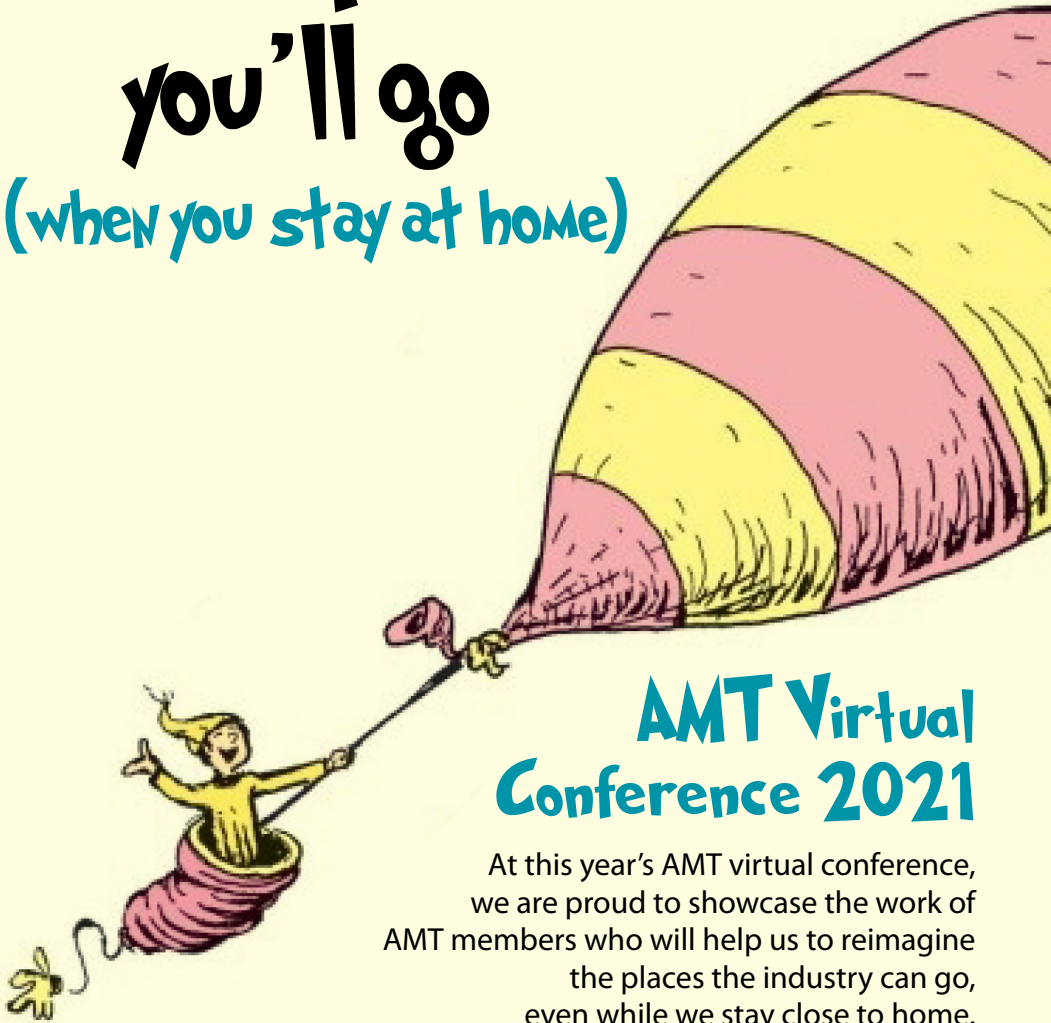


# Oh the places you'll go (when you stay at home)



## AMT Virtual Conference 2021

At this year's AMT virtual conference, we are proud to showcase the work of AMT members who will help us to reimagine the places the industry can go, even while we stay close to home.

## Sunday 24 October

10.00 – 10.10am	Chairperson welcome – Subhadra Gerard
10.10 – 10.50am	Adding value: planning, timing, intention and execution for manual therapists – Dan Wonnocott
10.50 – 10.55am	Meet the AMT directors
10.55 – 11.05am	Movement snack – Sheree Bright
11.05 – 11.25am	Actual snack! (Break)
11.25 – 12.05pm	Trauma informed practice with transgender and gender diverse clients: building literacy for better care – Egan Magee
12.05 – 12.10pm	Meet the AMT directors
12.10 – 12.30pm	What is effective in massage therapy? Well, it depends ... - Jenny Richardson
12.30 – 12.45pm	Mindfulness session – Tim Clark
12.45 – 1.30pm	Lunch
1.30 – 1.40pm	Movement snack – Sheree Bright
1.40 – 2.20pm	Are you ready for pain? – Lisa Fiddes
2.20 – 2.25pm	Meet the AMT directors
2.25 – 2.40pm	Actual snack! (Break)
2.40 – 2.50pm	Movement snack – Sheree Bright
2.50 – 3.30pm	Preliminary findings from the 'Impact of COVID on the professional identity of Australian massage therapists' research project – Dr Sarah Fogarty
3.30 – 3.35pm	Meet the AMT directors
3.35 – 3.40pm	Closing remarks
3.40pm	Close



# Pricing

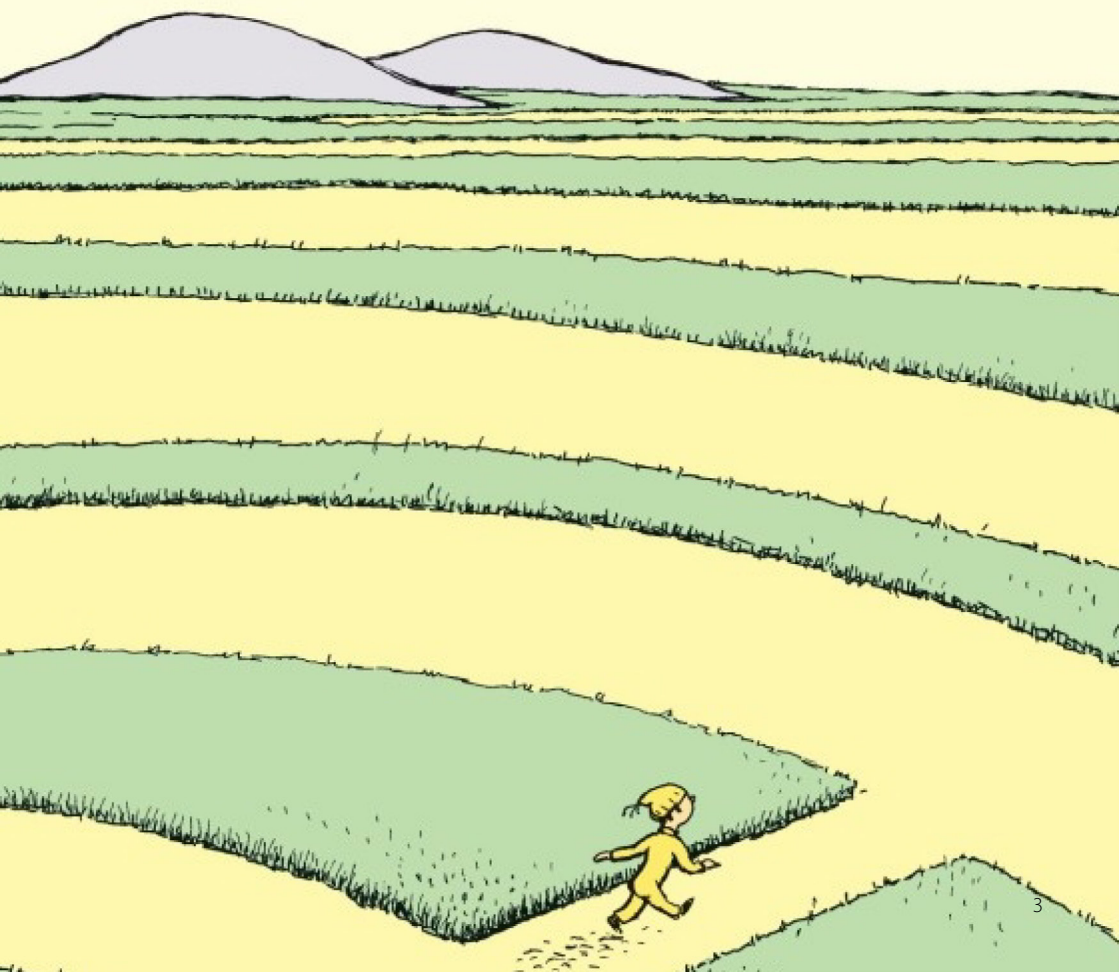
AMT MEMBER	\$79.00
NON-MEMBER	\$99.00
STUDENT AT AN RTO	\$50.00

# Cancellation

Administration fee of \$25

Cancellation less than 1 week before event – less 50%

No refund will be given after the event



# About the Presenters



## DAN WONNOCOTT

Dan is a straight shooting, down to earth therapist who is fed up with the bullshit and fairytales that currently populate the professional massage space. He put aside his aversion to reading research and topics that scared him and learnt to check his own biases in order to become a better therapist for the clients who put their trust in him for help. Having worked extensively in clinical practice and elite sport he has seen lots of shiny tricks but also knows how basic things can actually be and still prove effective. With a sense of pride in the value we bring to our clients, Dan has set about simplifying the complex and stripping back all the jargon and grandiose theories in an effort to help therapists of all levels provide practical yet effective care to their clients.

## Session

### ADDING VALUE - PLANNING, TIMING, INTENTION AND EXECUTION FOR MANUAL THERAPISTS

In this presentation, Dan will go beyond the traditional toolbelt and explore the *when & why* of manual therapy intervention.

**Planning** - Understand and identify key determining factors that influence how you need to plan treatment.

**Timing** - How to move away from reactive care and get your clients on board with proactively planning their self care.

**Intention** - Getting clients on board with your clinical reasoning for focusing on particular treatment outcomes.

**Execution** - Flipping the script on technique selection to set our clients up for an optimal outcome.



[www.reboundrmt.com](http://www.reboundrmt.com)



@DanwRmt



Register online:  
<https://bit.ly/2021-virtual-conference>



## ABOUT THE PRESENTERS (CONT...)



### EGAN MAGEE

Egan Magee is a remedial massage therapist and peer trainer, living and working on Gadigal and Wangal Land in the inner west of Sydney. They are passionate about integrated community care, access to holistic health practices for historically marginalised folks, and supporting their fellow trans and non-binary communities.

## Session

### **TRAUMA INFORMED PRACTICE WITH TRANSGENDER AND GENDER DIVERSE CLIENTS: BUILDING LITERACY FOR BETTER CARE**

In this presentation, Egan will outline considerations for trauma informed care, particularly focusing on the experience of transgender and gender diverse clients. They will look at broader issues faced by trans and gender diverse folks when accessing health care as well as specific applications within an allied health setting.



<https://www.everybodymassageclinic.com/>



<https://www.instagram.com/everybody.message/>



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## ABOUT THE PRESENTERS (CONT...)



### JENNY RICHARDSON

Jenny is the owner of Canberra Myotherapy and has over 16 years' experience in treating clients with pain and injuries. She is passionate about understanding how the body works and using this to help clients with ongoing pain. Unfortunately (for her bank balance), she is a perpetual learner, so as well as 10 million continuing education courses, she is finally nearly finished a research project in massage therapy as part of a Bachelor of Science (Honours) degree with Charles Sturt University.

## Session

### WHAT IS EFFECTIVE IN MASSAGE THERAPY? WELL, IT DEPENDS ...

Have you ever wanted to do a research study to show that the treatment you do works? I asked experienced massage therapists what they think is effective – hoping to find enough things in common to be able to tell researchers what they could focus on next, according to massage therapists. But the responses were way more interesting than that...



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



@jennymyo71



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## ABOUT THE PRESENTERS (CONT...)



### TIM CLARK

Tim Clark has a diverse background, including education and the arts, which informs his holistic work as a massage therapist and psychotherapist at Time & Space Therapies in Melbourne. He completed the Diploma of Remedial Massage in 2017, and the Masters in Counselling and Psychotherapy at the Cairnmillar Institute earlier in 2018. His Master's thesis uses psychotherapeutic theory to examine the relationship between a massage therapist and her client.



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



@timeandspacethe



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## ABOUT THE PRESENTERS (CONT...)



### LISA FIDDES

Lisa Fiddes has been an educator for over ten years. She enjoys studying and, after completing two Bachelors of Health Science (Natural Medicine and Myotherapy), went on to study a Master of Preventive Medicine, a Master of Clinical Research, and a Graduate Certificate in Chronic Condition Management.

Lisa is a member of the Massage Therapy Technical Advisory Committee, which is responsible for reviewing the nationally recognised massage qualifications within the Health Training Package.

## Session

### ARE YOU READY FOR PAIN?

People are so peoply! They come to us from a variety of backgrounds with a variety of conditions and often their main complaint is pain. Our understanding of pain has changed over time and we currently recognise the vast range of inputs from biopsychosocial influences that contribute to the experience of pain.

The Massage Therapy Technical Advisory Committee responsible for reviewing our nationally-recognised training has designed a ground-breaking unit of competency that is embedded in two new skillsets. The new unit looks at the principles of pain neuroscience; the ability to apply those in clinical assessment and treatment, including recognising biopsychosocial influences on pain; and staying up to date in the changing environment that is pain management.

This presentation will introduce you to the new pain neuroscience unit and the two new skillsets, explain why we are so excited about it, and why you should be too. It's a wonderful time to be a massage therapist with AMT as they lead you into a bright future but are you ready for the pain? You can be.



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## ABOUT THE PRESENTERS (CONT...)



### DR SARAH FOGARTY

Dr Sarah Fogarty is an Adjunct Fellow at Western Sydney University. She has been a massage therapist for over 21 years. Her clinical focus is on pregnant and postnatal women and bereavement massage. Sarah has published over 30 papers including papers on pregnancy massage, safety and fertility.

## Session

### PRELIMINARY FINDINGS FROM THE 'IMPACT OF COVID ON THE PROFESSIONAL IDENTITY OF AUSTRALIAN MASSAGE THERAPISTS' RESEARCH PROJECT

In this presentation, Sarah will share some of the preliminary findings from a research project on the impact of COVID on known constructs of professional identity in the massage therapy profession, such as feeling respected as a healthcare practitioner; feeling less professional than other healthcare practitioners; and experiencing burnout. Sarah will also discuss potential new constructs that may have developed out of the pandemic and the government measures established to manage it, including being classified as non-essential and feeling a sense of camaraderie and belonging.



<https://www.drsarahfogarty.com/>



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## ABOUT THE PRESENTERS (CONT...)



### **SHEREE BRIGHT**

Sheree is a Remedial Massage therapist who believes that movement and massage go hand-in-hand. She has been a Yoga instructor since 2017 and has recently started teaching the Diploma of Remedial Massage at Q Academy on Queensland's Sunshine Coast.

Sheree has also developed a corporate massage business in Brisbane over the last 10 years. Her treatment philosophy is to offer her clients the best of both worlds, with a combination of remedial and relaxation techniques to help restore movement and balance. She is a huge advocate for self-care and likes to keep fit by doing activities such as yoga, pilates, horse riding, swimming and striving to keep up with her two children. Sheree also runs Bright Health Training with her husband, Aran.



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



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So ...

be your NAME Holly or Hayden or HONG,  
Or Pimpethai, JUNO, Grace

Sasithorn SONG,

You're off to great places!

(At least in your room)

Your colleagues are meeting

Online via ZOOM!

