



# Louisiana Fouchons!

A Newsletter of the American Massage Therapy Association - Louisiana Chapter

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

- Celebrating 30 Years
- Convention Payment Plan
- Back in Baton Rouge!



- FMT Basic & Performance
- Pay Plans for Professional AMTA Memberships

• And Much More



**Dr. Tina Thomas**  
Keynote Speaker



EMBASSY  
SUITES

by Hilton™

**Baton Rouge**



## AMTA Louisiana Chapter - Officers and Chairs

### OFFICERS

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## Dates to Remember

### 2016 AMTA - Louisiana Convention

#### Baton Rouge

July 15 - July 17, 2016

### 2016 AMTA National Convention

Robin Roberts - Keynote

Milwaukee, Wisconsin

October 26-29, 2016



LOUISIANA CHAPTER  
AMERICAN MASSAGE THERAPY ASSOCIATION

## The AMTA Purpose

The purposes of the AMTA shall be; To advance the science and art of the massage and related techniques; To raise and maintain the standards of the massage profession; To foster a spirit of cooperation and the exchange of ideas and techniques among its members and others who are part of the massage profession; To promote legislation that supports and upholds, and oppose legislation that harms and damages, the massage profession; To protect and preserve the rights of its members; To enhance the public's understanding and appreciation of massage; To further the broad objective of improving conditions of life, or individual well being, in our society through utilization of the professional knowledge and skills of massage therapy; To advocate the rights and interests of persons seeking massage therapy as health care; To conduct any other activity in connection with the purposes stated in this Article and to undertake such other desirable activities as the Board of Directors may determine.

## Message from the President

Marie Humphries, LMT

### Rockin for 30 years

I just want to inform you that we are diligently working on making this year's state convention phenomenal. It is our chapter's 30th Anniversary. We are structuring the whole event different than we have ever done and we have a new venue. Yes we are Back in Baton Rouge!



Our convention will be held at the Embassy Suites Hotel, 4914 Constitution Avenue, Baton Rouge, LA 70808 on July 15, 16, and 17, 2016. Reservations can be made by clicking [HERE](#).

Double-Nonsmoking or King-Nonsmoking are at an AMTA-LA discount rate of \$119+tax. Reservations in room block for AMTA at this rate is good thru June 24, 2016.

All Registered guest receive the following:

- **Free Cooked-to-Order Breakfast** - No matter what you're craving for breakfast, Embassy Suites Baton Rouge offers more options for the most important meal of the day. Enjoy a cooked-to-order omelet made just the way you like it with your favorite fillings. Our Baton Rouge, Louisiana hotel features other fresh options – whether you prefer hearty items like breakfast potatoes, eggs and bacon or lighter choices like fruit, oatmeal and pastries. Or grab something quick and convenient if you need to eat and run. However you like to begin your morning, we've got what will hit the spot, with more than enough coffee and beverages to get the day started right.
- **Complimentary Evening Reception** - Indulge after a long day in the classroom with complimentary drinks\* and snacks at the Evening Reception. This nightly event takes place in the hotel atrium, offering a tranquil place where you can relax and unwind. \*Service of alcohol subject to state and local laws. Must be of legal drinking age.
- **Complimentary Internet** - (retail value per unit \$9.95) for rooms booked in the AMTA room block.

The Topic for This Year's State Convention is:  
**FMT Basic & Performance Certifications**



**Presenter is Rocktape**

*Functional Movement Techniques* - the most advanced movement-based taping methodology. FMT is a 2-part kinesiology taping certification led by industry leading experts in movement assessment and therapy.

FMT is based on the obvious yet largely overlooked concept of muscles acting as a chain. Say good-bye to agonizing over muscular origins and insertions and memorizing directions of tape. Say hello to a practical framework of 'taping movement, not muscles'.

## Convention Agenda

Friday, July 15, 2016

On-site Convention registration will open on Friday, July 15 at 2pm as we kick off the event. We will have some fun activities planned and a few mini classes (at no charge). Every activity you attend you get a prize drawing ticket. And you will want lots of them because we are going to have some outstanding prizes to give away. Our Exhibit hall also opens at 2 pm on Friday. This year we will have Massage Warehouse as one of our exhibitors and they are donating the grand prize... which is an Ultimate Business Starter Package which retails for \$459.99. WOW!!!! I told you that you would want lots of tickets!

At 6:30 seating starts for opening session and 7pm "Opening Session" begins. And yes you get a ticket for attending that also.

At Opening Session, we will introduce the board of directors and announce the online election results from election held prior to convention. Then we will have our keynote speaker, Dr. Tina Thomas.

Dr. Tina is an in-demand speaker and talk show guest. She is an internationally renowned author and motivational speaker, specializing in the field of self-development. Her endearing charismatic style has given her a reputation of one of the most dynamic speakers of the circuit today. Her proven innovative programs enable people to quickly achieve goals, whether it's business success, personal growth or gaining a competitive edge.



**Dr. Tina Thomas**

Dr. Tina is a creative researcher that many have credited with cracking the code of human personality. Dr. Tina is an author of two game-changing books: *The Ultimate Edge – How to Be, Do and Have Anything You Want* and her new book, *Who Do You Think You Are?* Which is based on her research. Her credentials also include: former clinical director of Tulane University's Cancer Counseling Center and research professor at Duke University. She is currently the director of the Gestalt Institute and Relationship Center of New Orleans.

We are so excited to have "Dr. T" as our keynote speaker.

After Dr. Tina's address we will acknowledge some of the founding members of our Chapter and present our chapter awards. Then you will be dismissed for the night.

Saturday, July 16, 2016

On-site Convention Registration and sign in begins at 7:15 (although we recommend you arrive early on Friday and register then). Class begins at 8am.

**8am – 5:30 pm** - FMT Basic Kinesiology - Taping Certification: "Taping Movements, Not Muscles"

(Con't From Page 3 President's Letter)

**12:00pm – 1:30pm** - 90-minute lunch break and business meeting  
(AMTA Chapter provides lunch)

The Chapter is required to have a General Membership Meeting. We will try to keep it brief. We must approve minutes from the 2015 General Membership Meeting; We must approve the 2016-2017 Budget; Treasurers Report, Government Relations Report, Membership Report and any new business.

Class resumes at 1:30pm  
Covering Hours 5-8  
Review of the topics covered in the course  
Q/A and sign out of participants  
Class dismissed at 5:30 p.m.

### Saturday (continued)

**6:00 pm - 9:00 pm** - Embassy Suites Complimentary Evening Reception for registered guests - Complimentary drinks and hot hors d'oeuvres  
Exhibit Hall opens

**6:30pm- 9pm** - AMTA Louisiana Chapter Social & 30th Anniversary Celebration  
Reception with Hot and Cold Hors D'oeuvres, Dessert and Iced Tea Prize Drawings at 7 pm in Exhibit Hall. Winners must be present to claim your prize.

### Sunday, July 17, 2016

Sign in starts at 7am; Class starts at 8am  
Hotel room checkout is at 12:00pm - so be sure you do so before class begins

**8:00 am - 5:00 pm** - FMT Performance Kinesiology - Taping Certification: "Taping Movements, Not Muscles"

60-minute LUNCH break (Lunch provided by AMTA Chapter)

Class Dismissed & Sign Out



## March AMTA National Board Meeting & Presidents Meeting

Marie Humphries, LMT

In March I traveled to Chicago to the AMTA National Board of Directors meeting and Presidents meeting.

I enjoy attending the national meetings. It is so helpful to interact with other presidents and with our National Board members and National Staff. I have made so many friends and connections with Chapter leaders from all over the United States. It is also nice that our National Board of Directors are so approachable and we have the opportunity to spend time getting to know them.

At our presidents meeting we discussed the progress of our new hub. The hub will be a place on the AMTA website that volunteers can go to get toolkits for any position transitioning, online elections, house of delegates, document sharing, calendar, webinars and much more. At the president's meetings we give our input on things that would benefit us on a chapter level to a workgroup that was chosen by the presidents. The workgroup takes all of our ideas and comes up with a plan or plans of action. We have been working on the hub for over a year and at the June meeting in Tampa, FL we will get to see it and it should be up and running by October. This will be a great tool to make our jobs as Board of Directors and Committee Chairs a lot easier. The best part is that when transitioning into a position there will be tools in place to guide you through it.

I also attended the National Board of Directors meeting while in Chicago. The newly elected board of directors were pinned.

One of the topics of discussion were Bylaws Notifications. Members were encouraged to review the notifications and provide input. The board will consider these Bylaw changes at a future meeting.

One of the proposed changes in Bylaws is to restructure the board of directors.

For our chapter size this restructure means that we probably will have a president, secretary, treasurer and one or two other voting board member. The new structure will be transitioned over a period of time.



Immediate Past President Jeff Smoot, President Nathan J. Nordstrom, President-Elect Dolly Wallace

(Con't From Page 4, Presidents Report)



Immediate Past President Jeff Smoot pins President Nathan J. Nordstrom during the AMTA Board of Directors meeting.



Immediate Past President Jeff Smoot pins President Nathan J. Nordstrom during the AMTA Board of Directors meeting.



**The 2016-2017 AMTA National Board of Directors**  
 Hailey Strampel, Patricia Phillips, Ed Sansbury, Scott Raymond,  
 Christopher Deery, Maureen Sheehan Hooock, Angela Barker  
 Cindy Farrar, Jeff Smoot, Nathan Nordstrom, Dolly Wallace, Joan Nichols

**Where did the time go?**

It does not seem like it, but my two-year term as President of the Louisiana Chapter is up. I have served this chapter as a volunteer for six years. It has been my pleasure to serve as your President. I have enjoyed this position more than any other position that I have served in. I put in a lot of volunteer hours doing my job for our members, the association and the profession. I take my job as your President very seriously. The resources provided by our National office have helped me grow as a leader of the chapter. When you elected me as your President, you entrusted me to make necessary decisions to lead this chapter. I appreciate the support that I have received from members, the board of directors and committee chairs. I am running again for another two-year term and I hope to be able to continue to serve the association.

**Legislature Update**

In early March your AMTA LA Chapter, via it's lobbyist, Cheryl McCormick, pre-filed legislation for consideration by the 2016 Louisiana Legislature. The purpose of the bill is to close up some loopholes and correct some omissions in our law that are allowing establishments and persons of questionable integrity to receive establishment certificates and Professional Licenses from the Louisiana Board of Massage

(Con't From Page 5, Presidents Report)

Therapy. It also adds some detail to the statute ensuring the integrity of licenses held by those of us who deserve them. We believe that some transferees from other states are presenting false documentation. Florida and California discovered that there were diploma mills giving out counterfeit documents. We believe that when Florida revoked some 200 licenses that were fraudulently given, some of those licensees have found their way to Louisiana.

We met with the Louisiana Board of Massage in an open meeting of the Board on March 15. After the meeting we came up with the first set of amendments to the bill. On April 20 HB 792 was heard and favorably reported by the House Health and Welfare Committee. We agreed to meet with the Louisiana Board of Massage Therapy committee to come up with some compromises to the bill. I met with them along with Kathie Lea, Government Relations Chair and Cheryl McCormick, our Lobbyist. We came up with some more compromises to the bill. The proposed amendments will be sent to the bill writers and will be presented when the bill goes before the House sometimes the first week or second week of May. Most of the agreed upon amendments may not even be presented yet but we have an agreement to do so and will abide by that. The remainder of the agreed upon amendments will be presented when the bill goes before the Senate Commerce committee, probably the following week. Some research has to be done to come up with better wording for a few line items.

We have checked with the Chiropractors, the Athletic Trainers and the Physical Therapists and they do not have any problems with the bill. The AOBTA Government Relations Chair, Jan DeBenedetto was present at the March meeting and voiced her opinions, and FSMTB will contribute some information regarding the wording on the advertisement restrictions listed in the bill. We have input from law enforcement officials and the Polaris Project which is the organization that supports victims of human trafficking. And of course, we have the support of National AMTA. Kathie Lea is in constant contact with our National Government Relations Department. I have to say... Our Government Relations Chair, Kathie Lea and our Lobbyist, Cheryl McCormick have done their research and we are so lucky to have them.

If you have any questions or concerns about HB 792, please email Kathie Lea [government@amtala.org](mailto:government@amtala.org). Kathie Lea is also prepared a statement that was emailed to everyone on May 3rd.

## **Elections**

We are having online elections for the first time this year. Hopefully everything will run smoothly. If not please be patient with us. Online elections will allow ALL MEMBERS the opportunity to vote, not just the ones who attend the state convention.

Our Online Elections Chair, Melissa Brocato will coordinate all aspects of the election. This year's positions up for election are: President, 2nd Vice-President and Secretary.

If you are interested in submitting an application, you can find the links to the Job Descriptions and Requirements for the positions on the Website. The candidate application can also be found on the website.

You will be receiving e-blasts from the Online Elections Chair giving instructions of how the election process will work. The election results will be announced at the Opening Session on Friday, July 15 at our State Convention.

Please be sure to vote!!!!

## **Convention Volunteers Needed**

We are looking for a volunteer that has photography and videography experience that would be interested in helping out at convention.

We are also looking for someone who can help us with Music for opening session and our Social. Anyone interested in these volunteer duties please contact me at [president.amtala@gmail.com](mailto:president.amtala@gmail.com)

Marie Humphries

Louisiana Chapter President

## Membership

Kristi Waltrip - 3rd Vice-President

The AMTA has now made it possible for members to join or renew their Professional membership for \$20 a month! They also offer a gradual increase in membership from Graduate (\$89), to First Year Professional \$(199), to Professional (\$235). I would suggest calling the AMTA directly for this option.

Louisiana Unitech Training Academy sites with Massage Therapy programs have become school members of the AMTA! A big thank you to AMTA Member, and Massage Instructor, Bunny Angers, for sharing the student benefits of the AMTA with Unitech. This is a great way for the massage students to get started in their career. Student memberships are only \$20 for AMTA schools. That is a discount of over 50%! I love sharing with students my experiences at State and National Conventions (Student Day!) the benefits of volunteering, and how AMTA membership has brought new opportunities to my career.

The free AMTA MBLEx Exam Prep App is a great resource for students, and instructors! The app makes it easy to design your own exam questions by category, and gives a full explanation of each answer. They even have a question of the day, every day. The AMTA Students will receive an anatomy coloring book with their AMTA membership information in the mail.

If you have questions about AMTA membership for you, or your local school, please feel free to contact me at [nkristi70@yahoo.com](mailto:nkristi70@yahoo.com) or 337-368-9608.

Kristi has been a licensed massage therapist since 2006. She is the owner of her own massage practice, Body Balance Massage Therapy, in Jennings, Louisiana. She is a Massage Instructor at the Louisiana Institute of Massage Therapy in Lake Charles, LA, and a Continuing Education Provider with the LSBMT. She is the 3rd VP, 1st Alternate Delegate, Membership Chair and Awards Chair with the AMTA-LA Chapter.



## AMTA School Summit

Carrie Chaumont

Alex and I were able to attend the AMTA School Summit 2016 in Pasadena, CA this past February. It was our first Summit to attend, so we were not really sure what to expect. The Keynote speaker was the CEO of Make-a-Wish Foundation for the Greater Bay Area in San Francisco, Patricia Wilson. Her zeal and passion for the children they get to serve to make wishes come true is inspirational!

The take-aways from her talk are "Lessons Learned":  
 Have a Good Laugh (especially when things are stressful)  
 Know what you don't know  
 Stay true to who you are and your mission.

Opportunity or Problem? Ask yourself this question when your plan changes.

Volunteer

Think Big!

It was a great reminder that things come up in which we can't control, but it's in how we respond to them that makes us a better person! I was blown away by her authenticity! I walked away from her talk renewed knowing that the work we are doing daily help our students dreams become a reality!

We also attended a few classes and our Highlights are as follows:

Whitney Lowe, LMT "Challenges and Opportunities for Teaching Clinical Assessment Skills" which emphasized how important assessment is the key to quality care for each client.

Sean Glassberg shared several apps and websites that help keep educators connected with students past the classroom.

Training Teachers for Success was a panel talk and we had group discussions about how best to prepare new Instructors for the unique positions of massage education. It was great to hear how other schools hire and train Instructors and what resources are available.

Kathleen Paholsky, LMT taught an energetic class on ethics "Teaching Ethics in the Age of the Selfie" which we found key to safeguarding the classroom from outside distractions.

We were able to put a face to a name for all of the vendors and come home with lots of samples! They are very generous! I am so thankful for the opportunity to be surrounded by educators who all have a heart for helping others. I am also thankful to feel like a honeymooner again, even if for a weekend. Love was in the air!

## Keynote Speaker

Dr. Tina Thomas



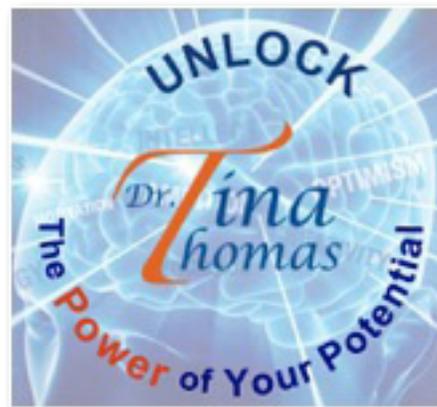
### Program Description

## Who Do You Think You Are? Understanding Personality from the Inside Out

Your personal and professional life is about to become a lot easier!

Learn about the biological basis of personality and how to “speak” the language of the nine basic types of personalities. This includes learning the worldviews and communication styles of each of those personalities. With this understanding and a few basic guidelines you will find working with clients and dealing with personal relationships much less frustrating and potentially downright fun!

Dr. T will share with you the tools and techniques she has amassed through her 30-plus years researching human potential and the biological basis of personality. She will teach you to communicate more effectively by reading people more accurately and then speaking their language. In her dynamic and fun way Dr. T’s presentation is a real “wow” experience.



### Three Key Learning Objectives or Key “Take Aways” for the Presentation

By the end of this presentation the participants will be able to:

1. Explain how everyone is doing the best they can with the information they have and why not everyone views the world with the same lens.
2. List the three main chemicals that create personality and one or two factors that increase and or decrease the activity of those chemicals.
3. Provide a description of the nine basic personality types and each one’s primary motivation.

# AMTA Louisiana...

## Rockin for 30 years

Join us July 15, 16 17, 2016 for our 30<sup>th</sup> State Convention at the Embassy Suites in Baton Rouge

Activities begin at 2pm  
**Our Presenter is Rocktape**



### The Topic for this Year’s State Convention will be **FMT Basic & Performance Certifications**

Functional Movement Techniques – the most advanced movement-based taping methodology. Functional Movement Techniques (FMT) is a 2-part kinesiology taping certification led by industry leading experts in movement assessment and therapy. FMT is based on the obvious yet largely overlooked concept of muscles acting as a chain. Say good-bye to agonizing over muscular origins and insertions and memorizing directions of tape. Say hello to a practical framework of ‘taping movement, not muscles’.

**Early Bird Pricing thru June 15, 2016...** (price includes lunch on Saturday and Sunday and Social on Saturday night)

	AMTA MEMBERS	STUDENTS *	NON-MEMBERS
8 hours FMT Basic	\$200	\$175	\$250
16 hours FMT Basic and Performance	\$295	\$250	\$400

**Payment plans available...** Pay half by May 1, 2016 (non-refundable) Final payment due by June 15, 2016.

#### Registration after June 15, 2016

8 hours FMT Basic	\$300	\$200	\$375
16 hours FMT Basic and Performance	\$400	\$275	\$475

**Payment plan available...** Pay half by June 25, 2016 remainder by July 5, 2016

*\*Students do not receive CEU’s but do get the Certification*

# AMTA Louisiana State Convention Baton Rouge, July 15th - 17th, 2016

Print this page or Click [HERE](#) to register online.

**Register Online at [amtala.org](http://amtala.org)**

**Early Bird Deadline is June 15, 2016  
See [amtala.org](http://amtala.org) for late registration rates**

**Name:** \_\_\_\_\_

**License #:** \_\_\_\_\_ **State:** \_\_\_\_\_ **AMTA #:** \_\_\_\_\_ **NCTMB #:** \_\_\_\_\_

**Company:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Registrations**

Registration Type	Amount	QTY	Total
<b>8 hr - Early Bird - Member:</b>	<b>\$200</b>		
<b>16 hr - Early Bird - Member:</b>	<b>\$295</b>		
<b>8 hr - Early Bird - Non-Member</b>	<b>\$250</b>		
<b>16 hr - Early Bird - Non-Member</b>	<b>\$400</b>		
<b>8 hr - Early Bird - Student</b>	<b>\$175</b>		
<b>16 hr - Early Bird - Student</b>	<b>\$250</b>		
<b>8 hr - Volunteer</b>	<b>Contact Marie Humphries</b>		
<b>16 hr - Volunteer</b>	<b>For Instructions</b>		
		<b>Total</b>	

**Meals (Select One From Each Section, Select 2 for 16 HR Registration)**

**Sandwiches:**

- Choice 1 - Turkey PoBoy
- Choice 2 - Ham PoBoy
- Choice 3 - Roast Beef PoBoy
- Served with American Cheese, Lettuce, Tomatoes & Condiments on the side

**Sat, July 16:** Choice #: \_\_\_\_\_ Side: \_\_\_\_\_ Dessert: \_\_\_\_\_

**Sun, July 17:** Choice #: \_\_\_\_\_ Side: \_\_\_\_\_ Dessert: \_\_\_\_\_

**NOTE: If you register for the 16 hour, you are eligible for a meal both days.**

**Wraps**

- Choice 4 - Sante Fe Chicken Wrap
- Choice 5 - Chicken Caesar Wrap
- Choice 6 - Balsamic Vegetable Wrap

**Salads**

- Choice 7 - Grilled Chicken Caesar Salad
- Crisp Romaine Lettuce, Caesar Dressing, Parm & Garlic Croutons
- Choice 8 - Chicken Salad, Egg Salad, and Shrimp Salad trio served on bed of lettuce and served with Pita Wedges

**Sides**

- a) Potato Chips
- b) Potato Salad
- c) Pasta Salad
- d) Fruit Salad

**Desserts**

- a) Famous Amos Cookies
- b) Fudge Brownie
- c) Lemon Bar
- d) Whole Apple

Send Registration Form and Payment to: LA Chapter AMTA, 503 N. Columbia St., Covington, LA 70433 ( Make Checks Payable to AMTA-LA)

Cancellation Policy: \$50 Non-Refundable fee after June 24<sup>th</sup>, 2016

Name on Check: \_\_\_\_\_ Chk#: \_\_\_\_\_



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

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