



Delegate Booklet

Conference 2021 - online



9.00am	Registration and virtual networking, meeting old & new friends
10.00am	Welcome by Karen Yarnell, MTI Board Member
10.10am	Keynote Brendan Beder
11.00am	Morning Workshops <ul style="list-style-type: none"> • A Myofascial Approach to Fibromyalgia – Amanda Oswald • The Importance of Gut Health – Susie Willsher • Stress and the Modern Working Woman – Jayne Burke • The Myths and Benefits of Oncology Massage Therapy - Susan Findlay • Muscle Testing as a Monitor for Modern Day Injuries – Earle Abrahamson & Jane Langston • PPE, Infection Control and a Bit of Fun in Massage – Eva Weltermann
1.00pm	Lunch <ul style="list-style-type: none"> • Covid-19 Pathologies: presentation and Q&A session with Jane Langston
2.00pm	Afternoon Workshops <ul style="list-style-type: none"> • Vital Motion: What Moves You? What Makes You Move? – Maya van der Galiën & Iain Murdoch • Buteyko Breathing – Gray Caws • Inside the Head of Fibromyalgia – Chris Newton • Making Time for You in a Hectic World – Ruth Duncan • Soft Tissue Strategies for Post Natal Core Rehab – Jenny Burrell • Marketing in the Time of Covid – Tor Davies
4.00pm	Afternoon Tea Meet your Regional Teams
4.40pm	Competition Winners Announced and Closing Remarks
5.00pm	Conference Close

Message from the Board

Karen Yarnell

Dear Members

This past year has been unlike any other. It has been a rollercoaster ride with repeated upheavals in our studies and work, constantly changing government advice and the whole spectrum of emotions we have experienced around our studies, our practices, our loved ones and our changed lives.



We have had to learn as individuals and as a community how to navigate this uncertainty and that has had its own challenges. I would like to acknowledge the amazing community spirit of MTI during the pandemic. There have been many examples of members coming together, virtually, supporting and guiding each other and our PAs, Membership Officers and Marketing Officer have continued to bring members together at virtual events and get togethers. Like any community we have had to look at how we include the range of views from our diverse group. This has not always been easy, but as we continue to learn from each other and grow as a community we recognise the value in those diverse views.

It's been a time for change for MTI as an organisation too, with Director Tim Bartlett and Chair Earle Abrahamson stepping down in the last year. Our long-serving Membership Officer Anna Glowacka left the role in the summer to follow another part of her dream and we have had two wonderful women step into her shoes. First Sarah Hamnett who did a great job in the very challenging time of yet another lockdown at the end of last year, and now Caroline Green, who hit the ground running in January and has done a fantastic job of delivering this conference. Huge gratitude to those who have left and welcome to our new team members, including the new Board members joining us at this conference.

The pandemic has brought changes have been unsettling and difficult at times, but it has also given us the opportunity to take a good look at how we do things, to find out what's important to us and to clarify the values we want to express. We have had to embrace the virtual, integrate it into the holism that is at the centre of our work and guide ourselves into a new way of giving and teaching massage. As our journey unfolds before us, we continue to walk this evolving path.

Have a wonderful conference.

Karen Yarnell
MTI Director

Our Keynote Speaker

Brendan Beder

As a Performance and Wellbeing Coach, Brendan Beder has assisted clients with change management, wellbeing and resilience coaching, performance excellence and stress management for over 15 years. He began his career studying social sciences and law in South Africa and London. In 1992 he established his own commercial immigration and relocation practice, Beder-Harrison & Co, which he continues to run today.



Brendan has been an Associate Member of the Association for Coaching for a number of years and is a Certified Coach, having studied life and executive coaching as well as mediation at Regents College in London. He has worked with leading U.K. and U.S. coaching figures and has advised organisations such as Visa, Microsoft, Google, LogicaCMG, Fred Perry, Standard Bank, David Lloyd Group and Viveka. He frequently works with international sports stars, celebrities and captains of industry. Brendan has also assisted clients with Autogenic Training for more than 15 years as a central part of a stress management and wellbeing programme. AT is a self-generated relaxation technique to facilitate optimum performance in challenging circumstances and particularly with those with neurological disorders. He combines this with Mindfulness Meditation to provide an effective boost to resilience and wellbeing.

Brendan specialises in Time Limited Existential Coaching where the emphasis is on focus and results, preparing the client to continue tackling issues effectively and independently after coaching sessions have ended. He has lectured to teaching staff and PhD students at Oxford Brookes University on the practical application of Existential Coaching. He also facilitates courses on behalf of established training entities, firms of solicitors and on a one-to-one basis.

To boost his own wellbeing, Brendan plays tennis, the piano, meditates and sings.

Workshop Leaders

Earle Abrahamson

www.hands-on-training.co.uk

Earle is a senior lecturer in sports therapy. He is also the Chair of the General Council for Sport Tissue Therapists and sits on the board of the Complementary and Natural Healthcare Council. He is an internationally published author, therapist, psychologist and teaching fellow. Born and raised in Johannesburg, Earle gained qualifications and expertise in physical education and soft tissue therapy, clinical psychology and educational practices.



Earle was a medical gamemaker for the London 2012 Olympic and Paralympic Games and physical therapy team member for the London 2017 Athletics championships.

He is a director at Hands-on Training an MTI accredited school. Together with Jane Langston, he has authored anatomical textbooks and is a director at Learn Anatomy UK. He is the recipient of the Turnitin Global Innovation award for student engagement and a principal fellow of the higher education academy.

Jayne Burke

www.JayneBurke.com

Jayne has been a holistic therapist for over 20 years. Her main client groups consist of elderly clients with long term pain, professional working women / mums who are stressed, and children – to circumvent the stress cycle happening to them.



Jayne has a wealth of holistic knowledge and experience. She is qualified in a wide range of therapies, including Holistic Massage, Reflexology, Indian Champissage and Aromatherapy (check out the 'About' page on her website for more).

She is a qualified instructor of Infant / Baby Massage, The Massage In Schools Programme, Story Massage, Laughter Club, Tripudio and Karate (!). Jayne has developed face to face, Facebook, and online courses. She is academic, but also intuitive, and is grounded enough to realise that she learns a little bit more every day from everyone she meets and works with.

Jenny Burrell

www.burrelleducation.com

Jenny is the head of Burrell Education, one of the UK's leading-edge educators in the field of modern pregnancy, post baby, 3rd age (peri- to post-menopause) and female fitness, wellness, massage and bodywork therapies. Burrell Education also stands alone in the UK as the only education company solely dedicated to creating and delivering education to professionals serving women throughout their major life phases. It is an unashamedly female-focused education company. The mission is to ensure that no woman gets left behind when it comes to her being deeply educated about her own body and empower to be her own deepest advocate for the health in both good and challenging times.



Burrell Education was formed in 2007, with the sole intention of revolutionizing the way we, as fitness and wellness professionals, work in wellness, nutrition, soft-tissue therapy and fitness with pregnant, post baby and peri- to post-menopausal women!

Jenny says: "I'm also the co-creator of several educational offerings dedicated to soft tissue therapy professionals working with women in the Post Natal and Post Hysterectomy phases of their lives, and creator of the ground-breaking licensed women's core health wellness system, Holistic Core Restore® with over 100 Licensees in the UK and Internationally. Holistic Core Restore® was created as a direct response to the pelvic health and continence issues I experienced after sub-total abdominal hysterectomy. Ultimately, the education and aftercare I received post-op didn't prepare me for the life that I wanted to live, an active and future-facing life. IN possible the most challenging period of my life so far, I made a pledge to dedicate myself to creating a Pelvic Floor and Core Rehab Programme that 'Everywoman' would benefit from and was actually FIT FOR PURPOSE!"

Gray Caws

www.adventuresinmovement.com

Gray Caws is a runner who, through his own practice and work with his clients, understands that breathing is the starting point of efficient movement at any level, be it getting up from a chair, going for a gentle stroll, or an interval sprint. Inefficient breathing equals inefficient movement.



Gray is a specialist personal trainer, ChiRunning coach, Oxygen Advantage instructor and Buteyko practitioner. He is based in London and holds regular workshops and retreats around the UK and worldwide including Bali, Portugal and Spain. He is also a teacher trainer of ChiRunning and the Oxygen Advantage techniques.

Gray says: "Being aware of the breath brings you to the present, the here and now. Breathe deep (not big) to energise and follow the rhythm to bring a sense of calm to body and mind."

Maya van der Galiën & Iain Murdoch

www.vitalmassage.eu

Maya is a Dutch holistic massage therapist, who qualified at the Meridian School for Massage & Bodywork in 2017. In 2015 Maya moved to the UK to live with her partner Iain.



In the Netherlands, Maya was working as an optician, but as soon as she started living in England, she had time to follow her passion and study in dance and massage.

Maya loves people, nature, personal development and creativity.

Iain is a retired engineer, who has been doing Vital Motion for over 20 years. It has changed his life for the better. He has trained in holistic massage at the Bristol School of Massage 20 years ago, but does not practice.

Iain loves science, flying (gliding) and researching how the world works.

Ruth Duncan

www.myofascialrelease.co.uk



Ruth began her soft-tissue therapy career in the USA in 2000. She has been a pioneer of Myofascial Release (MFR) in the UK and has provided advanced MFR workshops for manual therapists under the name 'MFR UK' for 16 years. She has also lectured and taught MFR internationally and is the author of 'A Hands' On Guide to Myofascial Release' published by Human Kinetics.

Ruth is a founding member of the Fascia Research Society, is a past committee member and consultant for the British Fascia Symposium and has delivered many lectures and workshops at trade shows and conferences. She is Vice-Chair of the Scottish Massage Therapists Organisation (SMTO) and an executive committee member of The Association of Physical and Natural Therapists (APNT). Ruth's own training includes advanced MFR techniques, sports and remedial soft tissue therapy, functional rehabilitation approaches as well as many post-graduate CPD workshops. Ruth is also currently undertaking a BSc (Hons) in Health Sciences with the Open University.

Ruth is passionate about sharing the values of fascial orientated therapy and promotes the phrase: *'it's not how much pressure you use but how much resistance you feel'*.

All her manual therapy workshops delivered through MFR UK encourage the art of what's happening under the therapist's hands allowing them to find, follow and treat the source of pain and dysfunction.

During Covid-19 lockdown in 2020, Ruth delivered free online SMFR Therapy classes to therapists trained with MFR UK. Therapists were looking to not only treat themselves, but to learn how to provide support to clients and patients while in lockdown. In doing so, these therapists could earn an income. The result was the Certificate in Self-Myofascial Release Therapy. Along with this online course, Ruth has re-designed many of her live face-to-face workshops to offer blended learning.

Susan Findlay

www.susanfindlay.co.uk

Susan's first love is dance, sport, anything to do with the joy of movement. She trained as a nurse in Canada, but soon left the profession when she came to the UK as she wanted a deeper connection with her clients.



For many years she worked in both health and fitness, teaching 20+ classes a week and running GP referral schemes. She wanted to make better use of all her knowledge which led her to retrain as a Sports Massage and Remedial Soft Tissue Therapist.

Currently, she is the director of NLSSM and specialises in teaching Oncology Massage. She is the author of *Sports Massage: Hands On Guide for Therapists*, and is the Sports Massage feature writer for *Massage World*.

She volunteers her time as a board member of GCMT and a PSB member of CNHC. More importantly, she still has a clinic in North London and keeps current with new skills. Join her on Massage Mondays for free weekly massage videos.

Amanda Oswald

www.paincareclinic.co.uk

Amanda Oswald is a leading UK myofascial release specialist with clinics in several UK locations.

She is the author of *Living Pain Free: Healing Chronic Pain with Myofascial Release* and *Trigger Points: Use the Power of Touch to Live Life Pain-Free*.



In addition to her clinic work, Amanda also runs regular Living Pain Free self-help workshops for the public and Practical Myofascial Release training for therapists.

Jane Langston

www.learnanatomy.uk

Jane started her career in the NHS working for over 20 years in Haematology and blood transfusion laboratories and is Fellow of the Institute of Biomedical Science. She went on to develop her skills as an Amatsu practitioner in a busy clinic in Hertfordshire for another 20 years and is a teacher of Amatsu soft tissue therapy, anatomy and physiology and the Director of Learn Anatomy Ltd.



As a result of many years of teaching, she understands that students need good strategies to help them learn, retain and apply anatomical studies.

Jane also sits as an Amatsu therapy representative on the General Council for Soft Tissue Therapies and is an Amatsu advisor to the British Register for Complimentary Therapies.

Chris Newton

clinic@fibroproject.com

Chris Newton has been practicing and teaching as a Soft Tissue Therapist for over a decade, at his clinic on East Sussex and as a senior tutor at the NLSSM Sports Massage School in London.



As with any manual therapist he came across many clients with Fibromyalgia in those years and found standard approaches to be ineffective. He would have good results with a client from one treatment and shockingly poor results the next, and never any lasting improvement. It wasn't until he went on to study Functional Neurology and Pain Science that the pieces began to come together.

IN 2017 he started The Fibro Project. Initially as a self-funded research project, where he donated over 100 treatment sessions to a group of willing volunteers. Over this process he discovered how working with the nervous system and stress responses could have significant and long-lasting effects for people suffering this condition.

Whilst the initial self-funded project is now over, he remains active in treating FMS patients at his clinic in Forest Row, East Sussex.

Susie Willsher

www.susiewillshernutrition.com



Susie is a Registered Nutritional Therapist, with a BSc (Hons) degree in Nutritional Therapy. She graduated in 2008. She is registered with the British Association of Nutrition and Lifestyle Medicine (BANT) and the Complementary and Natural Healthcare Council (CNHC). She has been in clinical practice for over 11 years and has appeared on numerous BBC radio shows.

Having suffered her own health problems and after trying different medications, none of which alleviated her symptoms and often gave her other side effects, she did her own research. And through diet and lifestyle changes she made dramatic improvements to her symptoms of IBS, brain fog and immune problems.

Since then she's never looked back. She developed a very good understanding of her own body and its needs, and eliminated all the symptoms she had. This inspired her to explore nutritional therapy and health as she wanted to learn more and help others. She has since helped many IBS and other Gastrointestinal disorder sufferers, along with those with other complex health conditions and symptoms.

Eva Weltermann

www.therapyroomsheffield.co.uk



Eva teaches on the SCMT's holistic therapeutic training, sports and remedial massage as well as deep tissue and hot stones massage, and a range of short courses.

She is running her own successful practice in Sheffield and is always looking to make massage more effective, ergonomic and interesting, whilst keeping it nurturing.

Tor Davies

www.co-kinetic.co.uk

Tor Davies began her professional life training as a physiotherapist at Addenbrookes Hospital, Cambridge. She went on to complete a BSc in Sport & Exercise Science at the University of Birmingham while also achieving a WTA international tennis ranking.



After graduating she worked in marketing with a London agency and then moved into medical journalism where her passion for publishing was born. At 27 she established SportEx medicine, a quarterly journal for physical and manual therapists.

With a passion for technology, as well as publishing, Tor's leadership grew SportEx into the Co-Kinetic journal and website with a focus on providing resources to help therapists develop their professional authority and brand, and market and grow their own businesses while working more efficiently and effectively, a topic that she speaks regularly on at global conferences.

Could this be you?

Do you have an area of expertise in the fields of bodywork, therapy, wellbeing or business that you would like to offer as a workshop for your fellow MTI members? Do you perhaps know a teacher or practitioner with something to share that you think would benefit the membership at a future MTI Conference, or maybe at a regional group event?

Perhaps there is something you are itching to add to your CPD that you would like MTI to offer as a workshop? Let us know!

Please send your ideas to register@massagetraining.co.uk to be added to our database of potential exciting Conference and workshop offerings.



The Regions

We have regional groups around the country; these groups are run by MTI members, for the benefit of other MTI members. Each group has a regional representative who meets with the Practitioner Association Council to discuss MTI membership and ways to continue to improve the benefits our members receive.

The main roles of Regional Teams are to:

- Liaise with MTI practitioners in the local area
- Organise events for practitioners in the region
- Attend National Practitioner Council meetings to discuss the future of MTI and give feedback from practitioners in your area
- Visit MTI schools to promote MTI to students.

To find out about regional events in your area visit the website
- www.massagetraining.co.uk/events/

East Anglia Team - eastanglia@massagetraining.co.uk



Kerensa Martin



Laura Richardson



Kit Adam



Carmen Zahra

London & Home Counties Team - london@massagetraining.co.uk



Gary Rollins



Nadia Faucher

Midlands Team - midlands@massagetraining.co.uk



Niki Cope

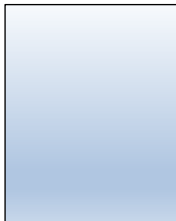


Anne Bradshaw

North Team - north@massagetraining.co.uk



Kelly Dorset



Rebecca Chauhan

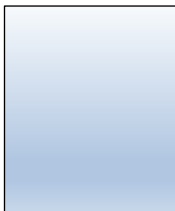
**Could
this be
you?**

North is recruiting for new Regional Team Members. Speak to Rebecca at the Conference afternoon 'Tea with the Teams' or email the North team.

Scotland Team - scotland@massagetraining.co.uk



Natalia Duncan



Alasdair Sim

South West Team - southwest@massagetraining.co.uk

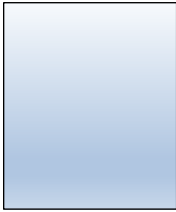


Sharon Bull

**Could
this be
you?**

South West is recruiting for new Regional Team Members. Speak to Sharon at the Conference afternoon 'Tea with the Teams' or email the South West team.

Wales Team - wales@massagetraining.co.uk



Fran Higginson

**Could
this be
you?**

Wales is recruiting for new Regional Team Members. Speak to Fran at the Conference afternoon 'Tea with the Teams' or email the Wales team.

West Country Team - westcountry@massagetraining.co.uk



Kerry McKerchar



Heather Newson

**MTI Conference 2021
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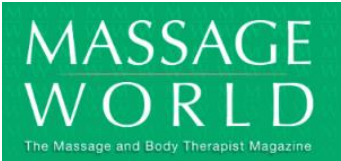
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