

# FINGERPRINT

VOLUME 1, ISSUE 2    MAY 2016

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SUTHERLAND



Thor at Horse Spirit Connections farm.

Horses Teaching Massage Therapists	1
S-C Website Update	3
Alumni Messages for 2016 Grads	4
Bon Voyage Wendy Birks	5
T4 Treatment Planning Lab	6
FingerPrint TechTalk: App Reviews	7
Bulletin Board	8

## Not Just Horsing Around!

When I think of ways to define my personal space and ways to set and protect my boundaries, learning to do so from horses would be about the last thing to cross my mind.

It turns out that there is a lot we can learn from horses. As prey animals in possession of 340-degree vision, horses are acutely aware of their surroundings, ever alert to potential danger. Perhaps you've heard "horses can smell fear" – they do have a keen sense of smell. And hearing? Just watch their ears for clues about how they are feeling. Webster's dictionary defines *horse sense* as the "ability to make good judgments or decisions". Victoria Sambleson '04 has recently developed a workshop that, using horses as guides, harnesses some of these equine qualities with the goal of helping massage therapists learn to set better boundaries and improve their non-verbal communication skills.

Victoria has had a love of horses for as long as she can remember and started riding seriously at age 10, but university and a career as a corporate project manager meant leaving them behind for a time. It was through her corporate work that she discovered dragon boat racing, paddling for Canada in the 2002 World Club Crew Championship, and through dragon boat that she discovered massage therapy. After graduating from Sutherland-Chan, Victoria began practicing in a variety of clinical settings, including working with a physiotherapist, developing an athletic and orthopedic focus, and eventually branching out into a thriving private practice. However, she was a long way from the horses she so loved.

More on the next page...

(cont. from p.1) Success can be a double-edged sword and a busy practice can present many challenges – meeting the physical, mental and emotional demands of both the work and our patients. Victoria sought the help of her childhood friends, horses, as a way to restore balance in her life. Thus began a journey of self-discovery, personal growth and wellbeing that led to her becoming a certified Facilitator of Equine Experiential Learning in 2015.

When we think of horses and massage therapists together, the image at the forefront is likely that of the therapist treating or helping the horse. But what if the relationship was flipped, such that the horse was helping the therapist? As prey animals horses are largely silent, masters of non-verbal communication, so as not to alert predators. We humans communicate non-verbally as well, but we rely much more on our voices and often it is the tone of our voice that conveys our intention. Can massage therapists develop better patient-therapist communication through being more attentive to the non-verbal cues that exist between us? Through working with horses, Victoria has developed exercises to help therapists learn to become better communicators by noticing and paying careful attention to these non-verbal cues.




*Victoria Sambleson and Khola.*

Though I have not taken the full ***Being Heard*** workshop, I recently found myself at Horse Spirit Connections farm near Tottenham, where I experienced what turned out to be a delicious taste of this work. After a period of time in the stables checking out the horses (non-verbally) and a briefing and some introductory coaching from Victoria, I found myself in a barn, in a ring about 40' in diameter. Alone. With Thor. Thor is a horse. He is black. He is a Percheron. He is HUGE and he is following me around. This fills me with a feeling of, well, not quite dread, but definite unease. I have been instructed

not to talk to him about this. To convey to Thor that he is not to follow me, I have been instructed to “draw a line on the ground” with the stick I am carrying. I draw. He continues to follow me. We are inches apart as I move away again. He follows. I draw again. He follows. I’m pretty sure I stop breathing. I draw again, this time with a firmer gesture and a clearer, mindful intention. He stops. I breathe. He notices this and responds with a friendly sniff and by doing something cute with his lips. We continue to practice this exchange, where I am aware of his space and he of mine, for several minutes. Over the course of time we develop a relationship based on a mutual respect for each other’s boundaries. I am calm now and totally at ease in his company. He knows this.

I learn afterward that by continuing to follow me, Thor was responding to my permeable boundaries. My initial effort at drawing the line was soft – feeble even – and not taken seriously. I didn’t want to offend him. It took us some practice and he helped me set a firm boundary that we each respected. I must say that I learned a lot in my short time with Thor.

How can we bring this into practice? When patients cancel at the last minute or no-show, do you have a firm policy that they respect by paying? Perhaps patients continue to arrive late for appointments knowing that they will get the full hour, because you (in an effort to be liked) always add some time onto the end of the treatment. Or maybe you get a feeling or sense from a patient that something is not quite right with the treatment. How do you proceed? Do you check in, or keep quiet? These are important issues for massage therapists and our boundaries are an important source of strength for us. Well-defined (but not necessarily *inflexible*) boundaries will earn you the respect of your patients who, in turn, will benefit from the security of the container you provide.

Learning experientially offers an immediate way to live the teachings and bring the concepts to life in practice. Because this work is done in silence, I felt a great deal of frustration during the exercise – I was not allowed to talk to or touch Thor. I did get my reward at the end when, with Thor’s permission, I could nuzzle his muzzle, reach up and scratch his ears and thank him before we parted company. For more info: [connecting with horses.ca](http://connectingwithhorses.ca). 



Over the last couple of years the website has gone through a couple of transformations and believe it or not, it's still a work in progress! We thought we'd share some of the past activity and let you know what's planned for the future.

The "we" I am talking about is the school website committee, which meets regularly to discuss all things website, including the look, the content and the layout. We are constantly looking at ways to make improvements, keep current, and make sure all the information posted is up to date.

The most recent enhancements that were made to the site include making it more responsive, meaning that it can be easily viewed on all types of devices including phones, tablets and desk tops. This is particularly important as more and more visitors are viewing on phones and tablets. An extra level of security has been added to ensure we keep ahead of any malware that may be out there and the "engine" of the site is checked regularly and all working parts kept up to date.

We recently had three days of photo shoots to capture life both in and out of the classroom. Some terrific images came out of these days and we now have a large "album" of photos for use on the website as well as in promotional and internal materials. We will have some tough choices as we select which items to use in the different sections of the website.

The home page is in the process of being re-designed, as is the format of the internal subsections. We hope to bring a modern, lively look to the site which will appeal to prospective students, current students and alumni.



The latest section to be added to the site is the Continuing Education pages. The spring courses were added in April and are getting a lot of interest (<http://www.sutherland-chan.com/continuing-education/>). Our plan is to

have the fall session of courses ready for preview by early June. Registration can be done right from the site. Why not pay a visit and see what's in the line up?

The next project will be to update and enhance the alumni section. We will be moving alumni content out of Services and creating a stand-alone format with expanded information about alumni events and items of interest, including our Monthly Alumni Special Feature. We would like to encourage more alumni to visit the website as one of the ways to stay connected to the school and we will be liaising closely with the Alumni Relations Committee as we move forward with this project.

If you have any suggestions regarding the site we'd love to hear from you – all ideas are appreciated! Please contact me at [eleanor@sutherland-chan.com](mailto:eleanor@sutherland-chan.com). Remember, it's still a work in progress!



### **Do you know someone who should be at Sutherland-Chan?**

You see them in your clinic – meet them in your neighborhood – they may be acquaintances; they may ask you about your profession and more importantly they may inquire about your education. We know that our greatest source of referrals is from those who say, "A Sutherland-Chan grad told me about the school!"

Our grads are our best resource – we thank you for your ongoing support of the school!

**Mike Nurse**  
(416) 942-1107, ext. 14  
[michaeln@sutherland-chan.com](mailto:michaeln@sutherland-chan.com)





## Messages to 2016 Grads: How to Thrive and Survive in Your First Year

by Jennifer Schembri, Admissions & Social Media Coordinator

Exams are over, you've completed your last treatment in Student Clinic and bid a fond farewell to your classmates and instructors. In just a few short months you'll take (and ace!) the registration exams and join hundreds of new RMTs who just like you are entering the profession. So how do you make that successful transition from classroom to treatment room and stand out from the crowd? I spoke to nine alumni ranging from veteran (25 plus years) to more recent grads and asked them, "What's your best piece of advice for thriving and surviving in your first year?" Here's what they had to say:

⦿ "Begin as you intend to continue"—decide how many treatments per day, and per week, are feasible—create a schedule with set times and stick to it! Pressure from associates/employers to be available to a degree that compromises your own health, or the health of your personal relationships, is a sign you're not fully respected. Think of yourself and present yourself as a health care practitioner and everyone will treat you as such. Be a practitioner, not an employee, even if you are one! **John Corry '89**

⦿ Identify what you bring to the marketplace—capital, contacts, business competency, and commitment. If you are low in these provisions at this time, don't worry—you can apprentice with more seasoned practitioners and develop over time. Don't risk the farm...start with what you've got to work with. There's a reason most small businesses fail, so invest early on in learning and observe what makes a successful practitioner. **Donald Quinn Dillon '91**

⦿ What sets you apart from others in the field? Clients are looking for a therapist who is knowledgeable, up-to-date on the latest research and trends happening in the medical field, and someone who really cares about their needs. Focus on your clients and go that extra step for them. Return clients who trust and respect what you do are the ones that build your practice for years to come. **Vikki Crane-Small '96**

⦿ Don't give up when things get slow. We all go through busy and slow business cycles in the first few years of working as an RMT. Be thankful for the slow times and use them to recharge and refocus your energies. This will carry you through the busy times. **Paul Dyck '01**

⦿ Don't specialize too quickly. Your real learning will happen after graduation in the hours spent in your treatment room and in the variety of treatments and conditions you work with and assess. Spend your first years being open to any treatment that comes your way and seeing each as a new learning opportunity, no matter how intimidating. Whenever possible, seek treatment advice from other practitioners. You may find that as time goes on, you are drawn to an area of massage therapy you never thought you would be and that area you were interested in at graduation no longer appeals to you. **Tania Hashiguchi '02**

⦿ Commit to at least two to five years working with a clinic, growing your experience and client connections. Don't burn bridges when you leave. Discuss your goals with the clinic owners—there may be opportunities to affiliate. When you leave, give ample notice and if you know another therapist looking for work, offer them as a replacement.


**Louise Abbott '03** (cont. next pg.)

Please Encourage  
Your Alumni  
Friends to Give Us  
Their Address  
Updates and Email  
Information!



## Bon Voyage, Wendy!!

Wendy Birks '90 has been teaching at the school since 1993, so we were stunned when she let us know she is moving to Nelson B.C.

As S-C's central Therapeutic Relationships instructor, Wendy has been an incredible influence on our students and graduates, and will be very much missed. 

(Advice, cont. from p.4)

🕒 Stay open minded: open to collaboration with other health care practitioners be it chiropractors, physiotherapists or other RMTs. You are now in part two of your education. All the late-night studying and extra clinics have paid off. This is a wonderful career to be able to aid in your patients' recovery and educate them on being proactive with their health.


**Annette Broderick-Colombo '09**

🕒 Don't burn out the spark too early. Take your time building your clientele and don't overdo it. As much as you've learned some great ways to utilize your body when you treat, you can still exhaust yourself by taking on more than you can handle. I suggest no more than five clients a day (during a five-day work week) for the first three to six months of practice. Instead, work your way up to a fully booked schedule. It definitely isn't as easy as doing two clients in Student Clinic. Your hands, body and your patients will thank you. **Chris Delos Reyes '10**

🕒 Our career is a marathon and not a sprint so make sure you pace yourself. You don't need to know everything about every condition all at once. Be patient with yourself when learning the soft skills of dealing with patients. It is scary at first and you won't feel like you know what you're doing, but soon you will feel more confident. Set your priorities and remember that you have the rest of your career to achieve everything you want. **Dagny Jackman '11**

## Business Tips from Ian Kamm

A massage therapist needs to be business savvy. No one knows this better than S-C's Business instructor Ian Kamm. Check out his list of business tips to help you prosper and succeed.

1. Set up spreadsheets to track your income and your expenses. This will help with financial planning and tax preparation. If you don't know how to use a computer spreadsheet, take some courses. Education is a tax deductible business expense.
2. Read Dale Carnegie's book *How to Win Friends and Influence People*. His tips are highly relevant as client relationship skills.
3. Set up a webpage for yourself. Even if you're well represented on the website where you're working, you should have a page that's all your own so that clients can easily find you if you move. You must be able to edit the page yourself so take some classes if you don't know how to do this. Don't rely on your sister's boyfriend's cousin to do your website in his spare time.
4. Read Carnegie's book again. Did you put any of it into practice?
5. Perfect your relaxation technique. Never underestimate the power of Swedish massage to relax clients. A large chunk of your income will come from delivering reliable, consistent massage. It's not boring and repetitive if you're improving clients' health by reducing their stress. 



## In Praise of ... Term 4 Treatment Planning Lab

by Tiina Hiis '14

An integral part of a successful massage therapy practice is the ability to formulate a treatment plan. However, this can be difficult to get experience in as a student, as you may not see the same patients multiple times in Student Clinic, meaning that you cannot track progress or modify your approach.

When Treatment Planning Lab was first introduced as a course at Sutherland-Chan, it was called "Case Studies." It gave students the opportunity to refine and integrate their clinical skills with a focus on formulating a treatment plan. The class was divided into groups of three and each group was assigned a case based on real patients. The students were then expected to role play through an intake and assessment, and to utilize their problem-solving and communication skills to come up with a treatment plan. However, this design had one major flaw – the treatment plan was not actually being executed, so students were unable to see if their plan would be effective. In order to provide the experience of actually implementing the plans, teachers Jes Markoff ('07) and Susan Besonette ('96) decided to invite real patients to participate, and who better to learn from than practicing massage therapists? RMTs could offer constructive feedback regarding the planning and treating processes, as well as practical life advice for entering the work force.

The introduction of RMTs into the course has had a very positive impact, taking the learning experience to a new level. The students are now able to get feedback from RMTs who have been working in the field for at least two years, and also have the chance to follow through with a treatment plan. According to Jes, "The students are not only able to support each other in obtaining their goals, but they are also developing a relationship with a mentor in their field. Structured feedback forms have been introduced, so now students get both verbal and written feedback to reflect on. Throughout the process, some RMTs will even offer to demonstrate techniques and tools that they use in practice. This is well received by the students who are always eager to learn new tricks."

The students are still divided into small groups, only now each group is matched up with an RMT volunteer. The students are to perform a thorough assessment and then propose a treatment plan based on their findings. Each subsequent week allows one group member to treat the RMT and progress through the proposed plan. The RMT then fills out the feedback questionnaire and has time to discuss the treatment with the students.

This January, Angela Cookson '07 took part in the process for her second time. When she first heard about the course, she thought it was a great idea, always having had the feeling that there could have been more emphasis on intake skills and treatment planning when she was in school. She really believes in the concept behind it and thinks it is a great, practical way of teaching longer-term treatment planning. This second time, Angela modified how she presented her feedback to the students based on how the process went the first time. She found she was able to be much more effective and the students were able to receive the feedback more easily. Upon reflection she saw that not only is this a good learning opportunity for the students, but it is also very beneficial for the RMTs participating, as they learn how to effectively share their knowledge and practice their leadership skills.

Barbara Wroe '09 has been participating in Treatment Planning Lab at least once a year since she first heard about it four years ago. She enjoys coming back to the school and having the opportunity to work with students, and to let them know that they will make it through school! As she puts it, "I did it, they can too." When Barbara was in school, they had a course with a similar concept, but a different structure. They worked with non-RMT patients who had specific concerns that were to be addressed. Having the chance to work with RMTs provides a great learning opportunity for students though, and as an alumni, Barbara views this as a chance *(cont. next pg.)*


Many thanks to the  
almost 20 RMTs who  
participated in T4  
Treatment Planning  
lab this year.

*(Treatment Planning Lab, cont. from p.6)*

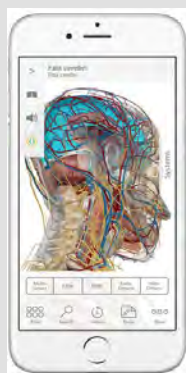
to give back to the school and help prospective RMTs. "Sometimes we forget to have time to participate, this is a great reminder." By working with the same RMT every week, the students can actually track the changes, which is an integral part of learning. They have the chance to see if their approach is effective, and if it is not, then they have the time to evaluate and modify their plan. "It also gives [the students] the opportunity to bounce ideas and suggestions off one another which I hope they do in their work environments after school."

Beyond getting a massage every week, Angela and Barbara have found that their own practices have benefited because they are reminded of techniques and approaches they might not use as often anymore. After providing the students with feedback, Angela realized that she could also apply some of that same feedback to herself in her own practice: "The best way to (re)learn something is to teach it, and I often find myself applying in my practice the advice I have given to the students."

The last day of the course is set up as an open forum discussion, where the class comes together to chat with all of the alumni participating in that cycle. It is a great time to discuss career paths and opportunities, and for the students to hear stories from those practicing in the field. This last class is incredibly valuable as it sheds light on life after graduation. As Barbara said, "We all have had different experiences and we get to offer insight into changes in the industry, and to talk about experiences in different work environments. The thing I always tell students is to relax, if you graduate from S-C, you know your stuff. That knowledge, no matter how much you think you've forgotten, it's still there."

By giving students the time to go through a full, thorough assessment and to implement a comprehensive treatment plan with a receptive RMT, this course has evolved into a valuable stepping stone in preparing students for their future endeavours, as well as a good opportunity for RMTs to share their knowledge and learn from the students. 

## **FingerPrint Tech Talk: App Reviews by JP Rimando**



### **Human Anatomy Atlas: 3D Anatomical Model of the Human Body**

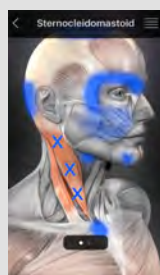
*\$34.99 - \$47.99 from the App Store and Google Play*

Human Anatomy Atlas from Visible Body is a complete anatomy app. It's available for tablet or smartphone running an iOS or Android platform. There is also a more expensive desktop version available for Mac and PC.

This app is easy to use and navigate. It offers the user options to choose which body parts to display or hide. Surrounding anatomy and systems (neural, vascular, etc.) can be added by tapping the screen. You can zoom, pan and rotate to study from multiple viewpoints. You can learn more about any structure by tapping on it: a definition, pronunciation, Latin term, as well as an explanation of common conditions or diseases that affect the structure.

One of the really useful features is that all parts and systems can be integrated into the view of the human body model, from muscles, bones, organs, etc. As well, this app allows the user to create a presentation about any topic in the app. And if you want a challenge, you can test your knowledge with the in-app quiz feature.

I would recommend this app for any student, instructor or RMT. It is worth every penny of the price. It perfectly combines anatomy and pathophysiology in one app.



### **Trigger Points: an App Update**

*\$3.99 from the App Store and Google Play*

If you have downloaded or are thinking about getting the Trigger Point app by Real Bodywork, make sure you have the latest version.

The iOS version has been updated recently (Feb 2016) and features expanded content with the addition of more muscles and their attachments.

The mapping of pain referral patterns has been expanded and some treatment videos are also now included.

This makes the app more versatile for the clinician and student alike. It is very useful for showing clients where their pain might be coming from and great tool for someone who is a visual learner.





# Bulletin Board



## Baby News

**Andrea Burkholder '16 cl**

*Daughter Sadie  
born January 9, 2016*

**Janick Hébert '14**

*Son Liam Henri  
born November 22, 2015*

**Bhavani Kukadia '11**

*Daughter Ishika Lyapun  
born February 13, 2016*

## New in the Library



Clemente, Anatomy: A Regional Atlas of the Human Body  
Netter, Atlas of Human Anatomy: with Student Consult Access, 5e  
Weinstock, NeuroKinetic Therapy: An Innovative Approach to Manual Muscle Testing



Congratulations to T4 student Benedict San Juan, who recently participated in Seneca's Raw Powerlifting Meet for students and came in 4th in the Men's 74kg weight division.

## Find an S-C Grad!

If you haven't already signed up for our grad locator website service, you really should! It's very effective for steering new patients your way, and great when old classmates are trying to find you!

*Contact Farangis @ ext. 15.*

## Newsletter Committee

### Editor

Debra Curties '84

### Faculty Representative

Bruce McKinnon '90  
Tiina Hiis '14

### Admin Representatives

Robert Rodbourne  
Jennifer Schembri  
Eleanor Townsley

We are all very interested in your feedback and ideas about the newsletter.

Robert Rodbourne  
416-924-1107 ext. 19

## Help Keep Our OSAP Default Rate Among the Lowest in the Province

Repay your student loan promptly. It's good for your credit rating and for the financial standing of your practice.

It also helps ensure S-C students have access to loans in the future.

## Welcome To New Staff

### Faculty

**Nadia Gurkova '12**

*Student Clinic Instructor*

**Andre Naraine '15**

*Teaching Assistant*

## Alumni Special Feature Winners

DECEMBER: \$100 Air Canada GC  
**Samantha Heney '98**

FEBRUARY: \$100 Shoppers GC  
**Matthew Chu '15**

MARCH: Free Con-Ed Workshop  
**Rachelle Boutros '15**

And, the Alumni Con-Ed survey free course winner... **Megan Yoeman '14**



## Alumni Appreciation Draw

Alumni support the school in many ways – recommending students is just one example. Each year we collect from new T1 students the names of alumni who directed them to S-C and place these names in a prize draw.

## NEXT DRAW (September, 2016)

### First Prize

**\$400 Home Depot Gift Card**

### Second Prize

**\$250 Metro Gift Card**

### Third Prize

**\$200 Con-Ed Gift Certificate**

### Fourth Prize

**\$50 Tim Hortons Gift Card**

*In addition, every S-C grad whose name is listed by a new student during Orientation will receive a \$50 Know Your Body Best gift card.*

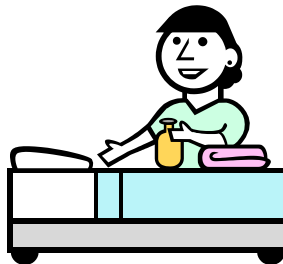


# Alumni Advantages

All graduates of Sutherland-Chan are entitled to the following discounts:

- **15% discount** on Continuing Education courses
- **15% discount** on rentals (room bookings, tables, and massage chair)
- **10% discount** on school store purchases (ChanWear, textbooks, massage supplies)
- **\$5.00 discount** on regularly priced Student Clinic massage appointments and gift certificates
- Eligible for discount on Newsletter inserts (please call the office for info)
- **FREE** access to the school library

**TO TAKE ADVANTAGE OF THESE GREAT DISCOUNTS,  
BE SURE TO MENTION THAT  
YOU ARE AN ALUMNI!**



## On another note...

To find the **Job Search Support Service** web pages, go to our website:

[www.sutherland-chan.com](http://www.sutherland-chan.com)

click on **Services**, then **Career Opportunities**

**OR**

access directly under the following URL:

<http://www.sutherland-chan.com/services/alumni/job-postings-login/>

**The new username and  
password are:**

User Name: **massage**

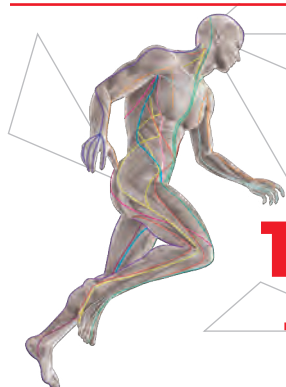
Password: **tables**

*(effective immediately)*

HOLISTIC

USEFUL

FUN



Thomas Myers'



ANATOMY  
TRAINS®

## Tom Myers in Toronto Nov. 2016 for Manual and Movement Therapists

### **Walking Your Talk: Gait Assessment & Optimization** November 17-18, 2016 \$449 / \$399 by Oct. 17

You can tell a lot from watching someone walk - if you know what you are looking for. Here we look at the 'essential events' in the gait pattern from the foot arches to the SI joint to the ribs and shoulders. Learn techniques to promote good arch response, foster knee tracking, and balance the pelvis to ease the strain patterns that lead to pain patterns in the hips, SI joint, and lower back. Sometimes people have a 'hitch in their git-along', as Ida Rolf used to say - learn to get specific about just where gait problems are so you can unwind them with ease and precision.

This course is intended for movement-based professionals and manual therapists with an interest in movement; Yoga & Pilates teachers, Personal Trainers, Sports Physios and RMT's.



Tom Myers wrote the widely-acclaimed *Anatomy Trains* (Elsevier 2001, 2009, 2014) and directs Kinesis, which offers hundreds of seminars per year worldwide for manual and movement professionals of all types. He studied with Ida Rolf, Moshe Feldenkrais, Buckminster Fuller, and has practiced integrative bodywork in a variety of cultural and clinical settings for 40 years. Tom has contributed over 65 articles for trade magazines and journals. He lives, writes, and sails on the coast of Maine.

### **Fascial Release Series: Head, Neck and Jaw** November 19-20, 2016 \$499 / \$449 by Oct. 17

The neck is a remarkable feat of biomechanical engineering, giving a combination of wide range of movement but maintaining a structural strength. It is often seen as the last site of compensation as it corrects for any alteration from below allowing the eyes and ears to orient to the horizon. Patterns can of course work their way in the other direction and particularly from the jaw and its many possible patterns of movement and holding. This course will focus on key areas of the neck and jaw complex to allow you to build successful strategies to ease these potential problem areas alleviating the issues working in both directions and setting the body up for a longer lasting change.

1. The sub-occipital muscles,
2. The laminar groove and deep cervical muscles,
3. The muscular wires off the front of the neck – anterior scalenes and colli muscles,
4. Intra-oral work for the hyoid complex, the tongue, and the floor of the mouth, and
5. The jaw muscles, TMJ, the palate and facial muscles

**For Full Details:**  
**416-927-9259**  
**[workshops@bodyevolutions.ca](mailto:workshops@bodyevolutions.ca)**  
**[www.bodyevolutions.ca](http://www.bodyevolutions.ca)**

**To learn more about Anatomy Trains® courses**  
call 888 546-3747 • 207 563-7121  
**[www.AnatomyTrains.com](http://www.AnatomyTrains.com) • [info@AnatomyTrains.com](mailto:info@AnatomyTrains.com)**

# Being Heard

Improving Your Communication Skills with the Help of Horses

**8 CEUs category A (CMTO approved)**

As prey animals, horses are masters at reading subtle non-verbal communication cues that humans often over-look or dismiss. In this **2 day** workshop, allow the horses to teach you to pick up on these communication subtleties and show you how your awareness of them can enhance your relationships with your patients and co-workers.



**In this workshop, you will learn to:**

- Sharpen your verbal and non-verbal communication skills
- Set healthy boundaries with patients & healthcare professionals
- Understand your energy output and how it affects others
- Work effectively in a healthcare team environment

"The horse work has certainly affected me both personally and as an RMT. Horses are amazing teachers as they are honest and demand your presence. They helped me become a more effective communicator; taught me how to take charge, lead and be more body aware and present...all very useful in my work! The lessons I learned from the horses were invaluable and I would highly recommend this workshop!" - Amy Weiner RMT



## 2016 Workshop Schedule

- **July 9 - 10, 2016** (ONLY 1 spot available)
- **August 20-21, 2016**
- **October 29-30, 2016**

**8 CEUs Category A (CMTO approved)**

9:00am - 5:00pm each day

\$425 + HST

early bird special: **\$395**<sup>+HST</sup> (register up to 30 days prior to workshop)

**\*\*\* includes hot lunch, snacks and all materials**

**Location:** Horse Spirit Connections Farm Tottenham, Ontario (approx. 45 mins north of Toronto)

**Facilitator:** Victoria Sambleson, RMT and Facilitator of Equine Experiential Learning.

**For more information,** please contact at 416-505-7962 or [connectingwithhorses@hotmail.com](mailto:connectingwithhorses@hotmail.com)

To Register visit **[www.connectingwithhorses.ca/workshops](http://www.connectingwithhorses.ca/workshops)**

This workshop brings you together with horses in a fun, safe and unique experience.

**All of the exercises are done ON THE GROUND. No horse experience necessary.**

RMTCEUs has been a leader in delivering high quality continuing education workshops to RMTs in Ontario for over 9 years. Among some of the first Instructors to focus workshops specifically for RMTs, Victoria Sambleson RMT, and Sharon Madsen RMT, have dedicated themselves to developing and facilitating workshops designed to specifically focus on learning new skills and refreshing old ones.

## Spring 2016 Workshop Schedule



### Therapeutic Kinesiology Taping

**8 CEUs** (category A)  
\$380 + HST

**May 14 - 15, 2016 - Sudbury, ON**  
**June 4-5, 2016 - Perth, ON**

This new kind of taping is taking the health care industry by storm. Be one of the few RMTs in Ontario comfortable and confident enough to use this taping method. You've seen Chiro's and Physios use this tape on clients, now learn this powerful and highly effective technique for yourself.

[Full Course Description](#)

[Register Now](#)



### Joint Mobilizations

**8 CEUs** (category A)  
\$380+HST

**June 18-19, 2016 - Toronto, ON**

Learn how to integrate joint mobilizations into treatments for low back pain, pelvic pain, IT band syndrome, knee and ankle conditions, frozen shoulder, epicondylitis, and carpal tunnel to list a few.

[Full Course Description](#)

[Register Now](#)



### Positional Release Methods

**8 CEUs** (category A)  
\$380 +HST

**May 7- 8, 2016 - London, ON**  
**September 16-17, 2016 - LAS VEGAS, NV (\$395 no tax)**

You will learn several extremely effective, non-invasive techniques derived from osteopathic methodology which will seamlessly integrate into your massage practice. Excellent for any clients, including those with chronic pain, fibromyalgia and athletic issues or injuries.

[Full Course Description](#)

[Register Now](#)



## Registration Form

Seminar dates and location

Facility / Clinic

Name & Professional Designation

License #

Work Address

Work Phone

Fax

Email

Home Address

Home Phone

Total Amount \$

Method of Payment

☐ Visa

☐ Master Card

Credit Card #

Exp. date

Signature

**Fax or Email Registration Form To:**

**Kinesio Taping in Canada**  
**1041 Lesperance Rd.**  
**Tecumseh, Ont. N8N 1W9**  
**Phone: 519 979 2663**  
**Fax: 519 979 2286**  
**Email: drrogerb@yahoo.ca**  
**Web Site: www.kinesiotape.ca**

If it doesn't say Kinesio it's not the real thing.  
This is the original Kinesio Taping Course  
not a knock off.

Kinesio Taping is the original (elastic therapeutic taping) method with over 30 years of continuous research and perfection. We have developed all aspects of Pediatrics, Myofascial, Lymph, Sports, Hand, Face, Neurological and Equine taping. The Kinesio Taping Association has been around since 1984 with over 20 books having been published since 1994.

Not only have we always offered a Superior Education but we also have a Super Product. In addition, to Kinesio Tex Classic we now have the revolutionary Kinesio Tex FP.

Kinesio Tex Tape is the only elastic therapeutic tape that has undergone continuous changes and improvements throughout the years.

Dr. Berton has taught over 150 courses to thousands of medical professionals.

**For more information visit us at:**  
**[www.kinesiotape.ca](http://www.kinesiotape.ca)**

**Kinesio Taping in Canada**  
**1041 Lesperance Rd.**  
**Tecumseh, Ont. N8N 1W9**  
**Phone: 519 979 2663**  
**Fax: 519 979 2286**  
**Email: drrogerb@yahoo.ca**  
**Web Site: www.kinesiotape.ca**

## Kinesio Taping Seminar

# Toronto, ON

May 28-29, 2016

# London, ON

September 10-11, 2016



*Training Practitioners  
Nationwide for over 14 years*

### Does Your Tape...

- Rehabilitate clinical conditions
- Support muscle and joints
- Decrease swelling and edema
- Allow full Range of Motion
- Stay on 3 to 5 days

**[www.kinesiotape.ca](http://www.kinesiotape.ca)**

519 979 2663

## **INSTRUCTOR: Roger &/or Lana Berton**

**Roger Berton, DC, CKTI** is a graduate of the National University of Health Sciences, Chicago, Illinois. He owns and operates Health Care Clinics in Tecumseh & Windsor, Ontario, and is a certified Kinesio Taping Course Instructor. He also worked as the Program Coordinator and Instructor for CDI's Registered Massage Therapy Program (Windsor, ON). Prior to his association with CDI, Dr. Roger Berton devoted three years to the Athletic Department of St. Clair College as Chiropractor, Acupuncturist, and Sports Nutrition Instructor for the Continuing Education Department. He has gained significant recognition being asked to present at The Canadian Athletic Therapists Association Annual Conference, The Action Sport Physiotherapy Symposium and The College of Chiropractic Sports Sciences Symposium. At this point in his career he has taught over 150 Kinesio Taping workshops across the world. These workshops are designed to enhance one's ability to apply this modality, one of the most non-invasive soft tissue treatments in use today.

**Lana Berton, PT, CKTI** is licensed with the College of Physiotherapists of Ontario. She is a member of the Canadian Physiotherapy Association and Ontario Physiotherapy Association. She graduated from the University of Windsor with an Honors Degree in Kinesiology specializing in Movement Science. She attended Wayne State University where she obtained a Bachelor of Science in Health Sciences and then a Masters of Physical Therapy degree. Her interests are in Outpatient Orthopedics and Pelvic Health. She is a Certified Functional Abilities & Physical Demands Evaluator and a Certified Laser Therapist. She also performs independent medical assessments for various companies.

### **FACILITIES:**

Sutherland-Chan Massage Therapy School  
330 Dupont Street, Suite 400 **Toronto, ON**

D'Arcy Lane School of Massage Therapy  
627 Maitland Street **London, ON**

**Continuing Education Units:** 16 contact hours will be submitted to the Provincial College. Kinesio Taping in Canada is an approved provider. Kinesio Taping in Canada reserves the right to cancel the seminar at any time with a full refund.

## **Kinesio Taping Agenda:**

### **DAY 1 (KT1)**

7:45 am Registration  
8:00 am Instructor Introduction and Biography  
Introduction to Kinesio Taping: Basic Concepts, Theory and History.  
10:00 am Break  
Taping Applications for Selected Upper Body Muscles (muscle facilitation and inhibition)  
12:00 pm Lunch on your own  
1:00 pm Taping Applications for Selected Lower Body Muscles (muscle facilitation and inhibition)  
3:00 pm Break  
3:15 pm Taping Applications for agonist and antagonist flaccid, weak and spastic muscles  
5:20 pm Questions/Answers  
5:40 pm Conclusion

### **DAY 2 (KT2)**

8:00 am Review of Concepts, Questions/Answers  
8:30 am Introduction to application for correction techniques: Mechanical, Lymphatic, Functional, Space, Tendon and Ligament Corrections  
10:00 am Break  
10:15 am Corrective Taping: Clinical and Postural Techniques  
12:00 pm Lunch on your own  
1:00 pm Clinical Applications for Upper Extremities: high tone, low tone, neck, shoulder & scapular disorders  
Clinical Taping Applications for Swelling/ Lymph Edema, Patellar alignment, Dynamic Splinting and Strapping Techniques  
2:30 pm Break  
3:00 pm Clinical Taping for Ankle instability, Foot Drop and Sprain/ Strains, Plantar Fasciitis and Injury Prevention  
3:15 pm Questions & Answers/  
5:20 pm Conclusion  
5:40 pm Conclusion

**Agenda may change upon association mandates at any time.**

### **Special notes:**

Please bring scissors, shorts, a tank top and a yoga mat if possible. Taping of the body is required.

### **For Upcoming KT3 Seminars**

**Visit us at [www.kinesiotape.ca](http://www.kinesiotape.ca)**

To be eligible for a KT3 or KT4 course, KT1 and KT2 must have been completed a minimum of 3 weeks prior to the seminar date. No exceptions.

## **Course Objectives:**

- 1) Understand the concepts of Kinesio Taping.
- 2) Review muscular physiology as it is related to Kinesio Taping.
- 3) Learn application skills during lab session.
- 4) Comprehend the various cutting techniques and their clinical applications.
- 5) Learn a time efficient method to relax overuse syndromes/spasms, to stimulate weak muscles and to decrease pain and swelling.
- 6) Learn to do taping to gain mobility and stability.

**Who should attend?** RMT's, PT's, DC's, OT's, PTA's, R.Kin, R. AC's, CAT(c)'s, D.Ch's and other medical professionals.

### **SEMINAR FEE:**

**Early Bird Fee: \$550.00**

If applicant registers 30 days prior to the seminar.  
Fee thereafter: \$600.00

Seminar fee includes workshop, tuition, 4 rolls of Kinesio Tape, continental breakfast, educational package consisting of the KT1/2 book and a 2 month membership to an interactive website.

Enrollment: Early registration is encouraged. This course reaches capacity quickly. We advise that you fax or email your registration form to us as soon as possible to guarantee your place at the upcoming seminar.

### **Cancellation and refunds:**

Registration fee, less an administrative fee of 20% will be refunded if cancellation notice is received 15 days prior to seminar. No refunds will be given after that date. However, you will be able to transfer courses.

### **Contact for Registration**

**Kinesio Taping in Canada**  
1041 Lesperance Rd.  
Tecumseh, Ont. **N8N 1W9**  
**Phone: 519 979 2663**  
**Fax: 519 979 2286**  
**Email: [drrogerb@yahoo.ca](mailto:drrogerb@yahoo.ca)**  
**Web Site: [www.kinesiotape.ca](http://www.kinesiotape.ca)**





# TRIMESTERS

## MASSAGE THERAPY EDUCATION

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# Trimesters: Massage Therapy Education 2016 Perinatal Workshops

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### New for 2016

In celebration of our 21st year of Trimesters, we are offering our 3 day, 20 hour training: M.T. for Pregnancy at a **special cost of \$400** for 2016.

Earn your 10 CEU's by saving \$160!!!!

The \$400 fee will also apply to those who are returning to take another 2nd or 3rd primary training with Trimesters!

Sign up now to participate in this great opportunity!

### Massage Therapy for Pregnancy

This 3 day, 20 hour training goes beyond the content taught in M.T. schools to provide a solid theoretical and practical foundation in Pregnancy Massage. The participant will be successful in creating effective goals and treatments for their pregnant clients relative to their stage of pregnancy and their state of well-being. Clear guidelines related to signs and symptoms, contraindications, and any medical issues will also be addressed.

### The R.M.T. as Labour Support Provider/Doula

This training enables R.M.T.'s to enter the birthing environment with comprehensive skills in both Labour Support/Doula work and Massage Therapy. The participant will clearly understand the anatomy and physiology of labour and how comfort measures and M.T. result in excellent care for the birthing family to help promote safe, healthy, and satisfying birth experiences.

### The R.M.T. working with Infants & Children

This course teaches participants about the realities for parents with their infants from birth and beyond. The participant learns how massage can be taught to families to augment their parenting skills, how massage therapy can be adapted for children and for families with special needs. Most importantly, the focus is on the role that the Massage Therapist can play in educating families in the need for healthy and respectful touch with their children.



**Also for Spring 2016! 1 day training in Acupressure for Pregnancy & Birth**  
20 hour trainings = 10 CEU's Category A

Expand your Perinatal Clinical Excellence by working with us in 2016!