “Massage Therapists” link and then clicking on the “State Licensure Law” and “State Licensure Rules” links. If you have any questions, please contact the Board at MAS@ibol.idaho.gov or by U.S. Mail to: The Idaho Board of Massage Therapy, PO Box 83720, Boise, ID 83720-0063.”

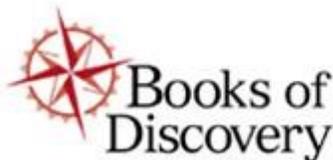
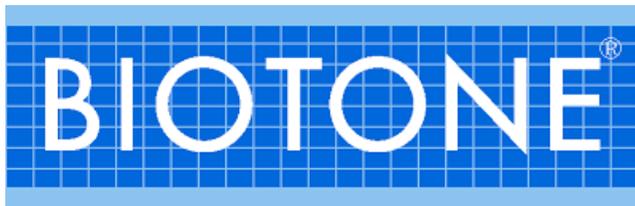


Remember!

Your license expires on your birthday and needs to be renewed **by that date!**

a HUGE thanks...

It takes so many people to run a successful convention. Part of this success comes from the generosity of many companies and businesses. We would like to thank the following for making the 2017 AMTA Idaho Annual Convention a bit hit.



Save the Date

Fall Workshop

Boise, ID

October 21, 2017



Contact Kylie Dunder for details:
208-705-0725
newsletter.amtaid@gmail.com

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**Membership
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Chapter WEB page

www.id.amtamassage.org

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