



The Mission of the AMTA Kansas Chapter is to advance the profession of massage therapy through service to its members.

June 2016

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## Message from your President

Greetings my fellow massage therapist!

This newsletter has me pondering the relevance of our group..... Your board of directors recently had our team building and strategic planning meeting and this was a major topic. We as a board are always trying to find ways to communicate with members, encourage participation and get feedback from you to make our association what you need.



I understand how easy it is to become complacent...your book is full, you are making enough money, why do they need me to communicate/participate in any way...and will they even listen? I can most assuredly tell you that YES this board will listen!! We truly want you to tell us what you need, or want and we want to be where you go for great education, community and information!

Every newsletter I tell you how great our last education was (and it was), and how awesome it is to hang out with the people who come (we are such a very cool diverse group) and how you totally missed out on putting some fantastic tools in your tool box (you did). I love seeing the same folks again and again. Many of you all so feel like family. I am greedy, I want more! I want to know more of you, I want to learn more, and have more skills. Mostly I want you to be as excited about these things as I am! So please let us know how we can make our meeting/educations better for you! Your board of directors is available at all times just email or call! My number is 785-821-4442 and the email is presidentamtaks@gmail.com! Like us on face book Amta-ks Kansas!

I hope to see my friends and make new friends in the fall at our edumeeting!

Paige Harper  
Your President, AMTA KS

## Upcoming Events



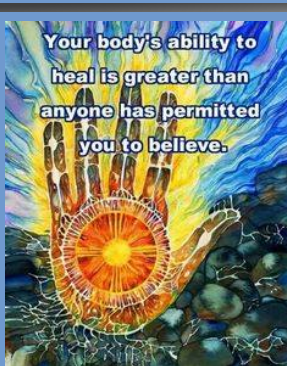
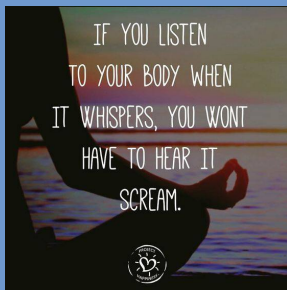
October 26-29, 2016  
Milwaukee, Wisconsin

Don't forget to register for  
National October 26-29 2016

[www.amtamassage.org](http://www.amtamassage.org)

### Board Members for 2016

**President:** Paige Harper  
**1st V.P.** Robert Bowers  
**2nd V.P.** Bennie Bolton  
**3rd V.P.** Connie Brown  
**Secretary** Patty Glenn  
**Treasure** Shirley Davis  
**Goverment Relations** Alicia Chance  
**HOD** Marla Hieger  
**MAL** Debbie Severson



## Class: Musical solutions for wellness Going Beyond Using Background Music for Massage

**AMTA-KS will be holding it's Fall Meeting October 1, 2016**

**Instructor:** Janalea Hoffman

**Where:** United Methodist Church in Benton, Kansas  
**Address:**14300 SW 20th Street Benton, KS 67017

**Cost for class:** Members: \$60.00 Non-Members \$90.00  
You can pay cash or check at the door. Wear comfortable clothing and bring

**Lunch will be provided. Please let us know if you have special needs for your lunch.**

**Lodging for those that need it Friday September 30th night we have a block of rooms reserved at Days Inn and Suites 3200 W El Dorado Avenue, El Dorado, KS 67042 Phone: 1-316-452-2992**

## Janalea Hoffman



Janalea Hoffman has a private practice in Music Therapy in the Kansas City area. She has written a self help book on Music Therapy-RHYTHMIC MEDICINE-Music With a Purpose and published 14 therapeutic music CD's. She was one of the first people to write music for specific healing issues and to create new techniques with music to "go beyond using music as background". Hoffman has a master's degree in Music Therapy from the University of KS and did her internship in England. She travels frequently giving workshops and lectures on **MUSIC AND WELLNESS** and **THE POWER OF THE SOUND ENVIRONMENT** for health care professionals and other groups. Hoffman received the Spirit Award from Madonna Hospital for her innovative work with music and medicine. She also has a passion for reviving the Native

American flute and gives many classes on how to play, as well as the therapeutic aspects of this soulful instrument.

## Musical Solutions for Wellness Agenda

**Title:** Musical solutions for wellness

**Subtitle:** Going Beyond Using Background Music for Massage

### AGENDA

**Registration from 8:30-9:00**

**9:00 to 9:30** Introduction to the healing power of music  
How music can be an important part of your wellness program-for you and your clients! The power of the sound environment!

**9:30 to 10:00.** Power point presentation on Ways our Brains Respond to Music.

- A. Elements of music.
- B. Why rhythm and entrainment are especially important for massage therapists.
- C. Experiential session.
- D. Experiencing music at 80 beats a minute versus music at 60 and 50 beats per minute. How these rhythms can affect your clients.
- E. Examples of Musical Biofeedback.

**10:00 to 10:30** Experiencing the Physical Effects of Music

**10:30 to 10:45.** Video clips of powerful healing with music.

**10:45 to 11:00.** Break

**11:00 to 12:00.** Experiencing our brains emotional response to music.

1. Music and the immune system.
2. Experiential session with music and emotion-three different types of music.
3. Processing this experience.

**12:00 to 1:00.** Lunch

**1:00 to 2:00.** Music for alleviating pain.

1. Music to help move energy in the body.
2. Experiential session with Musical Acupuncture--a technique to move beyond just music as background in a massage session.

**2:00 to 3:15.** Active music making. Easy instruments to play for self expression.  
We will have a hands on experience of cathedral drums and native American Flutes. Each participant will have a loaner, native flute to learn the scale for playing simple, meditative music. No prior musical knowledge needed for this.

**3:15 to 3:25. Break**

**3:25 to 3:35. Video of indigenous people using a musical ritual for healing.**

**3:35 to. 3:45. Review of how massage therapists can "go beyond using music as background"**

**3:45 to 4:00. Questions**

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