



MTI Conference 16 April 2016

**Self-care for Massage
Practitioners**

Cardiff Metropolitan University

M A S S A G E
T R A I N I N G
I N S T I T U T E

Delegate
Booklet

Timetable

9am	Registration, refreshments, exhibitions, meeting friends
10.30am	Welcome by Tim Bartlett
10.40am	Keynote Speech by Darien Pritchard
11.15am	Morning Workshops Happiness: An Inside Job? Sarah Hoare Neuro. Assessment of the Brachial Plexus - Earle Abrahamson Practising Mindfulness - Sharon Bull Yoga: Ahimsa the Practice of Non-Violence - Rose Thorn Get Ahead of a Headache with MFR - Ruth Duncan
1.15pm	Lunch
2.15pm	Afternoon Workshops Hands Free Massage - Darien Pritchard Thai Massage and the Power of Breath - Yvonne Cattermole Making Therapy Work: A Business Approach - Rachel Stuckey Making Hands Like Water: Music and Massage – Piers Partridge Treating Foot and Ankle Issues With MFR – Ruth Duncan
4.15pm	Conference Close
4.40pm	Depart

Message from Earle Abrahamson MTI Chair



Dear Delegates,

Another year, another conference - a space wherein we come together and share experiences and knowledge. I always look forward to the conference as an event that inspires discussion, application of technique and reflection. This year's programme has been carefully designed to include new and different perspectives on our practice. The conference not only affords attendees the chance to individually and collectively learn with, and from, each other, but also to meet with industry professionals to review products, understand new advances and establish relationships and partnerships for continued professional development. It is not only the coming together that is important, but also how we reflect upon the experience and use it for learning and enhancement of practice.

We trust you will enjoy the programme and benefit from the variety of workshops. Please do introduce yourself to members of the Board and feel free to speak to us about your MTI experiences. On behalf of the Board and the Conference Organising Committee, we welcome you to Cardiff and hope you have a Wales (s) of a time.

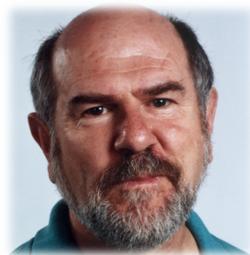
The MTI Board is Earle Abrahamson, Karen Yarnell and Tim Bartlett. You can find out more about Earle on p5 and Tim on p18, but here's more about Karen.



Karen qualified as a massage practitioner in 1997. Since then she has trained in Aromatherapy, Bowen Technique, Indian Head Massage, Reiki, Sports Massage and Thermal Stone Therapy. She feels her broad skill base supports her in meeting her clients' needs and keeps life interesting. She is also a teacher of anatomy, physiology and pathology, and courses such as Stone Therapy. She is also an MTI practical and theory exam assessor. The one thing Karen could never do without is her diary, it tells her which part of the country she is meant to be in and when!

Keynote Speaker

Darien Pritchard



Darien Pritchard first trained in massage 40 years ago. He recently retired from doing treatments to focus on writing, making DVDs and training others to carry on some of his specialist teaching. He has been a member of MTI for 24 years and is a former co-director, chair and head of anatomy and physiology teaching. And for a decade he represented MTI on councils raising UK massage training standards.

He has been a massage trainer (teaching both professional training and CPD courses) for over three decades, including five years teaching on a university degree course. He is the co-author of the text **Anatomy, Physiology and Pathology for the Massage Therapist** (2001/04) and wrote the career-maintenance reference book **Dynamic Bodyuse for Effective, Strain-Free Massage** (UK, USA, 2007), both to come out shortly in new editions. Darien is also writing **Hands Free Massage** for publication this year.

For more than two decades, he has been a guest teacher on the massage training course at the Royal National College for the Blind in Hereford. And for 25 years he provided the bodywork element to prepare the body for freeing the voice in the Voice/Choir Leader's Training Course developed by singer/voice teacher Frankie Armstrong.

Darien has pioneered a focus on good body use (and hand protection) as an integral part of massage training in the UK, and has been in the forefront of promoting **Hands Free Massage**. His approach to bodywork has been strongly influenced by Yoga, Tai Chi, creative dance and the Feldenkrais Method® of movement awareness, as well as another great life interest – playing acoustic music.

He runs an extensive training in Hands Free Massage and another on **RhythmMobility®** bodywork, combining elements of massage and the Feldenkrais Method® with his love of rhythm.

As well as the Keynote Speech, Darien will also be giving a workshop on **Hands Free Massage** in the afternoon.

Workshop Leaders

Sarah Hoare – Happiness: An Inside Job? www.sarahhoare.co.uk



Massage Therapist and MTI tutor, Sarah runs Happiness courses as part of her 'other work' as a Solution Focused Hypnotherapist.

Massaging the people of Bristol since 2001, Sarah has long been fascinated not just by the physical benefits of massage, but by the emotional and mental changes facilitated by darned good bodywork. A two-fold interest in 1) the way clients can go off somewhere and just seem to sort things out for themselves during massage and 2) the remarkable ability words have to help or hinder healing, led her to Solution Focused Hypnotherapy; powerful relaxation-induced trance malarkey.

Committed to helping people reach their potential, Sarah combines her mindwork and bodywork to share the joy with anyone who'll stop long enough to sit down, or lie down, and relax...

Earle Abrahamson **Neurodynamic Assessment of the Brachial Plexus** www.hands-on-training.co.uk



Earle is a senior lecturer in sports therapy. He is also the national chair of the Massage Training Institute, Vice-Chair of the General Council for Sport Tissue Therapists and sits on the professional board for soft tissue therapy at the Complementary and Natural Health Care council. He is an internationally published author, therapist, psychologist, educator and teaching fellow.

Born and raised in Johannesburg, South Africa, 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. He is a director at Hands-on Training, an MTI accredited school. Recently he won the Turnitin Global Innovation award for student engagement.

Sharon Bull – Practising Mindfulness

www.touchenergy.co.uk



Sharon is a multi-skilled bodyworker, wellbeing coach and tutor with an easygoing and unique approach. She founded touchenergy in 1999.

Recognising the power of the mindbody relationship that helped her overcome her own health issues, Sharon is passionate about the body's ability to heal itself and the importance of self-awareness and relaxation for emotional, mental and physical health.

Her experience includes being Principal of the Academy of Natural Health, delivering postgraduate bodywork courses and specialising in coaching working with anxiety, depression and low self esteem.

She has secured NHS contracts supporting unpaid carers in their homes for the last four years and is developing a mindfulness camping retreat centre in Devon, opening later this year.

Rose Thorn

Yoga: Ahimsa the Practice of Non-violence



Rose has worked as a state registered Dramatherapist for more than 13 years. She works with diverse groups of people in settings such as: day centres, psychiatric hospitals, schools and community centres. She is passionate about using the body and the arts as a means of exploring, communicating and expressing all that unites us as humans and defines our differences.

Rose trained as a Yoga teacher with the Inner Yoga Trust. Her own practice has deepened as she moves from the physical body to connect with the spiritual and healing aspects of yoga. She is inspired by the teachings of Scaravelli that focus on 'freeing the spine'.

Rose trained in Holistic Massage at the Bristol College of Massage and Bodywork to expand her understanding of the body through touch.

Ruth Duncan

**Get Ahead of a Headache with MFR
Treating Feet and Ankles with MFR
www.myofascialrelease.co.uk**



Ruth is a leading specialist in myofascial release and soft tissue therapy. She has been instrumental in bringing the technique to the UK.

Ruth has run her own clinical practice since 2000 and is the owner of, and senior lecturer for, Myofascial Release UK. Ruth wrote 'A Hands on Guide to Myofascial Release' published by Human Kinetics in Spring 2014. In October 2014 she was presented with the 'Outstanding Achievement to the Industry' award at the Camexpo trade show in London.

Ruth is passionate about the integration of musculoskeletal soft tissue skills with the art of kinesthetic touch – encouraging 'listening hands' which feel and follow the natural ebb and flow of the body's fascial matrix, finding and resolving restrictions, turning dysfunction to function.

**Yvonne Cattermole - Thai Massage
www.yvonnecattermole.co.uk**



Since her initial training in reflexology, Yvonne spent two years as an apprentice to her Reiki Master (2005), studied Thai Massage with Adam Carter (2008) and this year graduated from Sadhana Mala's five year yoga training. As well as teaching classes, she offers individual yoga therapy.

Following work in private practice for ten years, Yvonne joined the core therapy team at Penny Brohn Cancer Care, offering bodywork and co-facilitating the Living Well Programme.

She has a full-time practice at Yanley Court in North Somerset and is an MTI tutor at the Bristol College of Massage and Bodywork (BCMB). She teaches the Thai Massage Diploma and assists with anatomy, physiology and pathology on BCMB's professional training course.

**Rachael Stuckey - Making Therapy Work:
A Business Approach**
www.therapeaseltd.co.uk



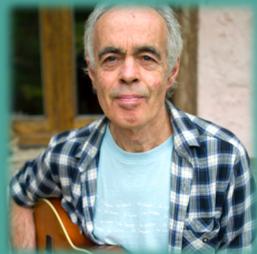
Rachael started out working in the fitness industry, going from fitness instructor to health club manager in 12 years.

After being amazed at how an effective massage could enhance her fitness and improve wellbeing, Rachael decided to train in massage and fell in love with it. To be able to calm, relax or soothe pain from palpation of the muscles still gives her a sense of satisfaction and pride.

On moving to Cardiff a couple of years ago, she added to her skills by studying clinical aromatherapy and advanced anatomy and physiology.

Rachael passionately believes in a holistic approach to a happy, healthy life - massage, exercise, nutritional food and most importantly fun!

**Piers Partridge - Music and Massage:
Making Hands Like Water**
www.pindropclub.co.uk



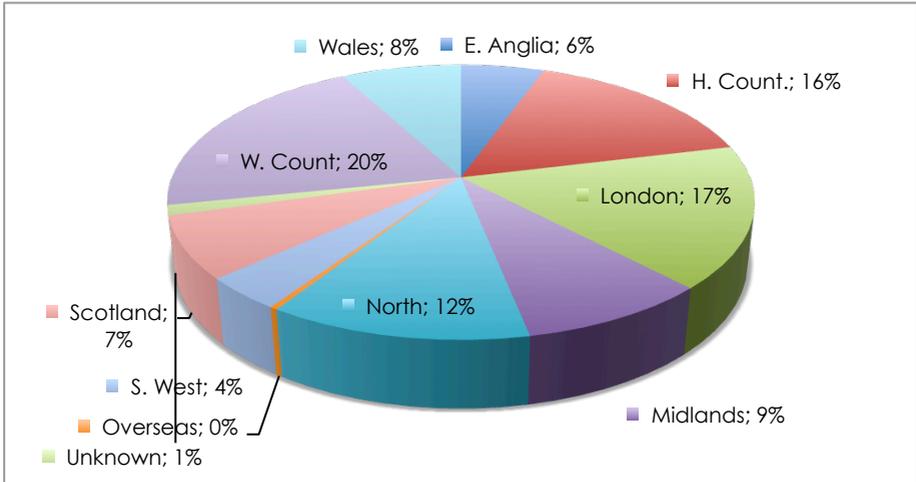
Piers is 66 years old and has been a musician since he bought his first guitar at the age of 13. He has always loved acoustic music and the transformative power of beautiful sound. He has been composing for massage for many years and his CD 'Bowl of Plums' has been adopted by many therapists in the Bristol area.

Piers believes that live sound has a healing power that cannot be achieved by electronically generated music. He feels that receiving massage while being played to is one of life's great gifts.

Piers plays in many different styles, collaborates widely with other musicians and has been influenced by both jazz and world styles. He has worked extensively creating film scores for BBC and ITV.

Membership Report

2015/16 has seen our practitioner membership increase once again, with small increases in Wales, London and the Home Counties.



The Regional Teams

We have eight regional groups who aim to offer great CPD and networking opportunities for our members. You can find out more about your regional team on the next few pages. These teams work on a voluntary basis and give a great deal of time and effort for the benefit of other MTI practitioners and students in their region.

Want to know more?

We are keen to hear your views on MTI and how we can improve what we offer to our members. The best way to achieve this is to get involved with your regional team. If you'd like more information then get in touch with Jenny at register@massagetraining.co.uk.

We would particularly like to hear from members in the Home Counties, Wales and the West Country.

East Anglia

eastanglia@massagetraining.co.uk

It's been another packed diary this year! We hold our regional meetings in a variety of places over East Anglia, mainly weekends alternating Saturday and Sunday. Our members then have more opportunity to make at least one of our meetings. We aim to be wholly inclusive.

Since the last conference in April 2015, we have been honoured to benefit from some contributor-led workshops, held by experts in their field.

In June 2015 we welcomed Owen Lewis to talk to us about Myofascial Release. In September of that year, Norwich MIND delivered a thought-provoking seminar on working with clients with mental health challenges. And in the November, Angela Sellens Drake worked with us on facial reflexology. So far this year, Jonathan Dance gave us the 'How to' on Super Swaps in February.

Events being lined up for later this year include: the return of Owen Lewis in June for Myofascial Release and The Art of Breathing; a relaxation day in July, with Qi Gong and sound bath meditation and a Mindful Day in September.

After the workshop we share lunch and informal peer supervision time. This works very well for us, for: sharing concerns, up to date information, debate and support. We have an active Facebook page and our members regularly volunteer to promote the MTI at local events.



The Team

Kerensa Martin
Laura Richardson

**Kerensa and Laura
are at the conference**

Midlands

midlands@massagetraining.co.uk

We hold an event or workshop for Midlands practitioners every quarter. We meet at The Fold in Bransford, Worcester and hope to hold events at the Meridian Centre in Birmingham in the near future.

In the last year, events include: in October 2015, a Midlands Practitioner Gathering, led by Marian Hardimann and Sarah Cohen; in January 2016 an Ayurvedic workshop with Kathy Moores and in March, an Alexander Technique workshop and massage practice session.

Further events for 2016 include: Trigger Points and massage practice session in June and the visit of Earle Abrahamson in November to talk to us about: Kinesiology Taping, his work, links with CNHC and how he is where he is today.

As a team we aim to include and encourage all Midlands practitioners in discussions. We post regularly on our Facebook group and Twitter feed. We include content about local training events and information that might be useful to massage practitioners.



The Team

Jo Saines
Usama Dafaalla
Niki Cope
Anne Bradshaw



**Nikki and Anne are
at the conference**

London and Home Counties

london@massagetraining.co.uk

In July we ran a workshop on Neutral Space Relaxation (N-SR) given by the charismatic and very likeable Marcos Viliotti. N-SR is a very gentle, but effective way to relax your body and mind.

In October we were very lucky to have Sarah Guyan and Donna Hartwell from St Christopher's Hospice, Sydenham, who outlined what its like to work in their Complementary Therapy team. This was a fascinating introduction to the rewarding work with clients reaching the end of their lives. It was very interesting to learn how gently you have to touch very ill and fragile clients, and we all learned a lot when Sarah and Donna showed each of us what they consider to be a gentle touch, which was incredibly light compared to what we expected.

After three years of hard work, Kate Burton, Linda Stenberg and Lindsey Seabrook have stepped down from the Regional Group. A big thanks to them for all their support. We're very pleased to welcome Maribel Costa and Gary Rollins who have kindly joined in their place.

Our workshops for 2016 are still in the preparation stage. They will hopefully include a workshop about giving massage to teachers in schools; a workshop about Cranial Sacral Therapy; and another summer picnic out on the grass beside our River Thames venue. Let us know if you have any suggestions and we hope to see you soon.



The Team

Maribel Costa
Bruce Macdonald
Gary Rollins

Scotland

scotland@massagetraining.co.uk

We now have a wonderful team supporting MTI work in Scotland. A very warm welcome to Carlynn, Emma and Danny! We've created a Facebook page and are working on increasing our numbers.

In 2015, we ran three workshops. In June, we held a Shoulder Masterclass with Earle Abrahamson. This was a popular and well-attended seminar, which set a very good tone for the rest of the year. It was a great mixture of theory and practice and we received very good feedback from participants.

In September, Myofascial Release Techniques with Simonetta Logan, which was another well attended and well received session. Simonetta discussed the nature and role of fascia followed by hands on work.

And in November 2015 we hosted Effective Clinical Assessment and Working with Auto-Immune Conditions with Sally Chamness. We worked on observation for postural issues, then practised a detailed massage protocol that is suitable for people with MS.

So far in 2016, we've run a massage exchange and peer supervision in February and a hands free workshop in April. Other plans for 2016 include a hip and pelvis masterclass with Earle Abrahamson and an advanced technique workshop.



The Team

Natalia Duncan
Emma Veitch
Carlynn Young
Danny Mullens

(Carlynn not pictured)

Natalia and Carlynn are at the conference

North

north@massagetraining.co.uk

2015 was a 're-formative' year for the MTI North Region. We were sad to say goodbye to Roz Roberts as regional rep, but were very pleased to welcome Clare Feldcamp who joined us from the Midlands. Clare brought a wealth of experience and a background in marketing, which was highly valued!! Sadly Clare also had to say goodbye in the Autumn due to work commitments. But we welcomed Natalia Vrchovska and John Mackie to the team towards the end of the year.

Highlights included the successful Regional Gathering in July at the Quaker Meeting House. The day was led by Clare and Gerry Andrews, with a practical workshop on Qi Gong movement and exercise for the practitioner led by John Mackie, followed by group practice.

Earle Abrahamson delivered a Kinesiology Taping course in November in Leeds, which we opened up to non-MTI members. We intend to continue with this inter-disciplinary trend at future events.

We have forged stronger links with the Northern Massage Association and hope to share and co-deliver events in the coming year. Ideas for 2016 include: Regional Gatherings; business and the MTI; Positive Touch and palpatory techniques; inter-disciplinary seminars and "Fabulous Fascia" with Sally Morris. Mindful of the size of our region, we are looking at ways of supporting members to host sub-regional gatherings.



The Team

Gerry Andrews
Natalia Vrchovska
John Mackie



**Gerry and Natalia
are at the conference**

Wales

wales@massagetraining.co.uk

It's been a quiet year in the Wales region. Andy Fagg joined us for a Massage for Cancer Patients workshop in September, which was popular and much appreciated by all who came.

Holly Entwistle has just left the team, having moved to Somerset last week.

We are still formulating plans for 2016, but are very excited to be hosting this year's annual conference. We have been working with the central MTI team to help organise the event and spread the work to delegates and exhibitors. We hope you enjoy this year's Welsh flavour!



The Team

Danielle Adams
Sue Attrill

**Danielle and Sue are
at the conference**



In-depth
discussions
at the
regional rep
training in
London last
September

South West

southwest@massagetraining.co.uk

This year the South West Region has welcomed Natasha Alan-Williams on board as the new Secretary. We thank Sara Jennett for all of her hard work and wish her well for the future.

Bridget Taylor hosted two Massage Practice Days – one in October 2015 and one in March this year. Bridget also hosted two massage practice evenings at her house in November and February. There is another practice day and evening planned for May.

Sharon is planning a Mindfulness and Massage event at an upcoming centre in Devon during the summer of 2016. This will be an advanced CPD course for MTI and Non-MTI members.

We hope to arrange a practice day in the east of Devon or Dorset in the Spring or Summer, and also in Dorchester for the south-east of the region, sometime before September.



The Team

Natasha Alan-Williams
Bridget Taylor
Sharon Bull



**Natasha and Sharon
are at the conference**

West Country

westcountry@massagetraining.co.uk

The West Country region has been through a rebirth in the last year. From the situation of having no regional team at the start of 2015, four interested parties attended the regional rep training in London last September. After consideration we now have a fledgling team of two, Victoria Armstrong and Kate Browne.

Since this region has been dormant for a few years, the team decided to start gently with a light programme of varying activities and locations to investigate interest levels and potential barriers to engagement.

So far in 2016 we have meet for an informal social gathering in Bristol and a supervised swap day in Bath.

Plans for the rest of this year include another social in May and an evening talk in June.

Feedback on our renaissance from members both via the email newsletter and West Country Facebook Group has been positive and engaging. We welcome any more comments or questions from local members.



The Team

Victoria
Armstrong

Kate Browne

Victoria and Kate are at the conference

Faces to Names and Voices

Find out a bit more about the MTI team you may have been in contact with over the last year.



Tim Bartlett *MTI Board* Tim has taught Holistic Massage with Bristol College of Massage and Bodywork since 2004 and is a practising holistic and sports massage therapist. He also teaches anatomy, physiology and pathology for the MTI and is on our Training Committee. Tim is a senior lecture on the Complementary Therapies degree at Cardiff Met University.



Jenny Hampton *Membership and Marketing Officer (maternity cover)* Jenny is a practising massage therapist and marketing consultant. She is covering for Anna Glowacka while she is on maternity leave. Jenny has been in post since the beginning of March and is looking forward to meeting members at the conference.



Anna Glowacka *Membership and Marketing Officer* Anna joined the MTI team in 2011 and is currently on maternity leave until November 2016. Her role is to support the practitioner membership, the regional teams and promote the MTI. She is also a massage therapist so has an understanding of the issues that bodyworkers' face.



Diana Newson *Schools' and Student Officer* Diana has been organising courses and exams for MTI since 2011. Before that she was a self-employed holistic massage practitioner and aromatherapist for 11 years. Her background as both a student and practitioner help inform her MTI work.



Sarah Cohen *New Tutors' Officer* Sarah supports and guides new tutors as they gain accreditation and begin to teach. She joined the MTI team in 2011. She is also a tutor with the Bristol College of Massage and Bodywork, based in Worcester, so has an insight into the needs of new and practising tutors.

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