



# Delegate Booklet

Celebrating 30<sup>th</sup> Years  
Conference 2018 - London



<b>9am</b>	Registration, refreshments, exhibitions, meeting old & new friends
<b>9.50am</b>	Welcome by Earle Abrahamson
<b>10am</b>	Keynote Panel Event
<b>10.45am</b>	<b>Morning Workshops</b> <ul style="list-style-type: none"> <li>• Treating Lower Back Pain – Jane Johnson</li> <li>• Treat your hands to some Myofascial Release – Ruth Duncan</li> <li>• Get into the flow – Exploring lymphatic massage – Earle Abrahamson &amp; Jane Langston</li> <li>• Tips &amp; Tricks for Avoiding Trouble with the Taxman – Michael Bennett</li> <li>• Creating Mindful Massage Treatments – Sharon Bull</li> <li>• How To Treat 5 of the most common Sports Injuries – Cameron Reid</li> </ul>
<b>12.45pm</b>	Lunch
<b>1.45pm</b>	<b>Afternoon Workshops</b> <ul style="list-style-type: none"> <li>• Treating Frozen Shoulder – Jane Johnson</li> <li>• Myofascial Rehabilitation, making functional change in the sacroiliac area – Ruth Duncan</li> <li>• Hands Free: An Introduction – Darien Pritchard, Leora Sharp, Sally Morris &amp; Craig Foden</li> <li>• Yoga: self-care for therapists and clients – Claire Feldkamp</li> <li>• Working with conflict survivors in Bosnia and the UK– Liz Fosbury &amp; Rosemary Thomson</li> <li>• From Movement to Function – Investigating muscle tests for the upper limb – Earle Abrahamson &amp; Jane Langston</li> </ul>
<b>3.45pm</b>	Afternoon Tea
<b>4pm</b>	Closing Remarks and Prize Giving
<b>4.15pm</b>	Conference Close



# Message from the Chair

## Earle Abrahamson



*On behalf of the Board, I extend a warm welcome to our London 2018 conference, at which we reflect on and celebrate 30 years of practice, education, networking and community.*

*The MTI has been instrumental in shaping massage therapy in the UK, and takes pride in safeguarding its standards, providing learning and CPD opportunities for our members, and building communities for sustained practice. The journey to success requires commitment, courage, creativity, integrity, and an ability to persevere in the presence of adversity. These principles lie at the heart of the MTI.*

*In our 30th year, we recognise how far we have travelled, extend our sincere gratitude to those who served us so well for so many years, and build an inclusive culture for managing our future challenges.*

*This conference provides a common space for us to learn together and better understand the skills we have and need to make an impact not only within our practice but equally within our education.*

*I take pride in realising the enormous wealth of expertise we have within the MTI and how we continue to improve and transform our practices year on year. The past 30 years are not only about doing things better, but also about how we have learned to do better things.*

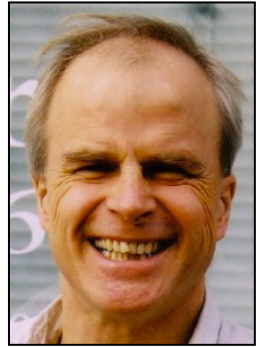
*We thank you for supporting our conference and trust you will enjoy the day. Remember to speak to colleagues, learn about opportunities available to you through our regional teams, and get involved in shaping the future of massage therapy in the UK and internationally.*

*The MTI prides itself on welcoming new and more experienced practitioners to our conference. The formal workshop sessions lend themselves to aiding professional development, however, the informal spaces are equally important in developing networks, speaking to exhibitors, and connecting with tutors and mentors.*

*We hope you are able to maximise your learning and professional development during the conference and help us to celebrate our success. In the words of John Wooden, **"Things work out best for those who make the best of how things work out"**.*

# Celebrating 30 Years!

The Thoughts of Andy Fagg  
MTI Co-founder



## ***MTI – A contradictory organisation!***

MTI ought not to exist. It was founded by creative mavericks, passionate about holistic massage. I well remember Sara Thomas approaching me in the early 1988 along these lines:

***“Some of us who teach massage feel we could do differently from ITEC...you're starting to teach massage in Bristol...would you like to join us?”***

Now creative mavericks shouldn't form organisations. That's an oxymoron and yet somehow MTI has continued for over 26 years and in many ways is now in ruder and more robust health than ever.

MTI has had many ups and downs. **I could tell many stories**, but a few dramas I have been involved in, spring to mind. Usually they arose precisely because of the passion and strength of the people involved:

- The initial break from Spectrum - a psychotherapy centre in London – in 1991 when the Association of Massage Practitioners Training Executive morphed its way into being MTI.
- Moving the Practitioner Register (now Practitioner Association) from London to Bristol in 1995. Yes it nearly fizzled out. Without the Register, there would be no PA and MTI would have no representation at national level.
- The financial crisis of 2008 when we had to raise examination fees and cut costs. Mind you, this led to the creation of the Conference and the system for accrediting a wider range of MTI courses.
- The shock of Richard Leadbeater's death in 2011; the same year as our admin stalwarts, Chris Wing and Janet Yallop, retired.

Somehow we have managed to pull together and find creative ways through. The unity of purpose and our ability to disagree yet also be creative have been impressive.

## There have also been many achievements

- Developing a robust syllabus and assessment process for holistic massage, allowing for diversity and creativity between training centres and practitioners.
- The incredible commitment, and heart based energy of so many tutors over the years. I could mention many names: some that immediately spring to mind include **Sara Thomas, Darien Prichard, Su Fox, Anne Whall, Vicky Gaughan, Anja Saunders** and of course **Richard Leadbeater**.
- The strengthening of the PA, developing the annual conference and the growth of the practitioner regional network.
- Our highly professional admin team: Alistair on finance, Diana on exams, Anna for practitioners, Jenny on marketing and Sarah for new tutors.
- We have punched above our weight at national level. For instance, large parts of the GCMT national curriculum are highly influenced by MTI's philosophy and approach.

## So what of the future?

- MTI has a unique ethos and approach. There is an extraordinary commitment and energy, which remains undimmed over the last 26 years. There is something special even archetypal about our approach. People get it.
- We have a fantastic admin team and are financially stable, for the first time ever!
- There's a new generation of practitioners, administrators and tutors who can pick up the flame and move MTI forwards.

## What are the challenges?

- How do we maintain our unique approach in the face of the juggernaut of regulation and standardisation that seems to be the norm these days?
- There is a danger that we might become overtaken by larger organizations, when I was Chair and a Director, I had to keep resisting approaches from the FHT to "merge" i.e. be taken over.
- There's always the issue of how we grow and what that will look like.

MTI, whilst more robust than it has ever been, is vulnerable. Yet I also trust and hope that there is enough good sense within this paradoxical organisation to ensure that our unique ethos and approach will continue from many years to come.

## 30<sup>th</sup> Anniversary Keynote Panel

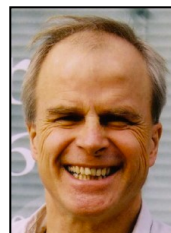
The event will be chaired by Jenny Hampton – MTI Marketing Officer

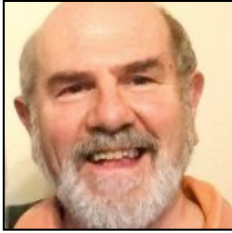
**Earle Abrahamson:** Earle became MTI Chair in 2014. He sits on the Complementary & Natural Healthcare Council massage Profession Specific Board, he's vice chair of the General Council for Soft Tissue Therapies and an MTI accredited tutor.



**Tim Bartlett:** Tim became an MTI Director in 2014. He's taught Holistic Massage for over 10 years and is principal tutor for the MTI Holistic Massage Diploma at Cardiff Metropolitan University. He's also an MTI practical exam assessor and also a theory exam assessor.

**Andy Fagg:** Andy has been involved with MTI since it founded in 1988. Initially he was involved in the teaching committee and then was Chair from 1998 to 2006. He was a Director of MTI from 2008 to 2014. Andy is also the Founder and Director of the Bristol College of Massage and Bodywork.





**Darien Pritchard:** Darien has been involved with MTI from the beginning, taking on ALL the Anatomy, Physiology and Pathology teaching in 1991. He's been instrumental in MTI's development, including being a Director. He's been a bodyworker since 1977 and pioneered Hands Free Massage.

**Sara Thomas:** Sara is a co-founder of MTI and has been the guiding inspiration throughout MTI's development, holding the flame for connection, growth and spirit. She's skilled in many body-related therapies such as Gestalt, the Rosen method, Zero Balancing and more recently, the Bowen Technique.



**Karen Yarnell:** Karen has been a MTI Director since 2012 and started as a massage practitioner in 1997. She's a teacher of anatomy, physiology and pathology and massage courses including Stone Therapy. Karen is a MTI practical and theory exam assessor.

# Workshop Leaders

## **Earle Abrahamson**

**[www.hands-on-training.co.uk](http://www.hands-on-training.co.uk)**

Earle is a senior lecturer in sports therapy. He is also the national chair of the MTI, Vice-Chair of the General Council for Sport Tissue Therapists, and sits on the board for soft tissue therapy at the Complementary and Natural Health Care 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, 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.



## **Jane Johnson**

**[www.facebook.com/Jane-Johnson-Videos-1834357990140181/?pnref=story](https://www.facebook.com/Jane-Johnson-Videos-1834357990140181/?pnref=story)**

Jane Johnson is a physiotherapist with a background in musculoskeletal occupational health and is currently studying for a PhD.

A massage therapist for many years, she has a passion for helping undergraduate and newly qualified massage, health and fitness professionals gain confidence in using common assessment and treatment methods.

Jane is author of six books including Postural Assessment, Postural Correction, Soft Tissue Release, Deep Tissue Massage, Therapeutic Stretching and The Big Back Book: Tips & Tricks for Therapists.



## **Sharon Bull**

**<http://touchenergy.co.uk>**

Sharon founded touchenergy in 2000 and is a multi-skilled bodyworker, wellbeing coach and qualified tutor. She is passionate about connecting with our body's ability to heal; improving our relationship with it and the importance of self awareness and mindfulness practice for our emotional, mental and physical wellbeing.



Sharon's experience includes being Principal of the Academy of Natural Health (MTI founder school), and she now delivers CPD workshops and postgraduate practitioner courses and supervision as well as community relaxation classes and development coaching.

Running a team of massage therapists, she holds local NHS and Social Service contracts supporting unpaid carers and runs community and wellbeing workshops managing stress, chronic pain and mental health issues. Sharon is a MTI SW Rep, Supervisor and is passionate about the power of touch and committed to supporting practitioners to become more confident, skilled and mindful within their practice and daily lives.

## **Michael Bennett**

**<https://mbbfcca.co.uk>**

Michael qualified as an accountant in 1991, and was made a fellow of the Association of Chartered Certified Accountants (ACCA) in 1996. He started his own business in 1997 and has seen his client base grow to over 1,300 clients.



He assists individuals, sole traders, partnerships and companies with strategic business advice, accountancy matters and taxation, and is registered with the ACCA for the provision of accountancy and audit services.

Michael specializes in helping medical osteopaths, chiropractors, physiotherapists, podiatrists, and similar professionals, but he and his team also deal with a diverse range of sectors, including IT & business consultants, photographers, landlords and property managers, journalists, and those involved in music, film and TV.

Michael also lectures at numerous alternative Medical Colleges to final year students, helping to prepare them for the real world as well as to delegates at various annual conferences.



## **Ruth Duncan**

**[www.myofascialrelease.co.uk](http://www.myofascialrelease.co.uk)**

Ruth specialises in myofascial release and has been in clinical practice for 17 years. She has delivered numerous myofascial release workshops in the UK and internationally. She is author of 'A Hands On Guide to Myofascial Release'.



Originally trained as a massage therapist, she added to her skills by attending myofascial training programmes and has completed a university accredited Sports Therapy diploma. She is currently completing a BSc Hons in Healthcare Science.

Ruth is a consultant for The British Fascia Symposium and delivered the introductory lecture on fascia at the first symposium in 2014. She also presented at the 4th International Fascia Research Congress in Washington and is a founding member of the Fascia Research Society.

Ruth delivered an MFR workshop at the MyoPain2017 conference in India and regularly offers workshops and lectures at trade shows and conferences. She provides editorial for numerous UK therapy, sports and healthcare magazines.

## **Claire Feldkamp**

**[www.clairefeldkamp.co.uk](http://www.clairefeldkamp.co.uk)**

Claire is a multi-skilled bodyworker and yoga teacher with a holistic approach to helping clients suffering with chronic pain, injuries, stress and anxiety.

Since 2011 she has trained with MTI, Jing and Dynamic Massage, as well as Yogaview in Chicago. It was during her time in the US that she discovered meditation, which continues to form a significant part of her life. Claire loves to teach, inspire and support therapists in their work, and has been a representative for MTI in the Northern Region for over two years.



She believes community is one of the most important aspects of MTI, and feels blessed to be part a supportive, innovative and holistically minded network of therapists. Committed to helping people to find balance in their lives, Claire is passionate about the way yoga can enable people to listen to their bodies and find their pathway to healing.



## Craig Foden

<http://handsfreemassage.com>

Craig became acutely aware of the healing and restorative potential of massage after receiving an inspiring treatment for a painful lower back.

His continued interest in martial arts consolidated his interest in flowing body use, movement, anatomy, physiology and pathologies, which inspired him to seek out and qualify in holistic & therapeutic, massage at the Sheffield Centre for Massage Training.

Now as a registered practitioner/tutor, with the Massage Training Institute, he delivers Soft Tissue Therapy and injury rehabilitation in clinic as well as advanced Diploma studies in Sports Remedial Massage in Sheffield with SCMT. He has also tutored with Bodyology School of Massage.

Continuing skills development led him to study with Darien Pritchard. In witnessing how hands free techniques have been intrinsic in saving massage therapists careers, who were on the verge of early retirement, he recommends implementing these methods into your professional massage and bodywork practice!



## Liz Fosbury

[www.healinghandsnetwork.org.uk](http://www.healinghandsnetwork.org.uk)

Liz has a background in nursing and has been working as a holistic therapist since 1993. She first went to Sarajevo with the 'Healing Hands Network' in 2011. She has spent a total of 15 weeks working in Sarajevo.

1993 was an exciting year as she had just qualified with MTI. In Bosnia, war had been raging for 2 years. In Washington DC Bill Clinton was at the inauguration of the Holocaust Memorial Museum and stated that 'never again should such evil be perpetrated'. On the same day a young surgeon was being interviewed about his work in Srebrenica, where he was having to perform amputations without anaesthetic. The Srebrenica massacre, the worst act of genocide since WW2, when 7000 Muslim men and boys were killed, was yet to happen.

I never thought that 25 years on I would still be passionate about helping the survivors.



## Jane Langston

[www.amatsu.uk.com](http://www.amatsu.uk.com)

Jane is a Fellow of the Institute of Biomedical Science, and originally worked in pathology departments in the National Health Service in England for over 20 years, which instilled a love of anatomy and physiology.



She has been an Amatsu practitioner since 2000, and is now managing director of the multi award winning company, The Amatsu Training School. This was awarded the Institute for Complementary and Natural Medicine (ICNM) "Best Complementary Medicine Company Award" in 2012 and "What's On 4 Me Award" in 2014 for "Best Training Provider". Jane also was awarded the ICNM award for "Outstanding Contribution to Complementary Medicine" in 2015, having been a founder of several Amatsu associations, and her work in producing award winning training and courses.

Jane and Earle Abrahamson have co-written "Making Sense of Learning Human Anatomy and Physiology", published by Lotus (Nov 2016).

## Leora Sharp

<http://handsfreemassage.com>

Leora has been a massage practitioner since 2008. In the same year she trained in Hands Free Massage. She was so blown away by the tools and techniques, she offered to be Darien's assistant, she needed to help spread this amazing work!



Her initial training at the Bristol College of Massage and Bodywork was superlative. However, due to her stature and small hands, she knew she needed other tools to help extend her career. Without attending the Hands Free training her massage career would have ended very quickly.

She loves teaching this work and is eternally grateful for the opportunity to do so. Alongside her private practice at Neal's Yard in Bath, she also designs websites and runs workshops for complementary health professionals. She founded and facilitate the Bath Practitioner Group, a support network for people like us.

## **Sally Morris**

**<http://handsfreemassage.com>**

Sally's journey into the world of health and healing began over 35 years ago when she trained in general and psychiatric nursing and counselling, and for the past 27 years has been focused within massage and bodywork, coaching and leadership.



The transformational power of touch and connection is my passion, and to share this with students makes her very happy.

She has been a registered tutor with MTI since 1995, teaching on the professional massage and AP&P course with Bodyology, London, and a myriad of other advanced massage workshops and courses in the UK.

Her hands free journey began with Darien in 2003 and she's used the skills in every situation imaginable; from the Andes Mountains in Peru, to backstage at Glastonbury, at exhibitions, events, in executive boardrooms, in schools and in Mental Health settings.

## **Darien Pritchard**

**<https://dynamicmassage.co.uk>**

Darien has been a bodyworker since 1977. He has been a pioneer in focusing on the massage practitioner's body use as an integral part of massage training and has also pioneered Hands Free Massage.



He is the co-author of the student text Anatomy, Physiology and Pathology for the Massage Therapist and wrote the career-maintenance reference book Dynamic Body use for Effective, Strain-Free Massage.

Darien is a past co-director of the MTI and since 1993, he has been a guest teacher on the massage training course at the Royal National College for the Blind.

His approach to bodywork has been influenced by the study of Yoga, Tai Chi, creative dance and training in the Feldenkrais Method® of movement awareness.

Darien teaches an extensive Hands Free Massage training course which combines depth and movement into comprehensive treatment approaches, designed to release muscle tension, restore mobility to joints, promote suppleness and rebalance the body.

## **Cameron Reid**

**[www.cameronreidtraining.co.uk](http://www.cameronreidtraining.co.uk)**

Cameron read Human Biology at the University of Surrey. In his third year he spent a year studying ergonomics at the Technical Institute, Zurich, with Professor Grandjean, a pioneer in ergonomics.

He returned to Switzerland after graduating and won a scholarship to the British School of Osteopathy. Cameron stayed on at the BSO as a Clinical Tutor for 18 months while working in London in an Osteopathic Clinic.

His professional interests are manual therapy – bridging the gap between treatment, functional rehabilitation and return to work – and sports injuries. Cameron has worked with the physiotherapy department at the Royal Ballet, the English Institute of Sport, Tottenham Hotspur FC, Norwich City FC and Leinster RFC.

Cameron is an Associate Lecturer at the University of East Anglia, teaching osteopathic techniques to undergraduate physiotherapists. He is Osteopath to Norwich City FC and is a committee member for the Sports Therapy Organisation.



## **Rosemary Thomson**

**[www.healinghandsnetwork.org.uk](http://www.healinghandsnetwork.org.uk)**

Rosemary trained in massage with Clare Maxwell Hudson in London in 1995.

She began massaging for the St David's Hospice in 1999, as a volunteer, and developed a 'massage at home' service for patients, and 'massage for carers' drop in, which are both still running.

She taught ITEC Diploma in Holistic Massage course in adult education for 10 years.

In 2013 she joined the Healing Hands Network and has been to Sarajevo each year ever since, joining Lizzie this year running massage workshops. Rosemary has also worked with Combat Stress in Pontypridd as part of the Healing Hands Network Forces project.



# 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/](http://www.massagetraining.co.uk/events/)**

## East Anglia Team - [eastanglia@massagetraining.co.uk](mailto:eastanglia@massagetraining.co.uk)



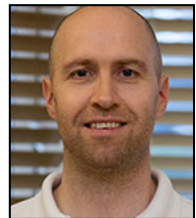
Kerensa Martin



Laura Richardson



Kit Adam

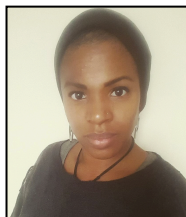


James Witham

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Nadia Faucher



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Niki Cope



Anne Bradshaw

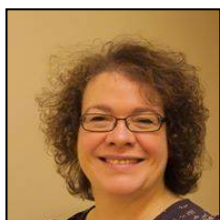


Diane Fullerton

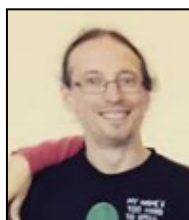
**North Team** - [north@massagetraining.co.uk](mailto:north@massagetraining.co.uk)



Claire Feldkamp



Jane Smith

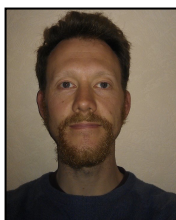


Kelly Dorset

**Scotland Team** - [scotland@massagetraining.co.uk](mailto:scotland@massagetraining.co.uk)



Natalia Duncan



Palden Darvish



Emma Veitch

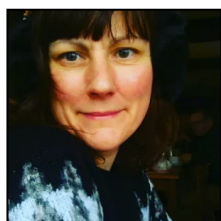


Carlynn Young

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Sharon Bull



Libby Lane

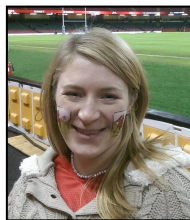
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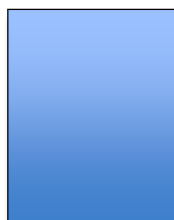
Sue Attrill



Catherine Spiteri



Heather Ward



Fran Higginson

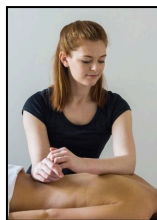
## West Country Team - [westcountry@massagetraining.co.uk](mailto:westcountry@massagetraining.co.uk)



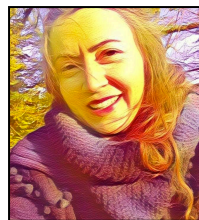
Jitka Godoy



Dovile Arlauskaitė



Alice Mould



Cinzia Aprea

## Thank You!

A big 'thank you' to the following folks who have given their time to the Regional Teams and have stepped down this year.



Gerry Andrews  
North



Kate Browne  
West Country



Usama Dafaalla  
Midlands



John Mackie  
North



Jessica Sainsbury  
Wales



Lydia Spry  
West Country

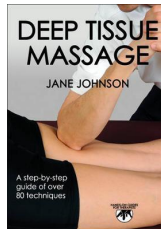
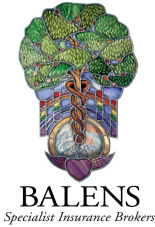


Bridget Taylor  
South West



Natalia Vrchovska  
North

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