

# Calendar of professional development suggestions

January 2021

# About AMT's professional development scheme

- AMT practitioner members are required to complete 20 hours of continuing professional development (CPD) per annum
- The professional development activity must be relevant to massage therapy scope of practice
- Documentation of self-directed professional development must include dates, a brief description of the outcomes, and the amount of time spent in each activity. These details must be entered into the Reflection Record in your personal membership portal in the AMT database.
- You must retain written documentation of CPD (certificates of attendance, copies of articles, books, hyperlinks to content viewed online) that demonstrates completion of at least 20 hours of CPD per year. This documentation can be uploaded into the Reflection Record in your personal membership portal
- For more information and examples, please read AMT's 2020 professional development guide  
<https://www.amt.org.au/downloads/ceus/AMT-Professional-Development-Guide.pdf>



# Featured AMT events

**THURSDAY 4 FEBRUARY - 7.30PM** Online

**Navigating AMT's professional  
development scheme**

[https://zoom.us/webinar/register/WN\\_yZA1IffsQxS4GMtq4jyTDg](https://zoom.us/webinar/register/WN_yZA1IffsQxS4GMtq4jyTDg)

**MONDAY 15 FEBRUARY - 8.00PM** Online

**AMT mentoring scheme information night**

[https://zoom.us/meeting/register/tJEvf--vqzksGdxtOqMDK1tjPP6uU\\_pLrwoq](https://zoom.us/meeting/register/tJEvf--vqzksGdxtOqMDK1tjPP6uU_pLrwoq)



# Conferences and workshops

5 MARCH

Overnight

Therapy Live UK - Pelvic Health

<https://therapy-live.co.uk/therapy-live-pelvic-health/>

14 - 16 MAY

Gold Coast

Australasian Lymphology Association Conference

<https://www.lymphoedema.org.au/education-&-resources/2021-ala-symposium/>

5 - 7 NOVEMBER

Melbourne

Lifestyle Medicine 2021

<https://www.lifestylemedicine.org.au/conference/>

18 - 19 MARCH

Consumers' Health Forum Virtual Summit

<http://www.chfsummit.com.au/ehome/index.php?eventid=518286&>

27 - 28 MAY

Perth and Online

Value-based healthcare

<https://ahha.asn.au/events/value-based-health-care-conference>

Better care everywhere webinar series

<https://www.safetyandquality.gov.au/our-work/healthcare-variation/better-care-everywhere-program-series#our-program>

19 - 20 APRIL

Virtual

Australian Pain Society Conference

[https://www.dconferences.com.au/aps2021/program\\_overview](https://www.dconferences.com.au/aps2021/program_overview)

22 - 24 OCTOBER

Sydney

AMT Annual Conference

<https://www.amt.org.au/conference/welcome.html>



# Listen online any time, anywhere

## Back pain

<https://painconcern.org.uk/airing-pain-programme-90-back-pain/>

## Critical reasoning for beginners

<http://podcasts.ox.ac.uk/series/critical-reasoning-beginners>

## Monash musculoskeletal research unit podcast

<https://podcasts.apple.com/au/podcast/monash-musculoskeletal-research-unit-podcast/id1549298610>

## Biomechanics and Pain - Ongoing Dilemma

<https://www.youtube.com/watch?v=1geNiokT3DI&feature=youtu.be>

## Failing models

<http://www.mechanicalcareforum.com/podcast/124>

## Pain Reframed: We believe you

<https://painreframedpodcast.libsyn.com/size/5/?search=Keith+Meldrum>

## BPS aspects of manual therapy

<https://tkex.org/podcast/2020/1/16/walt-fritz-bps-aspects-of-manual-therapy>

## How to live well with pain and do what you love

[https://www.integrativepainscienceinstitute.com/latest\\_podcast/how-to-live-life-well-with-pain-and-do-what-you-love-with-bronnie-lennox-thompson/?fbclid=IwAR0fkOJLcqWdd0xIHuD8cXkkWI8neDt2Hn2sK1dPBrYnHcYe4gbhjswwZ4](https://www.integrativepainscienceinstitute.com/latest_podcast/how-to-live-life-well-with-pain-and-do-what-you-love-with-bronnie-lennox-thompson/?fbclid=IwAR0fkOJLcqWdd0xIHuD8cXkkWI8neDt2Hn2sK1dPBrYnHcYe4gbhjswwZ4)



# Listen online any time, anywhere

(cont...)

**Rethinking what's best for low back pain**

<https://www.abc.net.au/radionational/programs/healthreport/low-back-pain-retraining-the-brain/9842118>

**Surgery: The Ultimate Placebo**

<https://bodylogic.physio/podcast/episode-20-surgery-the-ultimate-placebo-with-surgeon-prof-ian-harris-for-back-pain-fact-10/>

**The End of the Structural Model?**

<https://play.acast.com/s/liberatedbodypodcast/ep-54-the-end-of-the-structural-model-with-eyal-lederman>

**Safe, competent and ethical practitioners**

<https://player.whooshkaa.com/episode/529004>

**Taking care: A Conversation with  
Kate Richards**

<https://player.whooshkaa.com/episode/554220>

**The Obscure Virus Club**

<http://revisionisthistory.com/episodes/40-the-obscure-virus-club>

**Stretching the tissues or stretching  
the truth?**

<https://advanced-trainings.com/ttp-podcast-11-stretching-tissues-or-truth/>

**The Dramatic Cure**

<https://www.npr.org/transcripts/853753307>



# Listen online any time, anywhere

(cont...)

## Therapeutic relationships

<https://www.2rmtsandamic.com/episodes/episode/1cd8f1d7/therapeutic-relationships-with-guests-matt-and-sam>

## What is functional?

<https://www.updocmedia.com/podcast/what-is-functional-w-dr-craig-liebenson/>

## The Strange Science of Recovery

<https://soundcloud.com/bmjpodcasts/exploring-the-strange-science-of-recovery-with-christie-aschwanden-episode-396>

## You are not so smart - Naive Realism

<https://youarenotsosmart.com/2017/07/20/yanss-101-naive-realism-rebroadcast/?fbclid=IwAR2AFxgHHoCRBs9FcBsL3p89ctoZpP2ujO6UcOHnkpP7U99GRqIW3wFFMFk>

## When modern medicine is wrong

<https://www.earwolf.com/episode/when-modern-medicine-is-wrong/>



# View online any time, anywhere

**COVID risk assessment for massage therapists**

<https://www.youtube.com/watch?v=euRPIjL1cwI>

**Massage Therapy Journal Club – Affective Touch, Attachment Style, and Pain**

<https://www.youtube.com/watch?v=kQLKqUINKfw>

**Massage Therapy Journal Club – Just breathe normally**

<https://www.youtube.com/watch?v=hTclpH6o6ms>

**Is pain science really a pain for massage therapists?**

<https://www.youtube.com/watch?v=F4hjn7t3PKQ>

**Massage Therapy Journal Club – Delayed Onset Muscle Soreness**

<https://www.youtube.com/watch?v=c2PL7FJ3vvE>

**Managing the treatment environment**

<https://www.youtube.com/watch?v=b8DUBD4KpwQ>

**Massage and eating disorders**

<https://www.youtube.com/watch?v=27UG6COBskg>

**Massage Therapy Journal Club – “Haptically Linked Dyads”**

<https://www.youtube.com/watch?v=uhzblPsgwO8>





# View online any time, anywhere

(cont...)

## Musculoskeletal Australia webinars (various)

<https://www.msk.org.au/health-professional-webinars>

## Neuroplasticity: the science behind rewiring the brain

<https://soundcloud.com/sydney-ideas/neuroplasticity-the-science-behind-rewiring-the-brain?in=sydney-ideas/sets/>

## New insights from pain neuroscience

<https://www.youtube.com/watch?v=ZWvyLJkBrLY>

## Optimising care for those experiencing chronic pain

<https://www.youtube.com/watch?v=S7mOMYHBgoc&list=PLD5F32F68A8F25B2B&index=4>

## Pain: a symptom or a disease

[https://soundcloud.com/sydney-ideas/health-forum-pain-a-symptom-or-a-disease?in=sydney-ideas/sets/medicine\\_health](https://soundcloud.com/sydney-ideas/health-forum-pain-a-symptom-or-a-disease?in=sydney-ideas/sets/medicine_health)

## Patient engagement: a new name for old tools

<https://www.youtube.com/watch?v=cIBkft69BaQ>

## San Diego Pain Summit videos

<https://www.sandiegopainsummit.com/videos?fbclid=IwAR0z5xrcDleX-cEakMdvh1j7A45fN9uJHvxHqVJY6oIDG3j0tHMeZD-oozM>

## Sleep: the new health frontier?

[https://soundcloud.com/sydney-ideas/sleep-the-new-health-frontier?in=sydney-ideas/sets/medicine\\_health](https://soundcloud.com/sydney-ideas/sleep-the-new-health-frontier?in=sydney-ideas/sets/medicine_health)

## Surgery: the Ultimate Placebo

<https://www.youtube.com/watch?v=lzueFu1cq5U>



# Massive Open Online Courses (MOOCs)

Please check course opening and completion dates to ensure that the MOOC is still current.

## SELF-PACED

### Anatomy: Musculoskeletal and Integumentary Systems

<https://www.edx.org/course/anatomy-musculoskeletal-integumentary-michiganx-anatomy403-1x>

## SELF-PACED

### Well and Able - Improving the Physical Health of People with Intellectual Disability

<https://www.edx.org/course/well-and-able-improving-the-physical-health-of-peo>

## SELF-PACED

### Understanding the Australian Healthcare System

<https://www.edx.org/course/understanding-the-australian-health-care-system>

## OPENS 16 FEBRUARY 2021

### Understanding Dementia

<http://www.utas.edu.au/wicking/understanding-dementia>

## SELF-PACED

### Applying Health Coaching in Patient Care

<https://www.edx.org/course/applying-health-coaching-in-patient-care>

## OPENS 15TH MARCH 2021

### Understanding Multiple Sclerosis

<https://ms.mooc.utas.edu.au/>

## SELF-PACED

### Cognitive Behavioural Skills to Treat Back Pain

<https://www.futurelearn.com/courses/back-skills-training-programme>



# Massive Open Online Courses (MOOCs) (cont...)

Please check course opening and completion dates to ensure that the MOOC is still current.

## SELF-PACED

### Introduction to Biomedical Imaging

<https://www.edx.org/course/introduction-to-biomedical-imaging>

## SELF-PACED

### Human Neuroanatomy

<https://www.edx.org/course/anatomy-human-neuroanatomy>

## SELF-PACED

### Understanding Clinical Research: Behind the statistics

<https://www.coursera.org/learn/clinical-research#about>

## SELF-PACED

### Demystifying Biomedical Big Data: A User's Guide

<https://www.edx.org/course/demystifying-biomedical-big-data-a-users-guide>

## SELF-PACED

### Overview and management of Parkinson's Disease

<https://www.edx.org/course/overview-management-of-parkinsons-disease>



# Other Online Courses

## SELF-PACED

### Melanoma and Skin Care Early Detection

<https://masced.uk/accreditation/>

## SELF-PACED

### Basics of Research Literacy for Massage Therapists

<http://massagetherapyfoundation.org/basics-research-literacy/>

## SELF-PACED

### Palliative Care Online Training

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

## SELF-PACED

### Hand hygiene modules

<https://www.hha.org.au/online-learning/learning-module-information/module-catalogue>

## SELF-PACED

### Better Pain Management: The essentials of pain management

<https://www.betterpainmanagement.com/catalog?pagename=Modules>

## SELF-PACED

### FIFA Football Medicine Diploma

<https://www.fifamedicalnetwork.com/medicin-diploma/>

