

Association of Massage Therapists
35th National Conference



Body in Mind

Exploring Contextual Effects

Saturday 26 October and Sunday 27 October 2024

Ballina Surf Club
Lighthouse Beach Parade
East Ballina NSW



In AMT's first fully hybrid conference, we will explore the profound impact of contextual effects in the clinical encounter, and how these support and enhance treatment outcomes.

Delegates can attend the conference face-to-face or attend virtually from the comfort of their own home.

Program

Saturday 26 October 2024

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| 8.00AM | Registration and welcome tea and coffee |
| 9.00AM | Welcome - AMT Chairperson Keryn Rose |
| 9.30AM | Behind the façade: what massage therapists believe about low back pain and integrating movement into practice – presented by Bronwyn Lennox Thompson and Rachel Ah Kit |
| 10.30AM | Morning tea, exhibit |
| 11.00AM | More than hands on: broad practice insights from research into pregnancy massage – presented by Sarah Fogarty |
| 11.45AM | Self care: do you have a plan? – presented by Christine Taylor |
| 12.30PM | Lunch, exhibit |
| 1.30PM | DermoNeuroModulating (DNM) workshop – presented by Robin Kerr |
| 3.00PM | Afternoon tea, exhibit |
| 3.30PM | DNM workshop continues |
| 5.00PM | Program closes for the day |
| 6.00PM | Pizza on the beach, informal dinner (optional) |

Program

Sunday 27 October 2024

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| 7.30AM | Delegate breakfast in the Dirrawong Room |
| 8.00AM | Moving on the table: using client movement to enhance outcomes – presented by Colin Rossie |
| 9.30AM | Morning tea, exhibit |
| 10.00AM | Moving on the table continues |
| 11.00AM | Lunch, exhibit |
| 12.00PM | Bite-sized fitness: savouring the benefits of 'exercise snacks' - presented by Shelley Keating |
| 1.30PM | Afternoon tea, exhibit |
| 2.00PM | Bite-sized fitness continues |
| 3.30PM | Program close |



About the hybrid conference format

This is AMT's first time hosting a fully hybrid conference, so the format is a little different from previous face-to-face only gatherings.

The formal presentations on Saturday morning between 9am and 12.30pm will run concurrently for both face-to-face and virtual delegates. They will be livestreamed to virtual delegates, who will be able to interact and ask questions online.

The remainder of the conference features three practical workshops:

- DermoNeuroModulating
- Body in motion: demystifying corrective exercise
- Moving on the table: using client movement to enhance outcomes

PREPARATION

The format for the practical workshops is quite different from past conferences. All delegates will receive a package of materials from around mid-September which includes notes, theory presentations and practical demonstrations.

The face-to-face workshop sessions at the conference will focus more on practise, consolidation, questions and interaction, with the assumption that delegates will review the workshop materials prior to attending.

The virtual versions of the workshops will not run concurrently with the conference – dates and times for the interactive virtual sessions are listed below. Virtual delegates can choose to attend single workshops or take advantage of our three-workshop package deal.

The virtual workshop sessions will also focus on practice, consolidation, questions and interaction. Virtual delegates are strongly encouraged to bring a colleague, practice partner or willing friend to work with or on to get the best out of the format.

Recordings of the virtual sessions will be distributed to all registrants after the event.

Virtual workshop schedule

| Virtual workshop | Date and time |
|---|-------------------------------------|
| DermoNeuroModulating | Saturday September 28, 11.00am AEST |
| Bite-sized fitness: savouring the benefits of 'exercise snacks' | Sunday October 20, 12.00pm AEDT |
| Moving on the table: using client movement to enhance outcomes | Sunday November 3, 12.00pm AEDT |

About the presenters



BRONWYN LENNOX THOMPSON

Conference plenary:

Behind the façade: what massage therapists believe about low back pain and integrating movement into practice

Bronwyn Lennox Thompson initially trained as an occupational therapist, graduating in 1984. She completed her MSc with first class honours in Psychology in 1999 at Canterbury University, and in 2015 was awarded her PhD from the Department of Health Sciences at the University of Canterbury, Christchurch, New Zealand.

She has worked in pain management for most of her clinical career, with her primary focus on pain management at work. Since 2002 she has taught postgraduate papers in pain and pain management at University Otago. She is now Academic Coordinator and Senior Lecturer, responsible for postgraduate programmes in pain and pain management in Orthopaedic Surgery & Musculoskeletal Medicine, University of Otago, Christchurch, New Zealand.

Her main research and teaching areas include resilience, daily coping choices, and knowledge translation from research to clinic.

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Register here for face-to-face conference:
<https://form.jotform.com/241780994920062>



Register here for virtual conference:
<https://form.jotform.com/241780502833858>



RACHEL AH KIT

Conference Plenary:
Behind the façade: what massage therapists believe about low back pain and integrating movement into practice

Rachel Ah Kit is owner of a multi-room clinic, Bodyworks Massage Therapy, in Christchurch. She opened the clinic in 2010 and continues to practice full time. Her clinical focus is working with people in pain to help them gain confidence to live a quality life, even with pain.

Rachel holds a Diploma of Massage Therapy from the Canterbury College of Natural Medicine, and a Postgraduate Diploma in Health Sciences, endorsed in Pain and Pain Management, from the University of Otago. She is about to complete her Master of Health Sciences by thesis. Rachel was also the editor of the Massage New Zealand member magazine for three years.

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SARAH FOGARTY

Conference plenary:
More than hands on: broad practice insights from research into pregnancy massage

Dr Sarah Fogarty holds a Diploma of Remedial Massage and has been in practice as a remedial massage therapist and acupuncturist for over 24 years. She currently works in a clinic with a women's health focus. She completed her Masters in 2005 and in 2011 was awarded her PhD from the Department of Health Sciences at Victoria University, Australia. She is an adjunct fellow at Western Sydney University, and has published over 40 papers, including papers on pregnancy massage, massage and miscarriage, bereavement massage, and fertility massage. She has presented her research at both national, international and local conferences and massage organisations.

Sarah was awarded a Massage Foundation Research Grant in 2022 for her research on pregnancy massage after stillbirth and is only the second recipient to be awarded the grant outside the United States. She is currently serving as an associate editor for the International Journal of Therapeutic Massage and Bodywork.

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CHRISTINE TAYLOR

**Conference plenary:
Self care: do you have a plan?**

Christine Taylor has over a decade of experience as a massage therapist, bringing a deep commitment to the body's innate ability to heal itself when provided with the right environment. She holds a Diploma of Remedial Massage and a Bachelor of Therapeutic and Sports Massage, along with allied health assistance, training and assessment, and sports trainer qualifications.

Christine's approach to massage therapy extends beyond the immediate physical benefits. She strives to empower her clients to become proactive participants in their wellness journey. By encouraging them to be aware of their mind-body connection, she emboldens them to build a strong foundation and personal support network that they can rely on during both good and challenging times. Optimism and perseverance are at the core of Christine's practice.

Christine's dedication to continuous learning and self-improvement drives her to seek new challenges and opportunities for personal growth. This commitment ensures that she is at the forefront of learning the latest techniques and practices in the field.

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ROBIN KERR

**Practical workshop:
DermoNeuroModulating (DNM)**

Robin Kerr is an Australian-trained physiotherapist with 37 years of clinical experience. Her special interests lie in manual therapy and motion / exercise prescription. She also has a clinical interest in the pelvic floor and lumbo-pelvic dysfunction, and is heavily trained in biomechanics and gait lab running analysis. Over the last 20 years she has moved towards a focus on 3D motion and the use of DermoNeuroModulating (DNM) in the management of pain. She has been personally trained by the originator of DNM, Diane Jacobs, and is keen to see it established in the mainstream of manual therapy practice.

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SHELLEY KEATING

Practical workshop:

Bite-sized fitness: savouring the benefits of 'exercise snacks'

Dr Shelley Keating is a Senior Lecturer in Clinical Exercise Physiology and Accredited Exercise Physiologist from the School of Human Movement and Nutrition Sciences at The University of Queensland. With a strong grounding in exercise metabolism and body composition, Shelley's research centres on the utility of exercise as a therapy for obesity and related cardiometabolic conditions, notably type 2 diabetes and metabolic dysfunction-associated steatotic liver disease (MASLD). Her mission is to change the way that exercise is prioritised, accessed, and delivered to improve the health and wellbeing of people with MASLD and related type 2 diabetes. Shelley's research found a lack of awareness, uptake, and sustainability of exercise for MASLD and obesity management. Her ongoing program of research is informed by, and co-designed with, people with MASLD and related chronic disease, to find sustainable exercise solutions.

Shelley is also a Remedial Massage Therapist with extensive clinical experience managing musculoskeletal conditions through a combination of manual therapy and exercise prescription. She was a supervisor and lecturer at the Australasian College of Natural Therapies (ACNT, 2007-2010) and at Endeavour College of Natural Health (2013-2015). She was the Program Director of Manual Therapies at ACNT between 2009-2010.

You can view Shelley's UQ profile [here](#). Her X/Twitter handle is @shelley_keating.

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COLIN ROSSIE

Practical Workshop:

Moving on the table: using client movement to enhance outcomes

Colin Rossie first graduated from a massage course in 1983 and has been in remedial massage practice for over 30 years. He is committed to lifelong learning, mainly so he can offer the best possible experience of massage therapy for his clients but also to demystify jargon and nonsense that sometimes becomes fashionable in massage and bodywork. He's been there and done all that so he can pick the wheat from the chaff.

He is a former Certified Advanced Rolfer® and Rolf Movement Integration practitioner, a foundation member of the Fascia Research Society, and a Somatic Movement educator and therapist. He has been a life member of AMT since 2011 and has contributed solidly to AMT as a volunteer since 2006. His continuing education has included visceral manipulation, neural mobilisation, Fascial Fitness Training, Rolf Movement training, and Bodymind Centering.



About the presentations

Behind the façade: what massage therapists believe about low back pain and integrating movement into practice

Presented by Bronwyn Lennox-Thomson and Rachel Ah Kit

In this presentation, we reveal the findings of our mixed methods study which uncovered some unexpected beliefs about the causes of low back pain, treatment outcomes, and using movement in the clinic. We also examine what the research shows about the origins of those beliefs and what we think this means for the way we teach and practice massage therapy.

More than hands on: broad practice insights from research into pregnancy massage

Presented by Dr Sarah Fogarty

Massage therapy aims to help manage health conditions and/or enhance wellness. Traditionally, massage education focuses strongly on the hands-on aspects of the massage consultation. This can set a pattern that therapists perpetuate when they finish their initial qualification and enter clinical practice.

Research into massage therapy shows that our impact as massage therapists extends beyond the hands-on techniques that we use. This presentation will discuss some of the soft skills that are showing up in the research that contribute to and enhance the massage therapy consultation.

Self care: do you have a plan?

Presented by Christine Taylor

The accepted wisdom in the industry is that the average career lifespan of a massage therapist is 5 years. In this presentation, we will examine the data from a qualitative study of 177 experienced massage therapists in Australia which explores the question of whether massage therapist self care impacts career longevity. The results may surprise and delight you.

About the workshops

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.

Bite-sized fitness: savouring the benefits of 'exercise snacks'

Presented by 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.

Moving on the table: using client movement to enhance outcomes

Presented by Colin Rossie

How do we bring the concept of "motion is lotion" into our massage practice? In this workshop, we will look at ways to enhance client outcomes by identifying when, where and how to include movement-based protocols during a treatment. Active Movement Participation (AMP), Client Assisted Movement (CAM) and other acronyms aplenty will be demonstrated and demystified, including indications for their use (CRAC, PIR, MET, PNF, SARC). These techniques can also be used as client take-homes to support progress between clinical sessions.



Registration fees

Face-to-face delegate

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|--|----------|
| Earlybird members and students | \$550.00 |
| Members and students after August 31 | \$600.00 |
| Earlybird non-member | \$650.00 |
| Non-member after August 31 | \$700.00 |
| Pizza on the beach, Saturday evening dinner (optional) | \$25.00 |

Virtual delegate

All virtual delegates will be able to access the livestream of the formal presentations

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| Members and students per workshop | \$150.00 |
| Members and students three-workshop package | \$300.00 |
| Non-member per workshop | \$180.00 |
| Non-member three-workshop package | \$400.00 |

Cancellation policy – face to face delegates

- Cancellation more than 4 weeks prior to the event – delegates will be transferred into the virtual delegate stream and refunded \$225.00
- Cancellation less than 4 weeks prior to the event and more than two weeks - delegates will be transferred into the virtual delegate stream and refunded \$125.00
- Cancellation less than 2 weeks prior to the event – delegates will be transferred into the virtual delegate stream. No refund will be given.

Refunds do not apply to virtual delegates, as all session recordings will be made available.

Accommodation

GRANDVIEW APARTMENTS

<https://www.grandviewballina.com.au/>

Phone: 02 6686 6999

AMT has negotiated a Group Rate with Grandview Apartments, which is a 7-minute walk from the conference venue. They have a selection of one, two and three bedroom apartments, many with sweeping views of the coast or the river. You will need to call the venue to make your reservation and use the code "AMT Group" when booking.

AMT is happy to coordinate sharing arrangements for delegates. Email info@amt.org.au to register your interest.

AMT group rates

| | |
|---|-------------------|
| 2-bedroom, 2-bathroom Ocean View Premium apartments | @ \$370 per night |
| 2-bedroom, 2-bathroom River View Premium apartment | @ \$355 per night |
| 2-bedroom, 2-bathroom Standard apartments | @ \$290 per night |
| 3-bedroom, 2-bathroom apartments | @ \$400 per night |

DISCOVERY HOLIDAY PARK BALLINA

<https://www.discoveryholidayparks.com.au/caravan-parks/new-south-wales/north-coast-ballina>

Email: ballina@discoveryparks.com.au

Phone: 02 6686 3953

AMT has negotiated a discounted rate of 15% off advertised prices with Discovery Park, which is a 15-minute walk or 5-minute drive from the conference venue. They have a variety of cabins, caravans and camping sites. You will need to call or email the venue and mention that you are an AMT conference delegate to access the discount.

BALLINA BEACH RESORT

<https://ballinabeachresort.com.au/>

Email: reception@ballinabeachresort.com.au

Phone: 02 6686 8888

Ballina Beach resort is a 3-minute walk from the conference venue. They have a selection of reasonably priced rooms.



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