

# AMT Suggested Professional Development Activities

2025

# Introduction

**AMT does not formally accredit or endorse professional development activities. If an education provider is claiming that an activity is accredited by AMT, please [let us know](#).**

**The recommendations in this document are grouped into broad subject areas. They include a variety of professional development activities (for example, webinars, conferences, practical workshops, online courses, podcasts and lectures). Many of the suggests activities are low cost or free, and can be completed from the comfort of home.**

**As a practitioner member of AMT, you'll need to complete at least 20 hours of continuing professional development (CPD) each year to keep your skills fresh and up to date.**

- Every hour you spend in active learning will count as one hour of CPD.
- You can track your progress in 15-minute increments, making it easy to log even the shortest activities.
- While it's great to exceed 20 hours in a year, extra hours can't be carried over to the next year.
- It's important that your CPD activities relate to massage therapy scope of practice to ensure relevancy. Please refer to the [AMT Code of Practice](#) for guidance on activities that are outside scope.
- You'll need to include dates, a description of what you achieved and the time spent on each activity in the Reflection Record in your personal membership portal.
- Remember to keep written documentation of your CPD, such as certificates of attendance, copies of articles, books, or links to online content. Please upload these into your Reflection Record as well.
- Participation in mandatory skills acquisition, like First Aid training, may also count towards your CPD hours but annual CPR recertification can't be claimed.



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# Featured PD

## AMT Domestic Violence Modules

**AMT has developed a series of free modules for members on Domestic and Family Violence. There are 5 parts in the series:**

- **Part 1:** Understanding the nature and prevalence of domestic and family violence
- **Part 2:** Understanding the impact of domestic and family violence
- **Part 3:**
  - 3.1 Making your treatment space safe for a disclosure
  - 3.2 Responding to a disclosure
  - 3.3 Asking about domestic and family violence
- **Part 4:**
  - 4.1 Safety
  - 4.2 The Workplace
- **Part 5:** Resources



# AMT events

## Live webinar

### [Can massage cause stroke?](#)

Presented by Dr Peter Tuchin

March 25 @ 7.30pm AEDT

## Live webinar

### [From anecdote to evidence: turning clinical observations into research](#)

Presented by Dr Sarah Fogarty

September 3 @ 7.30pm AEST

## AGM

### [AMT Annual General Meeting](#)

May 25 @ 10.30am - 11.30am AEST

## AGM Interactive practical workshop

To be confirmed

May 25 at 1pm AEST

## Formal mentoring

### [AMT Mentoring Program](#)

Applications open 13/02/2025

27 March - 15 October



# On-demand AMT practical workshops

## On-demand practical workshop

### [Tension Headaches: Looking Beyond the Obvious Culprits](#)

Presented by Jenny Richardson

Using a simple process of assessment and treatment, you'll learn how to identify and address tension in areas such as the subclavius, anterior torso, jaw, and sinuses. We'll also revisit the posterior and lateral neck briefly to look at some specific culprits there.

## On-demand practical workshop

### [Hands-On Success: Great Outcomes, Simple Approach](#)

Presented by Thea Dillon

In this workshop, you'll learn how to work through a simple, practical, assessment, treatment and management process for the shoulder girdle, thorax, and lumbar regions of the body. It's designed to help you gain confidence in your clinical reasoning approach, to work through a few common presentations, and provide you with a few additional treatment tips and tools.

## On-demand practical workshop

### [The other TIE massage \(Take is easy\)](#)

Presented by Aran and Sheree Bright

Put on your best TIE so you can look extremely stylish while you perform massage that rock stars can only dream of ... We will run through a series 'remedial' style techniques using a combination of compression and client positioning to target joint and soft tissue. The focus will be spine, shoulders and hips. The techniques demonstrated will be well-suited to working through clothing or draping and can be easily integrated with movement and exercise.

## On-demand practical workshop

### [Working with the scapula to improve shoulder girdle function](#)

Presented by Bethany Ward and Larry Koliha

Improving freedom and coordination of shoulder blade movement is key to affecting shoulder pain, neck and back issues, and headaches. In this virtual workshop you'll learn assessments that indicate where to focus interventions, hands-on techniques for freeing scapular movement, verbal cues for shifting habitual shoulder girdle use and movement exploration for self-care and client education.



# On-demand AMT practical workshops (cont...)

## On-demand practical workshop

### [Better Breathing Through Bodywork: Working with the Breath, Diaphragms and Ribs](#)

Presented by Bethany Ward and Larry Koliha

Working with breath is key to affecting long-term, whole-body changes for our clients. Breathing patterns play an integral role in repetitive strain conditions, chronic pain, and sense of wellbeing. In this virtual workshop, you'll learn assessments that indicate where to focus intervention; hands-on techniques for optimising thoracic function; verbal cues for shifting habitual patterns and breathing exploration for self-care and client education.

## On-demand practical workshop

### [Bite-sized fitness: savouring the benefits of 'exercise snacks'](#)

Presented by Dr Shelley Keating

In this workshop, Shelley will discuss the concept of 'exercise snacks' and how they relate to the current global physical activity guidelines for adults. With a focus on practical applications (working up a sweat is optional but encouraged!), Shelley will unpack the evidence for exercise snacking and high-intensity interval training, with a dedicated lens on what might benefit the musculoskeletal presentation of the 'office desk worker'.

This workshop is ideal for therapists wishing to revise and develop their knowledge of exercise physiology, experience interval training and examples of exercise snacks, and establish referral pathways with accredited exercise physiologists. Participants will be guided to create their own personalised exercise snack plan and consider their daily schedule and potential opportunities for short workouts.

## On-demand practical workshop

### [DermoNeuroModulating \(DNM\)](#)

Presented by Robin Kerr

DermoNeuroModulating is a manual therapy system developed by Canadian Physiotherapist Diane Jacobs for the treatment of pain. It is a structured, interactive approach that focuses on 'sensory rehabilitation' rather than the manipulation of 'mechanical tissue' via application of techniques that focus on the cutaneous nerves. Pain reduction is assumed to be due to positive changes in the nervous system. DNM techniques are slow, light, kind, intelligent, responsive and effective, and are increasingly considered to be an important part of the manual therapy of the future.



# On-demand AMT webinars

## On-demand webinar

### [Managing Professional Boundaries Webinar](#)

Presented by Jocelyn Kirton

This 90-minute webinar will cover the reflective professional development in creating, establishing and maintaining boundaries. It will provide therapists with a communication framework that allows them to identify ambiguous situations; navigate potentially uncomfortable conversations and/or situations; respond and end therapeutic interactions/sessions. The emphasis is on the importance of the therapist's safety in massage therapy environments.

## On-demand webinar

### [Introduction to Mental Health in Australia](#)

Presented by Conjoint Professor Mike Hazelton

This webinar provides a general introduction to mental health in Australia, covering the extent and impact of mental health problems and disorders on individuals, families and the community. The webinar will include an outline of key mental health issues and priorities and policy and practice responses to these. Particular focus will be given to the lived experience of mental ill-health and the impact of stigma and discrimination on help-seeking behaviours among those living with mental ill-health.

## On-demand webinar

### [Massage and Breast Cancer Research](#)

Presented by Lizzie Milligan

Lizzie discusses the research project she undertook at Chris O'Brien Life House Cancer Centre in Sydney, 'Evaluation of Oncology Massage on self-reported symptom burden and wellbeing for breast cancer patients attending an Australian Comprehensive Cancer Centre'. This was a retrospective study of the perceived benefits of individual oncology massage sessions in 228 Individuals who received a breast cancer diagnosis at any stage of disease or treatment at COBLH and who completed Patient Reported Outcome Measures surveys.





# On-demand AMT webinars (cont...)

## On-demand webinar

### [Should research consider massage as a process rather than a technique](#)

Presented by Jennifer Richardson

Jenny Richardson discusses the research she undertook through Charles Sturt University "What is effective in massage therapy? Well, "it depends...": A qualitative study of experienced massage therapists". In her qualitative study, Jenny talked to 6 experienced Australian massage therapists about what they considered to be important in determining the effectiveness of the treatment when working with clients with pain or injury. Jenny talks about what her participants said, how she analysed the information and what that might mean for future research.

## On-demand webinar

### [Mental Health, Human Rights and Recovery](#)

Presented by Conjoint Professor Mike Hazelton

Mental health is now seen as a human rights issue by both the United Nations and the World Health Organisation. In particular, tackling mental health-related stigma is seen as a priority for improving mental health globally. In recent decades the concept of 'personal recovery' and the development of recovery-oriented mental health practice have been important initiatives for addressing stigma and improving mental health care in Australia and internationally. The purpose of this webinar is to provide an outline of human rights issues surrounding stigma and how these are being addressed through recovery-oriented mental health care. Basic principles of recovery-oriented mental health care will also be covered.

## On-demand webinar

### [An Introduction to Depression and its treatment](#)

Presented by Conjoint Professor Mike Hazelton

Depression is a common mental health condition that can range from mild to severe in terms of its impact on affected individuals. The purpose of this webinar is to provide an outline of the causes, impact and current social, psychological and pharmacological treatments for depression. Basic principles for helping a person living with depression will also be covered.



# On-demand AMT webinars (cont...)

## On-demand webinar

### [Understanding Schizophrenia and its Treatment](#)

Presented by Conjoint Professor Mike Hazelton

While schizophrenia is much less common than conditions such as depression, it can have a severe and prolonged impact on affected individuals. However, people living with schizophrenia can and do recover to live full and meaningful lives. The purpose of this webinar is to provide an outline of the causes, impact and current treatments for schizophrenia. Basic principles for supporting the recovery of a person living with schizophrenia will also be covered.

## On-demand webinar

### [An Introduction to Personality Disorders](#)

Presented by Conjoint Professor Mike Hazelton

While personality disorders affect many people in Australia each year, they are one of the most controversial and least understood areas of mental health treatment and care. The purpose of this webinar is to provide an outline of the causes, impact and treatments for personality disorders, focusing especially on borderline personality disorder. Basic 'do's' and 'don'ts' for helping a person living with a personality disorder will also be covered in the webinar.



# Pain and pain management

## Lecture/Presentation

### [New insights from pain neuroscience](#)

Presented by Dr Tasha Stanton

## Online course

### [Preventing Chronic Pain: A Human Systems Approach](#)

Presented by Dr James Friction

## Lecture/Presentation

### [Understanding Complex Regional Pain Syndrome](#)

Presented by Dr Anne Daly

## Online and face-to-face courses

### [Explain Pain](#)

Presented by NoiGroup

## Lecture/Presentation

### [Is pain science really a pain for massage therapists](#)

Presented by Aran Bright

## Online course

### [Cognitive behavioural skills to treat back pain](#)

University of Oxford

## Lecture/presentations

### [San Diego Pain Summit](#)

Various presenters

## Lecture/Presentation

### [The role of massage therapy in a pain revolution](#)

Presented by Angie Clerc-Hawke

## Podcast

### [Low back pain: rarely associated with serious tissue damage](#)

With Rachelle Buchbinder

## Online course

### [Better Pain Management](#)

Faculty of Pain Management ANZCA

## Lecture/Presentation

### [Optimising Care for those experiencing chronic pain](#)

Presented by Lorimer Moseley

## Podcast

### [Pain reframed: We believe you](#)

With Keith Meldrum



# Anatomy review

## Online course

### [Crash course Anatomy and Physiology](#)

Presented by Hank Green

## Online course

### [Essential Human Biology: Cells and Tissues](#)

Various presenters

## Online course

### [Anatomy and Physiology: Support and Movement](#)

Presented by Laura Kibiri

## Online course

### [Applied anatomy of the locomotor system](#)

Presented by Daria Anna Nurzynska

## Online course

### [Human Anatomy: Musculoskeletal Cases](#)

Various presenters

## Online course

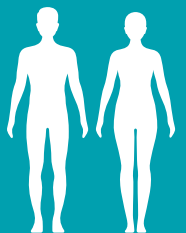
### [Understanding the brain: the neurobiology of everyday life](#)

Presented by Peggy Mason

## Online course

### [Human Anatomy and Physiology](#)

Presented by Laura Kibiri



# Research literacy and evidence-informed practice

## Lectures on YouTube

### Evidence-based practice

Presented by the Rural Research Collaborative Learning Network

[Part 1](#)

[Part 2](#)

[Part 3](#)

[Part 4](#)

[Part 5](#)

## Online course

[Understanding Medical Research: Your Facebook Friend is Wrong](#)

Presented by F Perry Wilson

## Lecture/Presentation

[Surgery: the Ultimate Placebo](#)

Presented by Professor Ian Harris

## Podcast

[Translating evidence to clinicians, as a clinician](#)

With Mick Hughes

## Online course

[Basics of research literacy for massage therapists](#)

Massage Therapy Foundation

## Podcast

[Research Perch](#)

Massage Therapy Foundation

## Online course

[Science Literacy](#)

Presented by Dr Claire Scavuzzo

## Podcast

[Bias and confounding in research](#)

With Peter Malliaras and Pat Valance

## Lecture/Presentation

[Managing the Treatment environment](#)

Presented by Dan Wonnocott



# Research literacy and evidence-informed practice (cont...)

Podcast

[Failing models](#)

With Eyal Lederman

Online course

[Understanding clinical research: Behind the statistics](#)

Presented by Jaun Klopper

Podcast

[Stretching the tissues or stretching the truth?](#)

With Til Luchau and Whitney Lowe



# Trauma informed care and mental health

## Online course

[Trauma informed care modules](#)

Human Services Skills Organisation

## On-demand webinar

[Trauma informed practice and worker wellbeing](#)

Human Services Skills Organisation

## On-demand webinar

[Trauma-informed Care in Practice: strategies for workers in the care sectors](#)

Human Services Skills Organisation

## Live webinars

[Mental health webinars](#)

Mindspring Mental Health Alliance

## On-demand webinar

[The impacts of trauma on the physical body](#)

Mental Health Network

## Online course

[Introduction to trauma informed care](#)

Presented by Kammaleathahh Livingstone

## Online course

[Mental health and trauma-informed care \(various\)](#)

Mental Health Coordinating Council



# Elder/aged care

## Online course

[Equip Aged Care Learning Packages](#)

Wicking Dementia Centre

## Podcast

[Massage for elderly clients with diabetes](#)

Dawn Castiglione

## Online course

[Learning pathways](#)

Dementia Training Australia

## Online course

[Understanding Dementia](#)

Wicking Dementia Centre

## Podcast

[Massage for the elderly](#)

Dr Deitrick Gorman

## Online course

[Preventing Dementia](#)

Wicking Dementia Centre

## Online course

[Pain Aged Care Training](#)

Australian Pain Society





# Conditions and populations

## Podcast

[Massage therapy for multiple sclerosis: a case report](#)

Massage Therapy Foundation

## Online course

[Mental Health and Multiple Sclerosis](#)

Menzies Institute

## Podcast

[Acute knee injuries](#)

With Til Luchau and Whitney Lowe

## Online course

[Understanding Multiple Sclerosis](#)

Menzies Institute

## Podcast

[Oncology Massage](#)

With Janet Penny

## Podcast

[Various musculoskeletal and other topics](#)

Physio Matters

## Online course

[Overview and management of Parkinson's Disease](#)

Presented by Mary DiBartolo

## Online course

[Understanding traumatic brain injury](#)

Wicking Dementia Centre

## Lecture/Presentation

[Massage and eating disorders](#)

Presented by Dr Sarah Fogarty

## Online course

[Understanding Disease Modifying Therapies \(DMTs\) for Multiple Sclerosis](#)

Menzies Institute

## On-demand and live webinars

[Various musculoskeletal topics](#)

Musculoskeletal Australia



# Conditions and populations (cont...)

## Online course

### [Well and Able - Improving the Physical Health of People with Intellectual Disability](#)

Presented by Nicholas Lennox and Miriam Taylor

## Online course

### [Melanoma and skin cancer detection](#)

Masced UK

## Online course

### [Understanding Skin Cancer](#)

Skin Cancer College Australasia

## Podcast

### [Various Musculoskeletal Topics](#)

Monash Musculoskeletal Research Unit

## Lecture/Presentation

### [Lessons from a low back labelling trial](#)

Presented by Mary O'Keeffe



# Regulation and ethics

## Online course

[General Code of Conduct \(Victoria\)](#)

Health Complaints Commissioner

## Online course

[Successful complaint handling](#)

Health Complaints Commissioner

## Podcast

[Therapeutic relationships](#)

2 massage therapists and a microphone

## Podcast

[Keeping clients safe](#)

With Dr Ben Benjamin

## Podcast

[Dealing with sexual requests as a massage therapist](#)

Folding Towels Podcast

## Book

[The Educated Heart: Professional boundaries for massage therapists](#)

By Nina McIntosh and Laura Allen

## Podcast

[Create a zero tolerance practice](#)

With Joyce Gauthier



# Various

## Online course

### [FIFA Diploma in Football Medicine](#)

International Federation of Football

## Online course

### [Applying health coaching in patient care](#)

Presented by Kelsey Pruss

## Online course

### [Introduction to Artificial Intelligence micro skill](#)

Institute of Applied Technology

## Online course

### [Hand hygiene learning modules](#)

Australian Commission on Safety and Quality in Healthcare

## Lecture/Presentation

### [Patient Engagement: A new name for old tools](#)

Presented by Lisa Fiddes

## Lecture/Presentation

### [Motivational Interviewing](#)

Presented by Alison Sim

