

MNZ
MAGAZINE

4TH QUARTER 2018


massage
new zealand

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EDITORIAL Q4 2018

A chance to sit back over the holidays and read a magazine dedicated to YOU - the Wellbeing Issue. This issue is packed with a wonderful array of articles to inspire you to make changes and take better care of yourself.

Check out what New Zealand massage therapists across the country have to say on maintaining wellbeing, for themselves and their clients, in Tips of the Trade. Read about professional supervision for massage therapists in an interview with Dr Melanie Johns who presented at the conference in September. Get inspired to find a professional supervisor - it seems our profession would truly benefit from making this a requirement as many other health professions do. Find out about the Art of Mindfulness, from mindfulness teacher and practitioner, Rachel Tobin, and discover how you can integrate mindfulness into your practice and own self-care. Take the self test for your "Professional Quality of Life" to find out your scores for compassion satisfaction, burnout and secondary traumatic stress. Something that we all need to be aware of in our work. Tune in to the modality of Sound Massage. This may be something to try out for yourself - it literally sounds so relaxing, thanks to Alison Wainscott for sharing her skills. Read about the therapeutic benefits of kawakawa by maker of kawakawa products, Kellie McNeill. Get the low down on this year's conference and AGM that took place in Tauranga, an excellent event organised by Pip Charlton and Roger Gooch.

Check out the regular columns for our executive committee and other reports, book reviews, useful sites and links, our (new) product review section and Ruth Werner's always excellent research update. Ruth is well known and supports many organisations but continues to put so much effort into the column she writes for MNZ Magazine - and this one on Resilience for Health Care providers is important and ties in perfectly to this issue's theme. We are very grateful for her ongoing contribution.

Take time to download or print out the magazine for yourself and your clinic, to read now or at a later date....Enjoy the space for rest, reflection and rejuvenation that this coming holiday period provides and make time to prioritise your WELLBEING.

Ngā mihi

Carol and Odette

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ADVERTISING RATES AND INFORMATION

ADVERTISING RATES

Valid from Feb 2017. All rates are GST inclusive.

MNZ Magazine: Now ONLINE only

RMT and Affiliate members receive a 15% discount on magazine advertising.

All adverts are in full colour

Casual advertising rates:

Full page	\$290
Half page	\$160
Quarter page	\$90

Package deals (in 4 publications over 12 months):

Full page	\$840
Half page	\$450
Quarter page	\$240
Magazine inserts (per insert)	\$0.75c

MNZ Website:

RMT and Affiliate members receive a 15% discount on magazine advertising.

All website advertising is placed for 2 months, unless otherwise stated when booking.

Advertising blocks (6 adverts)	\$280
Events/adverts page (one off)	\$50

MNZ Magazine and Website Annual Bulk Advertising Packages:

Packages provide magazine and website coverage. A discount is already included in these prices.

Package 1 includes:

Magazine full page advert (x4)	
Website advertising block (6 ads)	\$1120

Package 2 includes:

Half page advert (x4)	
Website advertising block (6 ads)	\$760

Email Advert to MNZ Members:

Provides a one-off mass email blast to membership.

Members (RMTs & Students)	\$25
Non-members + Affiliates	\$80

SUBMISSION DEADLINES

The MNZ Magazine will be published:

- Q1 2019 (deadline end Jan 2019)
- Q2 2019 (deadline May 1st 2019)
- Q3 2019 (deadline Aug 1st 2019)
- Q4 2019 (deadline Dec 1st 2019)

Note: submission dates may be changed or delayed as deemed necessary by the Editor.

The MNZ Magazine link will be emailed out to all members and placed in the members' only area on the website.

Requirements of advertisements:

Advertisements must have good taste, accuracy and truthful information. It is an offence to publish untruthful, misleading or deceptive advertisements. Advertisements for therapeutic goods and devices must conform to New Zealand therapeutic goods law.

Only a limited number of advertisements can be accepted. Advertising availability closes once the quota has been filled.

ADVERTISING BOOKING AND SPECIFICATIONS

Advertising for magazine, website and email blasts to members should be booked via our online booking form and can be paid online with credit card at www.massagenewzealand.org.nz/about/advertise/advertising-opportunities.aspx

Emailed advertising forms are no longer accepted.

Magazine Page Sizes

- Full page is 180mm wide x 250mm high
- Half page is 180mm wide x 124mm high
- Quarter page is 88mm wide x 120mm high

For any enquiries about advertising with MNZ, please contact advertise@massagenewzealand.org.nz

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ARTICLES, CONTRIBUTIONS, RESEARCH, COMMENTS AND IDEAS...

ARTICLE SUBMISSION GUIDELINES

- Word count - Max 1800 words include references
- Font - Arial size 12
- Pictures - Maximum 4 photos per article, send photo originals separate from article, each photo must be at least 1.0MB
- Please use one tab to set indents and avoid using double spacing after fullstops. The magazine team will take care of all formatting
- We prefer APA referencing (see <http://owl.massey.ac.nz/referencing/apa-interactive.php>)

Co-editors - Carol Wilson, Odette Wood

magazine@massagenewzealand.org.nz
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PRESIDENT & EXECUTIVE REPORTS

PRESIDENT



Hi members

Welcome to another edition of our fantastic magazine, I'm excited to be featuring as President this time. 2018 has certainly flown by and I am so proud of what MNZ has achieved this year. A lot of work has been done to get informed and explore more regulation and what that means for our profession. Building closer relationships with massage educators has also been beneficial so that together we are heading in the same direction.

I'm sure you will all agree that Massage Awareness Week was a success, what a brilliant slogan and campaign it was! We gained some valuable exposure for our registered members and MNZ, which will continue to raise our profile to other health care providers and of course the general public.

We look forward to an exciting year ahead and in the meantime wish you all a very safe and happy Christmas and New Year.

Teresa Karam

VICE PRESIDENT



Hi, I'm Clint Knox, newly elected MNZ Vice President Executive Committee member.

2000 was the inaugural training year in Wellington for New Zealand College of Massage and my diploma level training. Prior to massage my experiences varied, beginning as a farm boy, actively running, mechanical engineering, motorcycle mechanic and long-haul truck driving. Motorcycling years saw the fracture of a femur and a journey in figuring out how to help myself, which then became about helping others.

Sporting interests led my massage career in the direction of assisting athletes and working in multidisciplinary clinics from the very beginning. To date I have been fortunate to have contributed to four Commonwealth Games and four Olympic Games teams, including attendance at the 2006 Melbourne, 2014 Glasgow and 2018 Gold Coast Commonwealth Games, and the 2012 London and 2016 Rio Olympic Games.

I have been actively involved with the New Zealand Academy of Sport (NZAS) athletes since 2003 and currently with High Performance Sport New Zealand (HPSNZ) since the merge from NZAS to HPSNZ. Exposure to the HPSNZ environment has evolved my practice methods greatly, due to required integration and collaboration within a large interdisciplinary team.

As a newbie to the role of MNZ Vice President, I'm currently observing and learning what has gone before and where the future points us. I will be supporting the MNZ executive committee and

membership with their collective views on what may be the best direction for massage as a profession and promoting a greater understanding of the benefits for massage therapy in the public arena.

Enough about me, I challenge you to contact at least one Doctor/Osteopath/Chiropractor/Physiotherapist or any potential primary care health professional that you don't already know and start a conversation about massage or even offer them a trial session.

From my safe hands to yours.

Clint Knox

TREASURER



At the time of writing I'm still settling into the role. It's been a steep learning curve teaching myself the ins and outs of Xero accounting software, but it is relatively straightforward and I produced my first report in September for the Executive Committee without any hassle.

Thank goodness for Sarah - our Financial Administrator. She does most of the day to day work and I mostly approve payments and keep an oversight on the budget. As I develop more facility with the software I will move to make the reports more user-friendly so that the Executive Committee can follow where we are and what money we can put into things like promotion of MNZ to the public and allied health professionals.

Helen Smith



EDUCATION OFFICER

Once again I feel very honoured to be nominated back onto the MNZ Executive Committee as Education Officer at the recent AGM. The Education committee also remains the same with a full complement of highly experienced members - Pip Charlton, Bridie Munro, Roger Gooch, Sheryl-Lee Judd and Dawn Burke.

Over the last couple of months much of my time was spend organising the Educators Summit at the pre-conference day which was part of the MNZ Conference held in Tauranga. This was very successful and there is a more detailed report elsewhere in the magazine. In addition to this, I have of course been in communication with the educators regarding the "Are you in Safe Hands" promotion for Massage Awareness Week.

We have had our first sub-committee meeting and this was chance to focus on goals for the year. With our new Level 5 and 6 qualifications, our graduates have received a more comprehensive education than many overseas trained massage therapists which is a factor we are having to consider with our RPL process.

We would also like to focus on continuing education for therapists as the initial training is just the start of a life long journey of discovery of the intricacies of the human body. It is this journey that keeps us from becoming stale and makes us unique as we follow our passions.

Rosie Greene



REGIONAL LIAISON CO-ORDINATOR

The months between magazines have been quite busy on the MNZ front for me. Education Summit, Conference, MNZ Massage Awareness Week 2018, Northland MNZ meetings and of course Regional Liaison duties.

A few things that have been a highlight for me over this time is the September statistic of 536 members. That is the highest total we have ever had.

Another is the conversations I had with a few of the education providers at the Education Summit, they agree that they see it as a necessity to have all of their students as MNZ members whilst they are studying. The other is the excitement around MNZ Massage Awareness Week 2018.

Lastly being able to put faces to the names at the Conference this year. It is always so much more enjoyable being able to actually meet in person and see someone's smiling face, feel their passion and energy for our profession.

I put the call out in my AGM report asking for a South Island member to put their hand up as the South Island Regional Rep. This position is still open and it would be great to begin 2019 with a full Regional Rep team.

Enjoy your Summer holidays. Wishing you all a safe and blessed end to 2018.

Tania Kahika-Foote



RESEARCH OFFICER

I am privileged to become a new member of the MNZ Executive Committee as Research Officer. I bring with me 25 years of clinical massage experience and credentials in education and research. I bring to MNZ extensive community and tertiary experience in interdisciplinary critical thinking that comes from positioning marginalised forms of practice-based professional education in NZQA and University accredited programme. This is helped by knowing more about research.

A career in contemporary dance with Limbs Dance Company led to long-term enquiry into human movement as a communicative form. With single motherhood in mind, I undertook the Diploma in Remedial Therapy (Wellpark College of Natural Therapies, 1990-1995) studying many available topics. In response to NZQA developments, I worked at Wellpark College developing Relaxation Massage and Applied Anatomy courses. With likeminded dance colleagues, I developed undergraduate degrees: at Unitec (BPASA) with its strong focus on somatic practices (experiencing the I-body in movement), and University of Auckland and AUT in the development of their dance programmes.

Shifts in body emphases take me along interdisciplinary paths: Graduate Diploma in Higher Education (with the focus on acquisition of learning and multicultural adult education), Master in Education (exploring whether or not intermediate school children learn about their I-body) and a doctoral study in critical education

(developing a qualitative methodology that focuses the experiencing body in academia). Care for individual's movement perception or pain and injury prevention and management are body-based topics that provide the impetus for my massage work at the Westmere clinic in Auckland.

Since 2014, I have been Wellpark College Programme Leader for Massage and Yoga, and Education Advisor teaching Naturopathy and Nutrition students research methods and critical thinking. Which leads to them becoming reflective, lifelong clinical practitioners. Guided by the need to stay in my body as a source of knowing 'the body', I maintain an equally long-term yoga practice and recently attended the Japan Yoga Therapy Society and Asian Yoga Therapy Association international conference (July, 2018). During this event, "Towards a Global Consortium on Yoga Therapy," the delegates' aim was to establish relationships and communicate about yoga therapy as a field of enquiry on a global scale.

With MNZ Executive Committee and member support, my aim is to share these rich forms of critical enquiry that extend our perceptions of the body in various stages of life - dynamic, experiencing and vulnerable - with evidence-informed practice. I look forward to reaching out to massage practitioners and prompting diverse approaches to including research in professional practice.

Massage Therapy reader provocation

Step One: Read the outstanding content in MNZ Magazine Q3 2018. Research - Delving under the surface.

Step Two: Select an article a week. They are listed in pages 12 - 14 with some critical enquiry questions in mind:

Q1 - What does reading research do? How am I going to get better at making sense of articles?

Q2 - How does this article support how I think about massage - remember these articles are to help you get to know more about research methodologies and methods with massage as context.

Q3 - Who can I talk to about this research - my clients, fellow practitioners at my clinic, friends or family.

Step Three: Go ahead - get onto some databases for example, Open Access or Medscape or Medline/Pubmed - <https://www.ncbi.nlm.nih.gov/pubmed/> and be prompted to explore current research about massage as a regular activity - or join ResearchGate or Academia.Edu and become part of the research community. They are your community too.

Felicity Molloy

ADMINISTRATION REPORT



Well we are nearly at the end of the year already, where has the time gone? It was great to meet some of you at the September Conference and AGM in Tauranga and to see so many of you passionate about MNZ. Massage Awareness week has also been and gone and thanks for the big effort and

time that was put in by those involved in setting it up.

Nici recently took over as the new EA. After several years of study in Auckland, she completed the Bachelor of Health Studies in Massage and Neuromuscular Therapy last year. Nici currently works at a clinic specialising in acute and chronic pain, stress management and exercise rehabilitation. Providing regular on-site massage at a retirement village also keeps her very busy.

We are so excited about the amount of new MNZ members that are enrolling. We are seeing fantastic numbers for 2018. It would be great if we could keep things on the up. Do you know any students or therapists who are not currently members? We encourage you to start a conversation with a classmate, colleague or friend and help us to promote the wonderful material, information and support that the organisation provides members.

With Christmas just around the corner, it might be a great time to think about making sure you have things in order before we click over to a new year. Have you updated your MNZ profile lately with any new courses you might have done? Do you have a new website that you need to mention on your profile? Have you downloaded our MNZ logo to use on your business cards? Do you need to update your CPD hours or perhaps you need to renew your first aid certificate? Getting these things ticked off can create a smooth start to the new year.

The mad rush to get everything finished on time can sometimes become quite overwhelming. In this industry we can often forget ourselves as we strive to help others. Make sure that you are taking care of yourself during this busy time. Are you booked in for a massage?

Take care and happy holidays!

Nici Stirrup & Melissa Orchard

**Executive Administrator /
General Administrator**

AHANZ REP REPORT



Background: Allied health Aotearoa New Zealand – provides a forum for representatives of allied health professional associations to work together to:

- Raise the profile of allied health professionals
- Develop reciprocal relationships with health sector and governmental stakeholders
- Be the connected voice for Allied Health Aotearoa New Zealand member associations

- Support member health professional associations
- Provide advice to Minister(s) and Ministry of Health
- Provide a forum to discuss issues between professions and issues of common interest
- Share resources, information and experience
- Educate and raise awareness of a wider view of health and wellbeing
- Promote employment and professional standards for Allied Health Aotearoa New Zealand member health professionals

Retrieved from <https://www.alliedhealth.org.nz/about-us.html>

This has been an exciting year for allied health in general and MNZ has been there for the ride. It was kick-started at our first meeting where we met with the Minister of Health, David Clark. A presentation was made to the Minister and several members of his team about the variety and importance of allied health in our communities. There was a positive vibe in the air as ministry representatives expressed openness to what we had to say, and they acknowledged the value of the work we do collectively.

As part of the membership application for AHANZ, MNZ is required to provide two

additional people who can attend AHANZ meetings. Sarah Rule and Helen Smith have taken on this role. It is great to have back-ups if I can't attend for any reason, or if we need two people to attend an AHANZ meeting, or provide support at the meetings if I require it. Sarah is as passionate as I am about positive representation and the advancement of our profession and I'm sure you'll hear from her in the future.

MNZ are equals among the professions represented at every AHANZ meeting. We are applying for full membership and you can find our events advertised on the AHANZ 'Events' page on their website.

<https://www.alliedhealth.org.nz/events.html>

This page is another useful tool for each of us, as it's updated regularly with details of conferences and workshops on such a variety of topics. I try to keep an eye on it to pick out any that I think might be of most interest for our members.

We have one more meeting this year which I'm looking forward to, so until the next magazine.

Iselde de Boam

MEMBERSHIP UPDATE

Figures for this quarter show a total of 507 members, made up of 386 RMTs (33 of these are new graduate members), 100 students and 21 Affiliates. This quarter's figures are higher than last year which was a record year and the membership numbers are continuing to climb which is great to see. There is still a steady stream of students joining at the moment. If you are a student please encourage your fellow students to become MNZ members too. A smart choice when you register for your free student membership with benefits. You are then eligible for the graduate fee of \$100 the year following your studies. We have new members coming on board and a few that have had a break from massage but are getting back into it. Keep getting the word out there to other non-member Massage Therapists, encourage them to come along to local MNZ Massage Group meetings and let's get them to sign up to Massage New Zealand too.



REGIONAL ROUNDUP



UPPER NORTH ISLAND REPORT

So lovely to chat to many of you at the MNZ Conference in Tauranga in September. Learning one or two new things, putting a face to a name and meeting new people is always enjoyable, just like attending our local networking meetings.

The Northland MNZ group August meeting was checking in with each other regarding correct biomechanics. The October meeting was following on from one of the topics at the MNZ Conference that is Mindfulness. It was an enjoyable discussion about mindfulness with shared ideas, tips and what each therapist does to assist with their own mindfulness. As Tania said 'checking in with our own mental health and being mindful of our time and energy is incredibly important. As the saying goes, you can't pour from an emptying cup'. There were 6 members in attendance.

August Hamilton meeting had Michael Hooker Chiropractor and Applied Kinesiologist from Health Performance. There were 9 in attendance. Michael was an interesting person to talk to with his diverse knowledge from his Exercise Science degree, Chiropractic and Applied Kinesiology qualifications and clinical work. He talked about balance and sway and the effect the inner ear, eyes and brain have on how we orient ourselves. What happens when one of these connections is lost, how it can be lost through lack of movement, the aging process and inflammation, also how chiropractic care can help this. Inflammation was a great segue into discussion around the gut-brain connection. How what we are eating is causing inflammation in our gut which inevitably leads to the brain. Complications with the vagus nerve and other pathologies that result.

The October meeting had Kane Monrad

from Connect Therapies. Kane specialises in Acupuncture, Moxibustion, Chinese herbs, Acupressure, Cupping, Qi-gong healing exercises and Natural Health products. He talked about his work, what he does and introduced us to some of the products he uses like heat and pain relief patches.

The Auckland meeting in September was held at the Doolin Brothers Pub in Newmarket for some networking, massage awareness week planning and future meeting ideas. There was an intimate turnout of 9 who enjoyed a nice meal and great conversation. The MNZ Case Report Competition, MNZ awareness week and the Conference were all discussed. Discussions are being had about holding meetings on the North Shore so we are looking for volunteers to get this up and running as we have a potential venue. Please get in touch if you are in the North Shore region and want to assist.

Tauranga had their second meeting on the 4th of September with Michelle Stewart giving a talk and demo on Oncology. It's great to see that Tauranga have rekindled their meetings thanks to the efforts of Melissa Orchard and others.

After speaking with Tina Buckler and others at the MNZ Conference the Whakatane region is all set to start meeting up. A date, time and place will follow soon.

Jane Harris from Jane Harris Massage in Hamilton had the opportunity to attend this year's Camp Twitch for those with Tourette's and speak to them about massage and how it can help with their tics. 'Not only did I have the privilege of massaging a courageous young man who stars in Living with Tourette's, I was able to show some of the kids and their parents at Camp Twitch some massage techniques to help ease the tension of the huge strain the tics can cause on their bodies.'

With MAW in October we also approached some of the smaller publications to publish the press release and get the message out there. Also many of the therapists promoted MAW on their websites, in their clinics and through social media which was great to see.

Annika Leadley



LOWER NORTH ISLAND REPORT

The MNZ Wellington Massage Group had a really interesting October meeting in Wellington with Lisa Crawford, speaking on unravelling the mystery of the mind: Positive Neuroplasticity (focused well-being). Lisa currently works part time as Relationship Manager for the New Zealand Organisation for Rare Disorders, who offer advocacy, information and support. She was inspiring and aimed to help the large group turn passing experiences of everyday life into lasting inner strengths, like resilience and self-worth, and hardwire them into our nervous system - to help us manage whatever life throws at us. Everyone came away with greater inner strengths and resources. I personally would recommend attending a talk or workshop if the opportunity arises.

As we wrap up the year, things are quietening down and some of us recently enjoyed an end of year breakfast with other local therapists in Wellington.

We will begin 2019 with a local meetup in Palmerston North in mid-January. In you live in the Manawatu region, keep your eyes open and watch for an event to pop up on the MNZ Wellington Facebook page for now.

Take care over the summer, enjoy a break to refresh and relax. I am looking forward to bring you new events in the New Year. Merry Christmas and a Happy New Year!

Shannon Gardener



WHAT'S ON...

GROUP	WHAT/WHEN/WHERE/HOW TO REGISTER
Northland MNZ Networking	Meetings held on the first Monday of every month (except public holidays) Contact: Tania Kahika-Foote liaisoncoord@massagenewzealand.org.nz
Coromandel MNZ Networking	Contact: Lisa Stent stentfamily@xtra.co.nz
Whakatane MNZ Networking	Contact: Annika Leadley uppernirep@massagenewzealand.org.nz
Auckland MNZ Networking	Contact: Mark Fewtrell mark3massage@gmail.com
Hamilton and Surrounds MNZ Networking	Next meeting: Thursday 6 December Contact: Annika Leadley uppernirep@massagenewzealand.org.nz
Tauranga MNZ Networking	Contact: Georgia Meichtry georgia@willowtherapeutic.co.nz
Wellington MNZ Networking	Jump on the facebook page "MNZ Networking Group Wellington" to keep up to date with local speakers. Contact: Shannon Gardener lowernirep@massagenewzealand.org.nz
Lower Hutt MNZ Networking	Contact: Iselde De Boam iselde_dreamer@hotmail.com
Kapiti MNZ Networking	Held at Functional Bodyworks, Kapiti. Contact: Iselde De Boam iselde_dreamer@hotmail.com
Christchurch MNZ Massage Group	Contact: Volunteer required
Dunedin MNZ Massage Group	Contact: Volunteer required

If you have organised or been involved in a MNZ event in your area we would love to hear from you! Please email your Regional Roundup or What's On dates to: magazine@massagenewzealand.org.nz



WHO'S WHERE

WHANGAPARAOA:

Debra Polaschek has made the big move north from her busy clinic in Wellington. We will miss her regular face at every MNZ local meeting. She is keen to catch up with other members and make links nearer her new home-based clinic on Whangaparaoa Peninsula.

If you would like your new location advertised contact: Carol Wilson,
Co-editor magazine@massagenewzealand.org.nz

Debra Polaschek
DP Massage

Registered Massage Therapist (MNZ)
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Discover Visceral Manipulation or “organ specific fascial mobilisation”, the work of renowned French osteopath JP Barral, who has suggested that “over 90% of musculoskeletal issues have a visceral component”.

Upcoming Courses – Auckland & Christchurch

Visceral Manipulation 1: Abdomen 1 (VM1) – Prerequisite - open to health professionals

7th – 10th February 2019, Auckland

8th – 11th June 2019, Christchurch

In this four-day course, participants will learn an integrative approach to evaluation and treatment of the structural relationships between the viscera, and their fascial or ligamentous attachments to the musculoskeletal system.

Visceral Manipulation 2: Abdomen 2 (VM2) – Prerequisite – VM1

13th – 16th June 2019, Christchurch

In this four- day course, Visceral Manipulation: Abdomen 2, participants will expand on the functional anatomy, hand placements and techniques learned in VM1. You will explore the deeper structures within the abdominal cavity, focusing on the kidneys, pancreas, spleen, greater omentum, peritoneum, and their connective or suspensory tissues.

Visceral Manipulation 3: The Pelvis (VM3) – Prerequisite – VM2

2nd – 5th November 2019, Christchurch

This studies the relationship between the structural and functional mechanics of the pelvis and the integration of the pelvic organs with the complex ligament systems of this region. You will learn techniques for differentiating between somatic and visceral causes for pelvic and low back pain

Neural Manipulation 1: An Integrative Approach To Trauma (NM1) – Prerequisite - ???

7th – 9th November 2019, Christchurch

This three day course, NM1, is a specialized course focusing on the impact of trauma and whiplash. Integrative treatment requires attention to mechanical relationships between the cranium/spine hard frame, and the dural and neural elements. NM provides approaches to address restrictions of the dural and neural components not commonly focused on with musculoskeletal symptoms.

Instructor Information

Instructor for VM1 and VM2 – Rosie Greene

Following on from the workshops at the MNZ conference as reviewed in the MNZ magazine 4th Quarter 2017, join Rosie in Auckland or Christchurch for these 4-day intensive workshops where you will learn skills you can use in the clinic immediately.

Instructor for VM3 & NM1 - Anabel Mackenzie

Join Annabel, a highly skilled, Canadian instructor, who teaches the breadth of the Barral Curriculum worldwide in 3 languages.

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THE ART OF MINDFULNESS



Open a magazine, listen to a conversation about mental health, attend a leadership or staff training day at work, go to a yoga class or walk into a classroom, and chances are you'll see or hear the word 'mindfulness'. It's a buzz word. So what is mindfulness, and how does it lead to greater ease, wellbeing and more enjoyment in everyday life? And how can it help you as a massage therapist?

Mindfulness is simply the state of awareness in which we're present. This can happen naturally at various times in a day or a week, often when someone is enjoying and fully engaged in what they're doing, and aware as well, of their own body/mind. Climbing is a good example. A skilled climber needs to be aware of their balance and body, the contours of the rock face, the wind direction, their own energy and breath, their mind state... But more often, we're not present. Think of those conversations where you give all the cues that you're listening, but actually, in the privacy of your own mind, you're thinking about what and how you can express the next thing you want to say, or your judgments of what they're saying. Maybe you're even planning what

you'll pick up later for dinner! Sometimes, in times of stress, it's possible to eat a whole meal and not truly taste the flavours, or notice what you ate. We can walk on the beach and not hear, feel or see very much at all, because we're so busy planning, strategising or thinking back over what we should have said in that conversation yesterday. And when we put our bodies somewhere with the intention of relaxing (like our beds), there are times we can't turn off our worrying/planning/catastrophising thoughts that tumble in, and we can enter a cycle of anxiety and overwhelmingness.

Don't get me wrong. There's nothing wrong with the mind: it's a fabulous servant. But it's a terrible master, and most of us have little or no training in how to use it or allow it to rest in a place of natural balance. And then it can become like a run-away train, blowing around like a blade of wheat in the wind, leading to stress and suffering, but also robbing us of the simple pleasure, in this briefest of time that we're alive, of enjoying what it is to be in a human body - sensing, breathing and simply 'being.'

This 'being' aspect of a human is so very under-rated in our culture. It's seen as

wasting time. And acceptance of ourselves as we are, right now, is not encouraged. We grow up being rewarded for doing, achieving, pleasing others, pinning our eyes on future goals, and altogether proving how much we 'know' mentally. It's not surprising that we usually derive a sense of worth on the success of those conditional things, forgetting that in simply 'being', we are enough. And that truth - that we are enough, that we are inherently OK just through 'being' - that's the place from which we begin the practice of mindfulness. We begin from the place that this moment - no matter what is going on in our surroundings, bodies, thoughts or feelings - this is OK.

So, as many of you reading this will know, the practice of sitting mindfulness, also called meditation, is the formal time when we spend 15 or 30 or however many minutes intentionally practising and strengthening the art of attention and acceptance - of bringing the naturally wandering mind over and over again, back to awareness of the present moment. Constantly practising the stance of acceptance of what is. As beginning practitioners, it's a good idea to give ourselves something for the mind to rest



on and come back to (often called an object of mindfulness), which could be the sounds we can hear, or the breath, or sensations in the body. There are all sorts of different mindfulness practices, and you can find numerous guided mindfulness practices on the net. There are apps too - I'll list some at the end of this article, along with some follow up links, which you can check if you're interested in taking up a practice on a daily basis. Because, like going to the gym - it is work that builds the muscle of present moment awareness - mindfulness needs ongoing practice to bear fruit in the rest of your life.

A classic practice, which is great to start concentrating the mind, is to count the breath, counting 1 as you inhale, 1 as you exhale, and increasing in this way up to 10, then returning to 1 again. The practice is to notice when your mind wanders (e.g. oh, look at that, I'm imagining being in Fiji on a beach...). Then with good humour and compassion, gently escorting your attention back to the object of mindfulness which in this case is counting the breath. Two breaths later you might get caught up in planning your work week, and it may take some time before you notice you're not 'here' - that's fine. When you do 'wake up' to what your mind is doing and where it's gone, you remind yourself it's OK, and return to the counting. You do that in response to anything, including self-talk, (e.g. hell, this is boring, I can't do this...), judgements, time travelling to the past or future - you simply notice what has hijacked your attention, and you come home to the breath. In this way, you develop and strengthen the witness aspect of yourself, the aspect which observes anger but is not angry, which observes stress but is not stressed... You begin to discover that you are not your thoughts, that you have a choice as to whether to engage with them and run with them - or not - during this practice time.

Mindfulness practice is not the attempt to relax or to improve ourselves in any way, to think 'better' thoughts or to stop thoughts (which is impossible). It is however, the radical acceptance of what arises, moment to moment, combined with the discipline or returning over and over again to the perspective of the witness. When a person does this, paradoxically, the nervous system does relax, the body softens, and an ease

begins to make itself known. But we're not demanding this of ourselves; if we sit for our 20-minute practice with an aching body and a jazzed-up mind, that is the grist for our practice - we notice, we allow, we cease the fight with ourselves, we come home, with compassion, to the breath and to the moment.

And, in the same way that going to the gym leads to more strength or stamina in everyday life, the fruits of the formal work of mindfulness practice start to become evident, quite naturally. I might notice that when I get caught up in particular thoughts, I stop breathing fully. I might notice the habit patterns of mind I habitually use to avoid the present moment. I begin to notice more the effect of foods I put in my body, the echo in the body/mind of various choices I make. I begin to notice when I try too hard with a client, and the effect that has on my own energy. These things happen because I'm waking up more to what is actually happening, moment to moment.

These days I only do massage for friends, but when I worked part-time as a therapist, I discovered a recurring tendency in myself, in relationship with the client, to 'go out' too far from myself, to be so aware of what they needed that I forgot my own posture, my own groundedness, my own breath. I enjoyed using the work then as a mindfulness in movement practice, staying with the breath, noticing when my pelvis wasn't supporting me, noticing the impressions I received, thoughts that wanted to distract and engage me. Of course awareness doesn't always change things, but is often the beginning of a more natural, less forced way of relaxation and ease in relation to others.

If you'd like to explore mindfulness more, there are 4-week introductory courses all around NZ (and Australia) offered by Mindfulness Works.

The art of mindfulness offers 1-day retreats in the Wellington/Kapiti area. The next residential retreat, The Art of Natural Ease, is at Te Moata Retreat Centre in the Coromandel, and combines mindfulness with qigong.

I'd recommend Wherever you go, there you are, a wonderful book about mindfulness by Jon Kabat-Zinn.

And Headspace and Calm are two apps people have often told me they enjoy.

I'd like to end with a small excerpt from Bob Sharple's book, Meditation: Calming the Mind:

"Don't meditate to fix yourself, to improve yourself, to redeem yourself; rather do it as an act of love, of deep warm friendship to yourself. In this way there is no need for the subtle aggression of self-improvement, for the endless guilt of not doing enough. It offers the possibility of an end to the ceaseless round of trying so hard that wraps so many people's lives in a knot. Instead, ... meditation as an act of love. How endlessly delightful and encouraging."



AUTHOR BIO

Rachel Tobin has been practising meditation for over 25 years and is a qualified teacher in the moving mindfulness practices of qi gong and Feldenkrais. She is the director of the art of mindfulness, working individually with adults and children, teaching mindfulness in organisations and to the general public, and regularly running one-day & residential mindfulness retreats at beautiful retreat centres round NZ and sometimes overseas. She is based on the Kapiti Coast, near Wellington.

Rachel is also a poet; Mākaro Press has just published *Say it Naked*, her first collection of poems, accompanied by life drawing sketches:

<http://makaropress.co.nz/submarine-books-2/say-it-naked-by-rachel-tobin/>

www.theartofmindfulness.co.nz
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TIPS OF THE TRADE - WELLBEING FOR MASSAGE THERAPISTS

Kaz Hagedorn	Clint Knox (RMT)	Allison Anderson (RMT)	Jane Harris (RMT)	Keith Boot (RMT)	Alice Brydon (RMT)	Roger White
						
Practice details						
Elite Muscle Therapy Level 2, 139 Featherston St Wellington	Body Time Massage & Soft Tissue Therapy, IQ Pilates 25 Apollo Drive Rosedale Mairangi Bay, North Shore, Auckland	Body of Work Lower Hutt	Jane Harris Massage Clinic Hamilton	Sports Performance Massage Christchurch	Beautify Massage Therapy 324A South Rd Caversham Dunedin	Orewa Massage Worx 16 Florence Ave Orewa
						Orewa Massage Worx
http://elitemuscle.wixsite.com/therapy	https://www.bodytime.co.nz/	https://bodyofwork.co.nz/	http://www.janeharris.co.nz/		www.beautifymassage.com	https://orewachiropractic.co.nz/roger-white/
Are you working in your own practice on your own, or in a group (Massage or MDT) practice?						
My own practice, but shared room with other Massage Therapists who rent the other days I'm not there.	With Pilates instructors at IQ Pilates and MDT in the High Performance Sport NZ (HPSNZ) environment that I contract to.	We are a Collaborative Wellness Centre offering massage as well as Accupuncture, Rehabilitative Exercise, Naturopathy, Physiotherapy (Women's Pelvic Health), and yoga.	Own practice, with a team of 12 therapists.	Own practice.	Owner/operator.	Over 7 years alongside Orewa Chiropractic.
Highest Massage Therapy qualification and number of years in practise:						
Diploma of Therapeutic Massage, Cert. Advanced Pain Management and Dry Needling. Nearly 12 years in practise.	Diploma of Body Therapies, Diploma of Therapeutic Massage (2000), Bachelor of Applied Science (Human Biology) Osteopathic stream (2009). 18 years of massage practise.	Level 6 MNZ member. Trained in Austin Texas, U.S.A. and have 15 years of experience as a Massage Therapist (10 of which are in New Zealand).	Diploma In Body Therapies and Therapeutic Massage (1996). 22 years of experience.	Diploma of Therapeutic Massage. In practise for 11 years.	Certificate in Massage Therapy from Otago Polytechnic. 8 years as a massage therapist, 6 years in own business.	Diploma of Therapeutic Massage from NZCM. In practise for 9yrs.

Wellbeing, it's something at the very heart of our profession – helping people to feel, move and live better. The Oxford Dictionary defines wellbeing as “The state of being comfortable, healthy, or happy” and in their publication “Measuring Wellbeing: A guide for practitioners, the New Economics Foundation (2012) notes that “well-being can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole.”(p. 6).

As the year draws to a close, we wanted to reflect on what wellbeing means for us as massage therapists, and how we go about imparting our knowledge and understanding of the concept in our work with clients. So, who better to ask, than massage therapists themselves! We invited massage therapists from around the country to share their tips for maintaining their wellbeing, key factors to be vigilant about in order to look after themselves, and their favourite self-care recommendations they suggest to clients. We've collated all of their input and compiled a list of the best ideas. It's fantastic to see such considered, wide-ranging and valuable ideas from our peers, we hope that you will read it and get some fresh ideas for managing your wellbeing and contributing to that of your clients. Thanks to all of those who contributed by sharing with us and with you.

TOP TIPS FOR MASSAGE THERAPISTS TO MAINTAIN WELLBEING

1. Get regular bodywork. Receive as many massages per month as you can afford (swap or pay). Not only does this keep your body in tip top shape, it helps remind us how massages feel for our clients. A few times a year I like to visit an Osteopath too, and for work related injuries I see a specialist hand and wrist physiotherapist.
2. Stretch! Before you start your day, between clients, after work. Make time to treat yourself to some intensive and good quality stretching on your days off. Double up and have a lovely hot epsom salts bath afterwards, so good!
3. Keep hydrated. This goes without saying really. Drinking fresh, cool water

“STRIVE TO MAINTAIN IMPECCABLE BOUNDARIES WITH YOUR CLIENTS AND CO-WORKERS.”

ALLISON ANDERSON

can really uplift me during a busy day massaging in a warm room. I try to fill my bottle between clients, and have a few big swigs while my clients are getting on or off the table. Sometimes I like to add a couple of Red Seal Hot or Cold brew teabags - a lovely flavour kick without the caffeine.

4. Schedule some time to offload and bounce ideas off a peer mentor, trusted colleague or a professional counsellor. Clients often open up about their lives when they're in a safe space on our tables. This can lead to a build-up of stress which can be detrimental to our own mental well-being. I have found it useful to have two close massage friends who I can contact whenever I need advice on a difficult client or situation.
5. Plan holidays and regular breaks such as weekends away through the year. Having fun things to look forward to can be very rewarding, and gives me some mandatory time away from the table to rest and relax my body and mind.
6. Eat well. Have awareness around what foods work well and which foods cause issues. Healthy snacks during the day, nuts, fruits etc. No “heavy” meals during the day.
7. Sleep well. Sleep when tired, regardless of others opinions of the amount (I sleep lots!). Avoid sleep deprivation.
8. Exercise/move. To keep fit, maintain the body and process life's challenges (my meditation).
9. Get out into nature. A walk in the forest, a day hike with the family, a week camping, observe the habits of the native birds, watch the sunrise or enjoy the season's uniqueness. Get offline from the digital world.
10. Yoga and meditation - great for the body and mind
11. Limit work hours with recreational and family hours and avoid overcommitting to create a balanced enjoyable life. Cliche.....life is about balance. If we do what we enjoy, we will never have to “work” a day in our lives.
12. Strive to maintain impeccable boundaries with your clients and co-workers.
13. Have fun with my children. Laugh at the silly things in life.
14. Buy an adjustable height table
15. Use supplements to boost one's immune system and avoid coughs, colds and flu bugs. For me this means taking garlic, Echinacea, vitamin C, zinc, olive leaf tablets during March to Sept. I also take 2 Mobicosa capsules daily for good joint health.
16. Maintaining a positive and happy environment to work in. Understanding your core values and acknowledging other therapists' boundaries at your work place.
17. Join Massage New Zealand. Belonging to your professional association is a great way to get support, access information on issues that may be affecting your business or practice, find a mentor, network with other therapists locally and nationally. Being part of a strong national network of professionally trained therapists can really help you feel supported.

KEY FACTORS AND RISKS MASSAGE THERAPISTS NEED TO BE VIGILANT ABOUT

1. Watch out for physical burnout. This is the most common thing I hear from other MTs, especially of the fingers, hands and wrists. Getting injuries quickly attended to is incredibly important for longevity of our careers, and also resting the affected areas. I know this from personal experience, when I let a lower back issue turn into a level 2 lumbar spinal fusion and a year off work! Nowadays, I get



“KEEP HEALTHY BOUNDARIES WITH OUR CLIENTS. TREATING CLIENTS PROFESSIONALLY AND NOT BECOMING TOO INVOLVED WITH THE CLIENTS LIVES/ISSUES”

ALICE BRYDON

things checked out by someone in my referral network, especially when a deep tissue massage doesn't resolve it.

2. Watch out for mental burnout. I truly believe one can only do massage as long as he/she is enjoying the work. If you are feeling burnt out, be honest with yourself and look for ways to find the joy again - collaborate with other professionals, learn a new modality, take some time off, hire a coach/mentor. Clients can sense if you are happy in your work or not.
3. Keep healthy boundaries with our clients. Treating clients professionally and not becoming too involved with the clients' lives/issues. Often this can be hard particularly if we relate to what a client is going thru e.g. the death of a parent. It is important for us to be empathic yet professional.
4. Have an outlet for dealing with mental and emotional stress. This could be exercise, supervision, meditation etc. Therapists are caring people and sometimes attach to clients' issues, we need a way to debrief and offload.
5. Ensure there is sufficient time in between clients to regroup and regroup

ourselves. I have a minimum of 15 minutes between clients and at least an hour lunch break for 8 hour+ days.

6. Don't put too much pressure on ourselves to accommodate client bookings. You can end up working hours you hadn't planned which encroaches on other factors in your life causing unnecessary stress. Saying no occasionally is a skill you must learn.
7. Allow ourselves to not feel guilty about taking time away from work.
8. Keep your own ego in check. I try to keep my hands on and practical education at a top level, but there is ALWAYS going to be someone out there better, smarter and more experienced than you. Learn from client feedback, criticism, and really listen when someone is teaching you something that you're not entirely familiar with. Being open to learning and growing as a therapist has enriched my practice immensely over the years.

TOP SELF-CARE RECOMMENDATIONS FOR CLIENTS

1. Make measurable goals with your therapist. Work towards those goals, but learn your limits and keep within those limits. Over doing it can be detrimental to an ongoing wellness plan.
2. Cultivate body awareness. I encourage my clients to be aware of their bodies and keep in mind that any pieces of information they give me can enhance the treatment. Noting down pains, aches, niggles, tingles and clicks between massages are something I ask my clients to do, so I can give them targeted treatments and appropriate home care advice.
3. Educating my clients about their bodies - what muscles are called, what they do and what other structures are affected. This helps clients understand what I'm trying to achieve and what they can do for themselves between treatments. Another benefit of this is when they are referred to another specialist, they can confidently and correctly explain symptoms and get a diagnosis much quicker.

4. Specific and good quality stretches, strengthening exercises and some gentle self-massage are all tools I give to my clients so they can manage issues at home, work, or when travelling.
5. Promoting rest breaks during the day and proper sleep hygiene is something I like to encourage clients to take control of. Great quality sleep is KEY in any wellness plan.
6. Breathe. Physical, mental, emotional, physiological functions are all affected by breathing dysfunctions and we are living in a fast-paced world.

“CHALLENGE US AS HEALTH PROFESSIONALS, WE ARE HERE TO HELP AND IF WE DON'T HAVE ANSWERS HOPEFULLY WE CAN FIND SOMEONE WHO DOES!”

CLINT KNOX

7. Eat well. Follow what works for the individual, seek expert advice on latest proven models.
8. Exercise. Whatever kind works for the individual, just move.
9. Challenge us as health professionals, we are here to help and if we don't have answers, hopefully we can find someone who does!
10. Stress Reduction. That can come in many forms. Using a mindfulness app or attending a gentle yoga class are probably my two most suggested activities.

11. Self-care. Taking time each day for their own wellbeing, whether it be a walk, a yoga class, meditation, aqua jogging, coffee with friends etc. I think it's important for clients to feel well and healthy every day and by putting aside specific time every day (even if it's just 5 minutes a day) it can help them to be more mindful of their own wellbeing.
12. Regular massages. Of course, receiving regular massage treatments is going to be better for the client than just a yearly visit. We offer loyalty discounts and recommend which massage treatment may suit their needs better as the treatment plan progresses.
13. Get additional treatment from another local healthcare provider where appropriate and necessary.

We would like to acknowledge the Mental Health Foundation for allowing us to use their poster from the 2018 Mental Health Awareness Week (MHAW). 'Five Ways to Wellbeing' espouses the messages that we need to be reminding ourselves about, and sharing with our clients. Wellbeing is a practice, a journey, not an end-point. Enjoy it!

REFERENCES

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 Oxford University Press. (2018) Wellbeing. In English Oxford Living Dictionaries. Retrieved from <https://en.oxforddictionaries.com/definition/well-being>

ADDITIONAL RESOURCES

Massage Magazine and Massage Today have some great resources on self-care and wellbeing for massage therapists, if you want to read further to get some ideas. Also check out the books reviewed later on in this issue.

The Massage Therapist's Guide to Effective Self-Care - a free downloadable e-book

https://www.massagemag.com/selfcarebook/?utm_source=Massage+Magazine&utm_campaign=d91d7bfd44-selfcare_ebook_email_10_1&utm_medium=email&utm_term=0_f3a6010523-d91d7bfd44-114027717

Self care for male massage therapists

<https://www.massagemag.com/self-care-for-men-101131/>

The 3 Pillars of Self-Care

https://www.massagetoday.com/digital/index.php?i=657&r=t&a_id=15405&pn=22&r=t&Page=22

The Five Pillars of Self-Care

<https://www.massagemag.com/the-five-pillars-of-self-care-3959/>



NZCM CONTINUING EDUCATION SCHEDULE

 New Zealand College of Massage 					
Professional Development Course Schedule	Presenter	Date	Times	Location	Pricing
Instrument Assisted Soft Tissue Mobilisation techniques (IASTM)	Dawn Gulick, PT	21 Dec 2018	8:30am-6pm	Auckland	\$299 - \$499 plus bundles
Muscle Specific Deep Tissue Techniques Torso (Iliopsoas, Diaphragm, QL, and Paraspinals)	Brian Utting	19 Jan 2019	9am-6pm	Auckland	\$225/day - \$400/2 day
Muscle Specific Deep Tissue Techniques for the Posterior, Lateral and Anterior Neck	Brian Utting	20 Jan 2019	9am-6pm	Auckland	\$225/day - \$400/2 day
Muscle Specific Deep Tissue Techniques for the Posterior, Lateral and Anterior Neck	Brian Utting	26 Jan 2019	9am-6pm	Christchurch	\$225/day - \$400/2 day
Muscle Specific Deep Tissue Techniques for the Chest, Diaphragm and Shoulder Girdle	Brian Utting	27 Jan 2019	9am-6pm	Christchurch	\$225/day - \$400/2 day
Decongestive Lymphatic Therapy Training (DLT) - Casley-Smith Method	Jacqui Beutel	4-9 Feb 2019	8:45am-5:30pm	Wellington	Early bird \$1550AUD
Are you putting your client at risk of Lymphoedema?	Jacqui Beutel	10 Feb 2019	9am-2:30pm	Wellington	\$125 - \$150
Integrative Myofascial Release Techniques - The Pelvic Girdle	Mark Finch	15-16 Feb 2019	9am-5pm	Auckland	\$440CND
Integrative Myofascial Release Techniques - The Spine	Mark Finch	17-18 Feb 2019	9am-5pm	Christchurch	\$440CND
Neck, Voice and Swallowing Disorders Seminar	Walt Fritz	17-18 Aug 2019	9am-6pm	Auckland	\$595 - \$745

register online <https://www.massagecollege.ac.nz/courses/continuing-education-courses/>



PROFESSIONAL SUPERVISION FOR MASSAGE THERAPISTS

AN INTERVIEW WITH DR MELANIE JOHNS

By *Odette Wood*

At this year's conference in Tauranga, A GP Melanie Johns presented on the topic of professional supervision and its relevance to massage therapists. We spoke to Melanie following her presentation and she has kindly shared her knowledge on the subject with us.

1. What is professional supervision?

Professional supervision is a regular, planned, hour long meeting with defined goals based on professional issues identified by the supervisee. Professional issues may relate to specific clinical cases, or encompass broader aspects of work including professional relationships, workplace challenges and work-life balance. It provides the space and time to focus on each issue and develop clarity about how best to move forward. Supervision is complementary to clinical training, mentoring and counselling.

2. Who should have professional supervision?

Professional supervision is common (and a mandatory requirement for registration) in the fields of social work, psychology and counselling. It is also now spreading to other fields. Those for which it is very beneficial include those professionals who help clients who are dealing with stress and/or trauma. These people are at a risk of burnout and professional supervision can help to decrease burnout and increase resilience.

3. What's the point of professional supervision?

Professional supervision is about helping us to be happy and effective health professionals because this enables us to provide the best service to our clients. We all want our work to be effective and enjoyable and we provide a better service when we are on top of our game. An effective professional runs their practice well, is physically able to do their job well, and maintains a positive mindset with the resilience to cope with whatever arises.

As health professionals, we are great at caring for clients, but we don't always care for ourselves. We should be maintaining our wellbeing in the same way that we maintain our clinical knowledge, as an outgoing professional development activity throughout our careers. Just as regular massage helps to stop our muscles seizing up, professional supervision stops our minds from seizing up.

4. How does professional supervision work?

Have you ever noticed how when you explain something to someone who listens well, you can often develop some clarity yourself through the process of explaining? Or, you might realise that you didn't understand it as well as you thought and through that realisation you have identified a learning need for yourself?

Because professional supervision provides a structured contemplation of the challenges of one's work, it allows a deeper awareness into the way we work. It provides a safe space for considering issues and debriefing. It allows for the examination of issues from many angles, meaning that you can define the core problems and then work through possible ways to manage them.

Supervision is very much a critical, reflective learning process. As such, it is not simply an offloading session, where you get to dump frustrations, grievances or stressors without any aim of actually dealing with them. It requires the supervisee to be an active participant by bringing issues to the session. You therefore very much get out of it what you put into it. It is up to the supervisee to come up with possible solutions to the challenges raised, while the supervisor acts as a facilitator for exploration of these issues. Supervision also enables issues arising to be cognitively parked for structured reflection later. This means that an issue that comes up during the month, can be mentally identified and then reserved for discussion at supervision, so it doesn't eat away at you or result in it being inappropriately offloaded onto someone.

A great way to get the most out of professional supervision is to have a notebook for recording things that you want to discuss in the session. This means you get them out of your head, on to paper, with the knowledge that you aren't going to forget them, and that you don't have to stew over them or risk dumping them on family or friends. They are recorded and ready for you to raise them at supervision in a confidential, structured and useful way.

5. What might be discussed at supervision?

So, what can be raised at supervision? Essentially, anything work-related that gets at you. Professional issues which might include issues related to a specific client e.g. a client may have shared some traumatic experience with you or offloaded their emotional distress on you, they may have a condition such as a terminal illness that triggers your emotions, they may pose a clinical challenge leading to frustration or negativity, or they may have issues that you are simply unable to solve – social issues, personal trauma, and you feel helpless.

Workplace stressors are also a common and relevant issue for supervision. Interpersonal difficulties such as ineffective bosses, bullying or controlling behaviour, frustratingly lazy co-workers. Workplace communication issues such as breakdowns in communication or issues with colleagues who come across as aggressive communicators when this is not intended. Frustrations with workplace systems and processes that don't work well, working conditions that may be overly demanding or unsafe.

Career considerations are also a topic. Questions you may ask yourself such as "where am I going?", "What are my long-term goals?", "Am I in the right career?" Supervision can help people to identify where the joy is for them in their work, and how to maximise it. Interestingly, there is research to suggest that we can do mundane things for 80% of our work time, and be happy with this so long as the other

20% enables us to pursue passion that we hold for some aspect of our work.

Finally, work-life balance is another common issue. Learning to say “no” and finding ways to manage the guilt that results, or to manage bosses or co-workers who are used to hearing “yes”.

6. What are the results of effective supervision?

Supervision enables the development of an internal reflective practice and helps you find answers to your questions about your professional practice. This means you can become more aware of the issues that arise in your practice, and have a more structured way of thinking about them, rather than getting tangled up. Research shows that effective supervision improves self-confidence and self-respect. It can stop you endlessly running over things in your own head, provide acknowledgment and reassurance, help you change the way you deal with certain challenges and change work behaviours which can lead to improved workplace relationships, and provide a difference perspective of issues. Overall, it leads to improved professional wellbeing.

7. Why should massage therapists access professional supervision?

Professional supervision is relevant to massage therapists because if you don't have safe ways to manage work stressors, your professionalism suffers. Massage therapy is helpful in managing chronic pain and palliative conditions and these clients can pose emotional challenges as well as clinical ones. After the World Trade Centre attack in 2001, a survey of 225 people who had escaped the Twin Towers were asked what had been the most helpful in overcoming their experience. Massage therapy was second overall (after acupuncture), and first amongst rescue workers. This indicates that physical, hands-on treatment for stress was preferred to talking therapy. For those with complex PTSD, massage therapy helps the traumatised person get in touch with their body, as a step towards getting in touch with their mind.

As a health professional, you are not a robot. Client interactions create emotions. How do massage therapists pick up on emotions? They might not be spoken but be reflected in how their body responds to your therapy. Some emotions that you're exposed to will be obvious, others subtle. Sometimes it is work itself that creates emotions - frustration with treatment not being as effective as hoped, workplace challenges. Negative emotions can impact on our ability to provide effective professional care and these emotions can also impact on professional wellbeing, e.g. taking emotions home is never useful, privacy and ethical boundaries limit what can be discussed with loved ones, and talking to a colleague may not be possible, appropriate or helpful.

8. How does one go about finding and choosing a supervisor?

Many massage therapists may already have informal supervision with colleagues. This is called peer supervision. One option is to formalise this process by making structured time, arranging a suitable place free of distractions where (and with whom) confidentiality can be assured. Be aware that best friends do not make best supervisors. Also, that the role of the supervisor means that they are not there to solve the issue for you, or get caught up in

it themselves. Being impartial and objective is a vital quality of peer supervisors. Having a written agreement with a peer supervisor can help to set out the rules of engagement for peer supervision.

If you want to find an independent supervisor, consider whether you would best be served by someone with inside knowledge of your profession, or someone external. Sometimes explaining things to someone outside your profession can help crystallise thinking and offer an objective perspective.

Where to look

Just like looking for a massage therapist, choosing someone who has undergone training as a supervisor will ensure that you get someone who is appropriately trained, experienced and skilled specifically in being a professional supervisor.

There are a number of places you can look to find a professional supervisor. The New Zealand Association of Counsellors website <http://www.nzac.org.nz/> has a supervision search facility. You can find this here http://www.nzac.org.nz/supervisor_search1.cfm Ticking the box “Supervision to other professions” will enable you can search for a supervisor in your city or region.



Talking Works is another site worth looking at. It is an online directory of counsellors, psychotherapists and psychologists across the country. It also provides a directory of supervisors here <https://www.talkingworks.co.nz/pro/Find+a+Supervisor.html> where you can search for a supervisor in your area. Some supervisors provide supervision via Skype, which is a great option if you are in an area where it is difficult to find a supervisor locally.



How much does it cost?

Fees for professional supervisors range from \$90-\$150 per hour, depending on the location. Some supervisors may work to 50 minute sessions, rather than an hour. The main centres tend to have higher rates, with Auckland being at the higher end of the spectrum, similar to massage therapy rates being higher in larger centres.

9. Interested in becoming a supervisor?

There are a few places around New Zealand that offer training in supervision. Many universities and technical institutes also run courses, in most cases these are postgraduate courses level 8 courses. You will need to find out about prerequisites for these courses from the academic institution themselves. Some may require a bachelor degree as the minimum prerequisite.

Some tertiary course providers include:

University of Auckland - Postgraduate Certificate in Professional Supervision

<https://www.auckland.ac.nz/en/study/study-options/find-a-study-option/postgraduate-certificate-in-professional-supervision-pgcertprofsup.html>

Nelson Marlborough Institute of Technology - Postgraduate Certificate in Professional Supervision

<https://www.nmit.ac.nz/study/programmes/postgraduate-certificate-in-professional-supervision/>

Wintec - Postgraduate Certificate in Professional Supervision

[https://www.studyinnewzealand.govt.nz/study-options/course/details?courseid=56856072&institutionid=142339&course=Postgraduate-Certificate-in-Professional-Supervision-\(Level-8\)](https://www.studyinnewzealand.govt.nz/study-options/course/details?courseid=56856072&institutionid=142339&course=Postgraduate-Certificate-in-Professional-Supervision-(Level-8))

Other providers include private training providers. It is worth checking to see if they are NZQA accredited as this gives some assurance of quality. Some private training providers include:

New Zealand Coaching and Mentoring Centre - Introduction to Supervision for Health Professionals <https://www.coachingmentoring.co.nz/supervision-skills/intro-supervision-and-supervision-skills-for-health-social-service-professionals> <https://www.coachingmentoring.co.nz/supervision-skills/supervision-skills-health-social-service-professionals>

New Zealand School of Coaching - Certificate in Professional Supervision <https://www.nzschoolofcoaching.com/prof-supervision/professional-supervision-training/>

Further information on supervision and reflective practice

MNZ has a factsheet, "Supervision, Peer supervision, Mentoring and Coaching - A Guide" written by past Regional Liaison Coordinator, Maria Monet-Facooory which you can find here in the members only area of the MNZ website <https://www.massagenewzealand.org.nz/includes/download.ashx?ID=146660>

In 2016, one issue of MNZ Magazine focused on continuing professional development. Some excellent relevant articles worth going back to include:

McQuillan, D. (2016, 1st Quarter). Reflective Practice and Continuing Professional Development. MNZ Magazine, 13-14.

Smith, J. (2016, 1st Quarter). Supervision in Massage Practice. MNZ Magazine, 15-16.

INTERVIEWEE BIO

Melanie has worked in general practice since 2004, and is a fellow of the Royal New Zealand College of General Practitioners. She is also an accredited medical sexual assault clinician for adolescents and adults, having worked for the Bay of Plenty Sexual Assault Support Service as a forensic examiner since 2011 and as a clinic doctor since 2013. Melanie lives in Tauranga with her partner and enjoys tramping and the Bay of Plenty beaches. She has a real interest in how doctors care for themselves and completed her Postgraduate Certificate in Professional Supervision in order to be able to provide a quality supervision service, mostly to a range of doctors within hospitals and general practice.



CO-EDITOR NOTE

Personally, I've been very fortunate to have had professional supervision throughout the 16 years I worked in the community, mental health and primary health sectors, prior to becoming a massage therapist. In all of these workplaces, supervision was part of my employment package and was paid for by my employers, and I am deeply grateful for that as it taught me the value of professional supervision as a tool for critical reflective practice, keeping myself well and reducing the risk of burnout.

I have recently taken up the habit of engaging in professional supervision again, on a monthly basis and with a trained supervisor. Being able to sit down with someone confidentially and totally independent to my work, who can guide me through a process of reflective learning, help me to find solutions to the challenges I face in my work, and help me to acknowledge what I am doing well (something we don't always do for ourselves) is an empowering and rewarding experience and I encourage other massage therapists to consider engaging in professional supervision as part of ongoing self-care and professional development. An added bonus, it counts towards CPD points.



KAWAKAWA: A TRADITION OF WELLNESS

By Dr Kellie McNeill

My first forays into working with kawakawa began almost a decade ago. Living in a bush clad area of Waiheke Island with a small brook gurgling its way through the property was very pleasant, but the reality of vicious summertime mosquitoes was not - particularly for this sensitive skinned resident. Rather than dosing our environment with chemicals or drenching my dermis with commercial strength repellents and antihistamines the mosquitoes and I would somehow have to learn to co-exist. Happening upon an old book of New Zealand native medicinal plants, I came to realise that where nature offers up a challenge it also very often also provides a solution. Thus, after a bit more research, I developed a method and recipe for kawakawa balm. Problem solved! My

first experiments were shared with a couple of friends who were keen to soothe the itches of their own households. Word got around (as it does in an island community) and the next balm batch was eagerly anticipated by further bush dwellers. I scaled up the recipe to accommodate these requests and offered a couple of spare jars to the community via Facebook. Twenty four hours and several comments posted by enthusiastic neighbours on the merits of my makings resulted in more than a hundred orders. Thus, Indigen Kawakawa Ointment was born. I still hand produce all my balms and serve many of those original customers as well as an extensive list of new ones. My product range has expanded to include kawakawa hydrosol, animal health products, teas and customised massage oils and waxes. My relationship with the kawakawa plant has strengthened and developed as I have come to know its properties better through

my own research, the feedback of a diverse client base and association with taha Māori. What follows summarises some of my learnings during that journey.

Kawakawa (*Macropiper excelsum*) grows along coastal cliffs, sand dunes and lowland forests throughout the North Island and northern half of the South Island of New Zealand. Preferring a shaded position, it is easily identified by its faint aroma, heart shaped leaves, and dark brown zig-zagging branches which swell at the nodal points in a bamboo like fashion. Older leaves are often perforated with holes as a result of the native looper moth (*Macropiper excelsum*, 2018). According to Māori tradition, it is these that are best selected for medicinal use. While the rationale for this is scientifically unclear, it has been proposed that the looper moths are either attracted to the most medicinally viable



leaves or alternatively, that moth infestations stimulate some kind of enzymatic reaction during their feeding which contribute to kawakawa's utility as a natural therapy. Kawakawa plants come in both male and female forms, with females producing yellow to orange spike shaped fruit with small seeds on the outside. A favourite with native birds, these fruits are an interesting taste experience with both citrus and pepper undertones (Kawakawa is known in English as the New Zealand Pepper Tree) and a slight anaesthetic effect on the mouth.

Māori have long recognised the medicinal and therapeutic value of kawakawa and even in contemporary times it is revered for its versatility as a healing staple. (Tito, 2007). Much of what is known about how it should best be harvested and how its properties are best extracted and applied is held as part of a traditional set of indigenous knowledge known as rongoā. Often understood as Māori medicine, to my mind this is too narrow in translation. In its truest form, the practice of rongoā aims to balance and restore all aspects of wellbeing, including the social and spiritual, through the use of indigenous botanicals, therapeutic massage and karakia or incantation. Within rongoā, kawakawa is typically recognised for its analgesic, anti-inflammatory, anti-bacterial and mild anaesthetic properties. As such, it is regarded as valuable in treating skin irritations such as eczema, relief of muscular and soft tissue pain and accelerating the healing of wounds to the skin. Kawakawa has also traditionally been ingested in the form of a tea made by boiling the leaves. Ingestion has a calming and restful effect on the central nervous system, and a stimulatory effect on the digestive system and kidneys. It provides a useful expectorant tonic for those affected by colds and chest ailments, and its anaesthetic and analgesic properties are helpful in the management of toothache, sore throats, body aches stemming from inflammation, as well as bruising. Within Māoridom, the plant itself is imbued with cultural and spiritual significance. In ritual, it is present at both the beginning and end of

life. A twig of kawakawa was said to ensure conception, and leaves are traditionally present in the head wreaths of mourners during tangi (Riley, 1994). I was recently fortunate to be involved in a project aimed at restoration of Māori burial traditions and was interested to find that historically, those returned to the whenua in this way were embalmed in kawakawa leaves to assist in preservation of the body before its interment.

Those wishing to experiment with the healing properties of kawakawa themselves should take only what is needed for the purpose, and harvest only leaves with holes. These can be pinched off through their stems while being mindful of avoiding emerging leaves. Kawakawa should not be picked during fruiting or in wet weather or frost in order to allow the plant the best chance to recover from having foliage removed. Traditionally a karakia is said both at harvest and the preparation of rongoā and in principle, only one rongoā should be used in treatment at a time. It is also worth becoming informed about some of the contraindications - in particular, kawakawa should not be used internally by those whose kidneys are already compromised and externally, the promotion of rapid healing of the skin may not be desirable where infection is present.

Many small businesses are now producing kawakawa products, although I have observed that the protocols, ingredients and effectiveness of their products vary greatly. Unlike its betterknown bush cousin manuka, the development of kawakawa products on a commercial scale has been plagued by an almost absent scientific literature. Validation of claims about its usefulness, to my mind, are best measured by centuries of indigenous use and the many return customers who have continued to support cottage industries such as my own. My fascination and reverence for this magical plant continues to grow. For me - as I send my little jars off to yet another Dad who finally has his child's eczema under control, another hairdresser who swears that it's the only thing that calms the chemically

induced dermatitis on her hands, or the older woman who finds it provides enough relief to arthritic pain that she can pick up her weaving again - kawakawa has been the gift that keeps on giving.

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AUTHOR BIO

Dr Kellie McNeill was formally a lecturer in sociology at The University of Auckland, specialising in social policy and environmental sociology. She recently relocated from Waiheke Island to Riwaka (near Motueka) and is now a full time 'maker' of Kawakawa products, kete and other fibre creations. She continues to teach through the Riverside Community's education programme. Contact her on mcneillkellie@gmail.com

Patricia Smith is founder of the Compassion Fatigue Awareness Project (www.compassionfatigue.org) and a Certified Compassion Fatigue Specialist has said that to determine if you are suffering from compassion fatigue, the Professional Quality of Life Self-Test created by Dr. Beth Hudnall Stamm, can be helpful. This highly regarded self-test measures your secondary traumatic stress (compassion fatigue), burnout and also your compassion satisfaction level. Compassion satisfaction is the pleasure we derive from doing the caregiving work we choose to do. The ProQOL is available to download, free of charge, at www.proqol.org.

PROFESSIONAL QUALITY OF LIFE SCALE (PROQOL)

COMPASSION SATISFACTION AND COMPASSION FATIGUE (PROQOL) VERSION 5 (2009)

When you [help] people you have direct contact with their lives. As you may have found, your compassion for those you [help] can affect you in positive and negative ways. Below are some questions about your experiences, both positive and negative, as a [helper]. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the last 30 days.

	1=Never	2=Rarely	3=Sometimes	4=Often	5=Very Often
_____ 1.					
_____ 2.					
_____ 3.					
_____ 4.					
_____ 5.					
_____ 6.					
_____ 7.					
_____ 8.					
_____ 9.					
_____ 10.					
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_____ 26.					
_____ 27.					
_____ 28.					
_____ 29.					
_____ 30.					

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**YOUR SCORES ON THE PROQOL: PROFESSIONAL QUALITY OF LIFE SCREENING**

Based on your responses, place your personal scores below. If you have any concerns, you should discuss them with a physical or mental health care professional.

Compassion Satisfaction _____

Compassion satisfaction is about the pleasure you derive from being able to do your work well. For example, you may feel like it is a pleasure to help others through your work. You may feel positively about your colleagues or your ability to contribute to the work setting or even the greater good of society. Higher scores on this scale represent a greater satisfaction related to your ability to be an effective caregiver in your job.

The average score is 50 (SD 10; alpha scale reliability .88). About 25% of people score higher than 57 and about 25% of people score below 43. If you are in the higher range, you probably derive a good deal of professional satisfaction from your position. If your scores are below 40, you may either find problems with your job, or there may be some other reason—for example, you might derive your satisfaction from activities other than your job.

Burnout _____

Most people have an intuitive idea of what burnout is. From the research perspective, burnout is one of the elements of Compassion Fatigue (CF). It is associated with feelings of hopelessness and difficulties in dealing with work or in doing your job effectively. These negative feelings usually have a gradual onset. They can reflect the feeling that your efforts make no difference, or they can be associated with a very high workload or a non-supportive work environment. Higher scores on this scale mean that you are at higher risk for burnout.

The average score on the burnout scale is 50 (SD 10; alpha scale reliability .75). About 25% of people score above 57 and about 25% of people score below 43. If your score is below 43, this probably reflects positive feelings about your ability to be effective in your work. If you score above 57 you may wish to think about what at work makes you feel like you are not effective in your position. Your score may reflect your mood; perhaps you were having a “bad day” or are in need of some time off. If the high score persists or if it is reflective of other worries, it may be a cause for concern.

Secondary Traumatic Stress _____

The second component of Compassion Fatigue (CF) is secondary traumatic stress (STS). It is about your work related, secondary exposure to extremely or traumatically stressful events. Developing problems due to exposure to other’s trauma is somewhat rare but does happen to many people who care for those who have experienced extremely or traumatically stressful events. For example, you may repeatedly hear stories about the traumatic things that happen to other people, commonly called Vicarious Traumatization. If your work puts you directly in the path of danger, for example, field work in a war or area of civil violence, this is not secondary exposure; your exposure is primary. However, if you are exposed to others’ traumatic events as a result of your work, for example, as a therapist or an emergency worker, this is secondary exposure. The symptoms of STS are usually rapid in onset and associated with a particular event. They may include being afraid, having difficulty sleeping, having images of the upsetting event pop into your mind, or avoiding things that remind you of the event.

The average score on this scale is 50 (SD 10; alpha scale reliability .81). About 25% of people score below 43 and about 25% of people score above 57. If your score is above 57, you may want to take some time to think about what at work may be frightening to you or if there is some other reason for the elevated score. While higher scores do not mean that you do have a problem, they are an indication that you may want to examine how you feel about your work and your work environment. You may wish to discuss this with your supervisor, a colleague, or a health care professional.

WHAT IS MY SCORE AND WHAT DOES IT MEAN?

In this section, you will score your test so you understand the interpretation for you. To find your score on **each section**, total the questions listed on the left and then find your score in the table on the right of the section.

Compassion Satisfaction Scale

Copy your rating on each of these questions on to this table and add them up. When you have added them up you can find your score on the table to the right.

- 3. _____
- 6. _____
- 12. _____
- 16. _____
- 18. _____
- 20. _____
- 22. _____
- 24. _____
- 27. _____
- 30. _____

Total: _____

The sum of my Compassion Satisfaction questions is	So My Score Equals	And my Compassion Satisfaction level is
22 or less	43 or less	Low
Between 23 and 41	Around 50	Average
42 or more	57 or more	High

Burnout Scale

On the burnout scale you will need to take an extra step. Starred items are "reverse scored." If you scored the item 1, write a 5 beside it. The reason we ask you to reverse the scores is because scientifically the measure works better when these questions are asked in a positive way though they can tell us more about their negative form. For example, question 1. "I am happy" tells us more about

- *1. _____ = _____
- *4. _____ = _____
- 8. _____
- 10. _____
- *15. _____ = _____
- *17. _____ = _____
- 19. _____
- 21. _____
- 26. _____
- *29. _____ = _____

Total: _____

The sum of my Burnout Questions is	So my score equals	And my Burnout level is
22 or less	43 or less	Low
Between 23 and 41	Around 50	Average
42 or more	57 or more	High

You Wrote	Change to
	5
2	4
3	3
4	2
5	1

the effects of helping when you are *not* happy so you reverse the score

Secondary Traumatic Stress Scale

Just like you did on Compassion Satisfaction, copy your rating on each of these questions on to this table and add them up. When you have added them up you can find your score on the table to the right.

- 2. _____
- 5. _____
- 7. _____
- 9. _____
- 11. _____
- 13. _____
- 14. _____
- 23. _____
- 25. _____
- 28. _____

Total: _____

The sum of my Secondary Trauma questions is	So My Score Equals	And my Secondary Traumatic Stress level is
22 or less	43 or less	Low
Between 23 and 41	Around 50	Average
42 or more	57 or more	High

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GET UP & GET MOVING

PRACTICAL TIPS TO MOVE MORE AT WORK & HOME

- **Stand up when you're on the phone** - every time you take a phone call either at home or work, stand up to talk. And, if you can, walk around. Most of us now use these amazing things called mobile phones, but, somehow they have made us more immobile. Even if you still need to look at data on your computer, try standing for parts of the phone call.
- **Walking meetings** - if you are having a meeting with a small group of 2 - 4 people, try going for a walk around the block. It will take a little bit of forward planning to be prepared, but you'll be surprised how easy it is and how even taking just 10 minutes of your meeting for a walk allows a different clarity of mind.
- **Do some squats** - set yourself a goal of maybe 50 squats a day. Do them in the kitchen, in the bathroom, by your desk. All you have to do is 5 at a time, 10 times a day and they're done!
- **Wait standing up** - when you can, do all your waiting standing up. Wait for the kettle to boil standing up, wait for your coffee to be made at the cafe while standing.....or even better still, go for a walk up the street. Wait for your kids at pick up standing outside the car. Wait for your next meeting standing up. Think of all the things you do that require waiting, and instead of sitting down and scrolling through your phone, stand up and walk around.



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PRACTICAL TIPS TO MOVE MORE AT WORK & HOME

- **Ad breaks** - if you're a tv watcher, then take every ad break as your cue to do a lap of the lounge room or a lap of the house. If you are a netflixer then set yourself a reminder in your phone to get up every 20 mins and do a lap. Amazing how long you can sit and stare at a show without moving!
- **Lunch break** - firstly, you need to take it. Secondly, get moving! Walk somewhere. If you can, get outside and get some fresh air and sunshine. So many of us spend most of our working hours sitting and then we take a lunch "break" and sit down for the whole time.
- **Rolls** - get things rolling. Shoulder rolls, neck rolls, ankle rolls, wrist rolls. You can do a lot of movement even when your sitting by just moving your joints and limbs around.
- **Talk don't email/phone or text** - if you need to get a message to a co-worker, then walk to them and talk to them in person. Make this your habit instead of sending an email or text to a person in the same building.
- **Laptop off your lap** - if you use a laptop computer, put it up on the kitchen bench, or a work surface that is higher so you can stand rather than sit while using it. Be creative in finding different "workstations" that you can work from.



Jacqueline Edser
Occupational Therapist &
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SOUND MASSAGE - PETER HESS®

By Alison Wainscott RMT

In the 1980s Peter Hess, an engineering graduate in Germany, became interested in alternative healing methods. Numerous trips to Nepal, India and Tibet began his interest in using Himalayan singing bowls as a medium to transmit the healing effects of sound to the human body. He established the Peter Hess Institute in Germany and after thirty years of research, development and practice there are now Peter Hess Sound Massage practitioners in 20 countries.

Singing bowls are mainly bronze with small amounts of other metals mixed in. The bowls used in the Peter Hess method are hand-made. A disk of metal called a cast blank is heated, quenched in water, and beaten simultaneously by several craftsmen to shape the bowl. The process is repeated numerous times to shape the bowl, form its thickness, depth and diameter - factors that determine bowl's sound characteristics.

When struck with a soft mallet a singing bowl has a base tone and, unlike western instruments, non-harmonic multi-tonal sounds. The sound of a singing bowl behaves like natural sounds, such as a stream babbling or leaves rustling - a combination of noise and harmonious sounds.

During a sound massage the client remains fully clothed. Bowls are placed on or near the body and struck with a soft mallet. The client experiences the sounds and vibrations of the bowls and this induces a relaxation response. The sounds produced by the bowls match the brain waves present in relaxation and sleep modes (Meyer et al, 2009).

Beta waves associated with alertness and logical thinking and stress give way to alpha and theta waves associated with deep relaxation and meditation (Gommel, 2014) Unlike meditation, there is no need for active involvement of the client during a sound massage. Specific techniques are also selected to help relax muscular tension.

Three different bowls are used in a basic sound massage - a universal or joint bowl, a belly bowl, and a heart bowl. The three types of bowls resonate within different frequency ranges. The heart bowl has a

gentler resonance and is appropriate for the sensitive heart and upper body areas. The belly bowl has low sounds and it used on the pelvis and lower back. The universal bowl has a the most varied sound spectrum and can be used anywhere but is especially appropriate for hands and feet.

In Germany sound massage is used in a wide range of health contexts. For example, sound massage is used in hospitals with a variety of patients such as oncology and intensive care patients. Sound massage is used by physiotherapists, speech therapists, and therapists assisting children and adults with physical or intellectual disabilities. In these contexts, sound massage relaxes muscles or the nervous system enabling the primary therapist to treat more easily.

EVIDENCE OF EFFECTIVENESS

Stress Management

A pilot research report, Peter Hess Basic Sound Massage as a method of coping with stress and the effects on body image (Koller & Grotz, 2009) gives the results of a longitudinal study over 3 years involving a random sample of 201 participants. Participants were given 5 weekly basic sound massages by trained practitioners using the same method and Peter Hess bowls. A stress management strategies questionnaire (SFV 120) was used pre and post treatment and again five weeks after the final treatment. The questions measured positive stress management strategies (e.g. self-affirmation), negative strategies (e.g. withdrawing from others) and non-specific strategies (e.g. aggression).

The results showed that all changes in stress management strategies were positive. "Interestingly, it seems that the decrease in the negative stress management measures were apparently more influenced by the intervention than the increase in positive stress management strategies - both in terms of the number of affected activities, as well as the quantitative change values" (Koller & Grotz, 2009, p. 67).

Body Image

The pilot research report Peter Hess Basic



Sound Massage as a method of coping with stress and the effects on body image (Koller & Grotz, 2009) also used a questionnaire (FKB-20) to test the significance of 5 weekly sound massages on body image. The questionnaire measured vital body dynamics (the energy and movement aspects of body image) and adverse body evaluation (participant's assessment of their own appearance, and feeling of well-being). In relation to body image the study found "constructive behaviours and attitudes intensify, whereas destructive behaviours and attitudes decrease" (Koller & Grotz, 2009, p. 67).

Cells and Sound

Dr Maria Anna Pabst, Professor of Cell Biology, Histology and Embryology at the Medical University of Graz in Austria, designed a study to test whether sound works at a cellular level independent of the human psyche (Pabst, 2010). She examined the effect of the sound from a Peter Hess heart bowl on endothelial cells in a cell culture. The bowl was placed on top of the cell culture and struck every 10 seconds for one hour on three consecutive days. The control dishes sat in the same conditions in an adjacent room and were not subjected to the resounding of the singing bowl. The results showed no difference in the structure of the cells. However, analysis using a Casy cell counter facilitated a count of the total number of cells, the number of living cells, and the amount of cell debris. Results showed that the



total number of cells and the number of living cells were significantly higher in the group receiving sound. In discussing why, it was suggested that the sound vibration affects the culture medium, the cell membrane, and receptor proteins within the cell. The receptor proteins that act as sensory organs allow cells to perceive the environment and respond to it. "The sound vibrations of the bowl appear to have an activating effect at least to the cell division of the endothelial cells in culture" (Pabst, 2010).

Intensive Care

Harald Titzer, a registered nurse in the intensive care unit at Vienna General Hospital, noted that the patients in ICU are subject to a lot of acoustic stress from monitoring and treatment devices that trigger alarms frequently. There is also general machine noise, and the operating noise from staff. With the approval of medical and nursing management he offered sound massage to awake patients. He designed a questionnaire to measure patient perception of changes during, immediately after sound massage, one hour after, and two hours after. Although only 10 patients were available the results showed patients were able to 'let go' during the sound massage and feel relaxed and calm.

Neural Effects of Sound Massage

Dr Kerstin Gommel conducted a study at the Sound Academy Rhon to assess the neural effects of sound massage by using EEG spectral analysis. Fifteen participants received intensive sound massage training for a week. The control group comprised five staff members who received no sound massage training and continued with their normal jobs. Results showed "the beta activity of test participants was significantly lower after the intensive sound week. This was a visible reduction in stress... A significant portion of the test group also showed a synchronous brain activity after the week of sound, indicating a better cooperation between the hemispheres". This was tested using EEG Spectral Analysis. (Gommel, 2014).

Neonates

Uta Altmann, a nurse at St Francis Hospital in Munster and trained Sound Massage practitioner, was invited to work with babies and parents in the neonatal area. The



feedback she received from carers was that babies receiving sound massage are "happier/more relaxed, have longer sleep stages, drink better, require less oxygen, are attentive" (Altmann, 2013).

SOUND MASSAGE AS A MODALITY FOR MASSAGE THERAPISTS

Sound massage can be used as a stand-alone treatment or as a component of a regular massage.

It is particularly appropriate if a client is:

- feeling overwhelmed with emotion, work, or the busyness of life
- low on energy
- coping with health issues that make deeper massage inappropriate
- struggling to focus and think with clarity
- seeking an improved sense of wellbeing.

Here is recent feedback from my own clients:

'At first it seemed random then I could feel my energy aligning. I could feel my feet relaxing.'

'I was listening to the harmonics of the bowls. I think I went to sleep at one point. I could really feel my hip and leg release. I found it very calming'. (This client had recently had a hip replacement.)

'I haven't felt like this since I had medical hypnosis years ago. It was so relaxing, I'm blissed out. I felt a sense of ease in the area where I notice discomfort if my Crohn's is coming on'. (The client perceived this as a positive effect.)

'That felt like deep meditation. I was occasionally aware of a thought then it went away. My shoulders feel great.'

'Thoughts came and went - I liked that. I liked the feet - I could feel vibrations going up through my body.'

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AUTHOR BIO

Alison Wainscott is a Remedial Massage Therapist and a Peter Hess Sound Massage Practitioner. She trained through the Peter Hess Academy Australia (<http://peter-hess-academy.com.au>). If there is sufficient interest, courses could be arranged in New Zealand. Register your interest with Alison at alison@alviva.co.nz



NEW – PROTECT YOUR BUSINESS ASSETS WITH BIZCOVER

Every business is unique in some way, but there are two things that all business owners have in common – they've worked painstakingly hard to build their business and an unexpected event could destroy it in just minutes.

With life being full of surprises, unfortunately, you can't predict when an adverse circumstance will affect your massage business. It could be fire, storm or earthquake. It could be theft or malicious damage. It could even be accidental damage.

From your massage table to your mobile phone, your contents and equipment are all essential items which take time and money to replace. Worse still, if it's lost or destroyed you won't be able to work, meaning your tensions will be rising while your clients look for somebody else to relieve theirs.

That's why Business Insurance is an important form of cover for massage therapists. It protects your business assets and can keep your business afloat when the odds are stacked against you.

Thankfully, BizCover now offers Business Insurance packages from AIG that can be tailored to suit your business needs. So, whether you have your own bricks and mortar massage clinic, or you're a massage therapist on the move, you can find a policy to suit. The best part is that there's a host of additional benefits that are automatically included in the policy. So, let's have a look at what it can cover...

TYPES OF COVER

There are four main cover options available under a Business Insurance policy, with most massage businesses requiring either one, or a combination of them.

Building

Your business property is like your home away from home, so if you're fortunate enough to own your own building it is one of the most important assets to consider



protecting. If it burnt down or suffered major damage, do you have the available funds tucked away to cover the cost of repairing or re-building it from scratch? Probably not.

Building cover provides financial protection for the cost of repairing or reconstructing your business premises (if you own it) as a result of fire, storm and other perils. It also includes the other things you don't often think about, like fixed signs and lettering, tanks, poles, power lines, walls, gates, fences and landscaping. And depending on the location of your business, there's also the option to include cover for damage caused by earthquake.

Tip: the cost of replacing your building may be significantly more than you expect, especially if building regulations have changed since your premises was originally built.

Property (Contents)

If you have a physical massage clinic you've most likely accumulated an array of business contents, from your massage tables and

chairs to your waiting room furniture. Then there's computers and office equipment too. It all adds up.

Property cover, often referred to as Contents cover, protects the contents of your massage clinic, including any stock that you sell to your clients, against loss or damage caused by fire, storm and other perils.

The great thing about Property cover is that it automatically includes protection for the following things:

Glass – covers the cost to replace internal or external glass or porcelain that is damaged or broken, such as windows and mirrors

Money – covers money belonging to your business that is lost, stolen or damaged, either at your business premises or in transit

Theft – covers theft of your insured property up to \$20,000

Transit – covers loss or damage of your goods whilst in transit in New Zealand

Equipment breakdown – sudden and accidental breakdown of mechanical, electrical or electronic plant and equipment

Seasonal stock increase – increases the insured amount for stock that you carry by 20% during November, December and January

Stolen keys – covers the cost to alter or replace any locks or keys if they are stolen or illegally duplicated

Tip: maintain a thorough inventory of your contents and stock and review your policy annually to ensure you have enough cover so that you can replace items at their current purchase value.

Portable Equipment

Often businesses start with a tight budget, and those who opt to save money by running a mobile business may also be tempted to forgo certain types of insurance to save even further. For those who do take their business on the road, it's easy to underestimate the total value of your portable equipment. Without proper assessment, you could be in for a nasty surprise once it's too late and you suddenly need to replace things like your massage table, oils and lotions (especially if they're organic), towels, stones, heating devices and other business equipment, such as your laptop, mobile phone or portable payment device.

The good news is that you can take out Portable Equipment cover (also known as General Property) on its own to protect the things you carry around with you every day. It provides cover if they are lost, stolen or damaged anywhere in New Zealand. This cover also extends to provide protection for laptops and mobile phones anywhere in the world, so you can rest assured if you're travelling overseas for conferences or additional training.

Tip: keep receipts and/or photos of your portable equipment, including the serial numbers where applicable, as it will be easier to prove to your insurer what you own and ensure any claims you make run smoothly.

Business Interruption

Have you ever taken a moment to think about the consequences to both you and your business if an unforeseen event meant



that you were unable to open your clinic for days, weeks or months on end? Suffering a disaster, like fire or earthquake, would mean having to rebuild your premises or move to another location, which obviously takes time, not to mention the stress and headaches that come with it.

The Business Interruption option is available with the purchase of Building and/or Property (Contents) cover, and protects you against the loss of income and some of the increased costs of running your business as a result of interruption caused by events covered under your policy.

It is an essential form of cover considering that the financial loss incurred after a disaster can be more devastating than the actual physical loss of your assets.

Tip: consider how your finances would be affected if your massage clinic was unable to operate and you still had to continue to pay for things like rent, loan repayments, wages and other bills, despite having no income flow.

To get a Business Insurance quote for your massage business, head to www.bizcover.co.nz/mnz

Don't forget, as a Massage NZ member you can also take advantage of the exclusive Professional Liability package, which includes Professional Indemnity, Public (General) Liability, Statutory Liability and Employers Liability for an all inclusive cost of \$294 per year.

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MNZ CONFERENCE WEEKEND - TAURANGA

Reviewed by Carol Wilson

Stand out at the MNZ National Conference in Tauranga 21-23 September, was the quality of the speakers and workshops. Pip Charlton and Roger Gooch put together a wonderful weekend - and may have set a precedent for smaller style conferences, that still pack a punch in terms of delivery. MNZ Conference weekend - Tauranga



Odette Wood (co-editor) and Joanna Tennent (longtime member and contributor to MNZ) enjoy breakfast in the sun



Wonderful to walk around the Mount

Having attended the weekend only, it was wonderful to hear GPs speaking to the crowd of Massage Therapists and embracing our skills. Dr Deb Robinson talked on her time as GP with the All Blacks and in doing so updated our tendon anatomy and pathologies. Discussing the culture of working with high performance athletes on away trips was intriguing and insightful - be prepared to muck in, and don't socialise with the sports team.

Dr Melanie Johns made it clear that supervision is relevant to the massage profession. Having provided supervision for colleagues over the years. Read more on her topic in this magazine.

Practical Massage skills were updated with Roger Gooch sharing his expertise and insights on post-operative shoulder work. This was followed up with his colleague Joe Rowley working with the lower body and his techniques for enhancing functional movement.



Toni Vince (Rotorua) - showing her agility in the Joe Rowley "Enhancing Functional Movement" workshop

Shaun McCann from Bay of Plenty delivered a workshop stressing the importance of foot mobilisation. Reviewing the foot anatomy was very beneficial.



Tania Kahika-Foote, Rosie Greene, Teresa Karam (incoming president), Helen Smith (outgoing President), Reina Reilly (outgoing Treasurer), Nicole Hedges (outgoing Executive Administrator), Nici Stirrup (incoming Executive Administrator)

The MNZ AGM was run smoothly and succinctly. It was motivating to see new roles being filled (check out page 3 for the new officers and co-ordinators). We are excited to have Teresa Karam as the new President and very grateful to Helen Smith for all the key work she has been involved in as she steps down from the role. Although Helen will step into the Treasurer role as Reina finally has a chance to let this go. We also say goodbye to Luke McCallum and thank him for kickstarting the Massage Awareness Week 2018 and Nicole Hedges who took on the huge role of Executive Administrator for 2 years and will be missed by all who came in contact with her.

Thanks to all who took part and made it a fun memorable weekend of meeting new faces, learning and socialising.



Helen Smith presents Dawn Burke with the "Services to Massage" award for 2018



Clint Knox - new Vice President looks on.



Annika Leadley (Upper NI representative) promotes the next Conference in Hamilton 2019 to the audience



AGM 2018 SUMMARY

By Helen Smith (Past President), Treasurer

This is to give the wider membership a short summary of what was discussed and decided at the AGM held on 22nd September, 2018.

As always, if you wish to know what the Executive Committee are discussing and making decisions on, all minutes of the monthly meetings and previous AGMs are on the MNZ website once they have been approved.

The members who attended the AGM had the opportunity to discuss and edit the Standards of Practice document which MNZ put forward for discussion. The need for this came about because Allied Health Aotearoa New Zealand (AHANZ) removed their associate membership category, through which MNZ had been a member of AHANZ, and it was decided by the Executive Committee that MNZ should apply to become a full member. The Executive Committee feel it is a useful organisation to be a part of in that it brings a wide variety of health professions and government agencies together at quarterly meetings. To become full members MNZ are required to have a Standards of Practice Document. The final edited version can be accessed via the [MNZ website member's section](#).

The results of the MNZ "Government or Self-Regulation?" survey which went out to members and non-members were also reviewed and discussed at the AGM. Results indicated a strong desire for government regulation from around 70% of the 229 respondents. If you took the time to participate, thank you. This is obviously not representative of the whole membership and more information will be going out before the next AGM so that an informed decision can be made on whether you wish MNZ to actively pursue government regulation. We would have to vote on this and of course, the more members who vote the more we can be sure we are following the wishes of the membership (proxy votes will be important for those who cannot attend in person). A link to the survey results can be found on the [MNZ website member's section](#).

As well as the above agenda items, the new Executive Committee were also voted in.

Teresa Karam - President; Clint Knox - Vice-President; Rosie Greene - Education Officer; Helen Smith - Treasurer; Tania Kahika-Foote - Regional Liaison Co-ordinator; Felicity Molloy - Research Officer. At the time of writing we still need a Publicity Officer. Tania did a great job doing this role for Massage Awareness Week but can't continue to fill the gap indefinitely.

We also thanked Bridie Munro for leading the 2017 Conference team for a great performance and achieving a healthy profit for MNZ as well as thanking Pip Charlton and Roger Gooch for stepping into the breach an offering the membership a pared-down but extremely well run Conference for 2018.

Last but not least, the Bill Wareham Award was given to Dawn Burke for her outstanding services to the profession.

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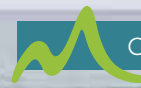
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“The course is really well balanced between theory, demonstrations & practical hands on experience. It is one of the best courses I have ever been on. Beth's teaching style is very engaging. She presents in a way that is fun, interesting and easy to understand. I learned so much and have come away with a whole new way of thinking about the body and how to treat it. Thank you.”



Videos Available



EDUCATORS' SUMMIT REVIEW

By Rosie Greene, Educator Officer

MNZ proposed that we facilitate an Educators' Summit on Friday 21st September (the pre-conference day). This was open to all massage educators and was seen as an ideal opportunity to get together to network and brainstorm. A highly successful workshop of this nature was organised by Pip Charlton and held three years ago in Tauranga, so there could be discussions around the Targeted Review of Qualification (TRoQ) process as well as various other topics of interest.

We had a total of 14 attendees representing 4 teaching institutions, MNZ and NZQA. There were some challenges with flights into Tauranga that day which meant part of the programme had to be amended as one of our key speakers was unable to get out of Wellington.

The day kicked off with Stephen Burden from Wintec giving a background to the TRoQ process for those who had not been directly involved. NZQA wanted to review and standardise all courses to find consistent levels across the profession and the result after much consultation, is the new Level 5 Diploma in Wellness and Relaxation Massage and the Level 6 Diploma in Remedial Massage.

Background information was also given on the MEG (Massage Educators Group) and the role MNZ plays, having been listed as the Qualification Developer by NZQA. A memorandum of understanding (MOU) needs to be drawn up between MEG and MNZ and a draft for this was drawn up by Felicity Molloy (Wellpark College of Natural Therapies).

Susan Bennett, senior advisor for NZQA joined the meeting via Zoom. She looks after consistency reviews, held every 4-5 years. 2020 is when the current qualifications will have their review process. Consistency reviews are always about the graduates, serving as a post-graduate check. It was an informative discussion with many questions being asked such as, what is the consequence if there is an inconsistency? Susan advised that they can be found sufficient or insufficient. If the reviewer finds them insufficient, the organisation can use this feedback constructively for an improvement plan. The favourable outcome is for graduates to have the same skills, knowledge and attributes as everyone else who has completed the national qualification.

In response to the "interpretation of the wellness component" query posed on the agenda, there was a sharing of ideas

regarding the range of modalities taught by each provider and how they then staircase into the next level. This led on to the topic of the clarification of the scope of practice for each level and a valid point was made that we could look at this from the perspective of not only what a therapist could do but what they could not do. MNZ circulated copies of our current scope of practice document for comment and feedback to ensure we are in line with what is being taught.

MNZ also asked for clarification on behalf of our current level 4 therapists who want to continue their education, and how much of their previous qualification would be cross credited. There are variances with each provider but essentially these therapists need to undertake an RPL process with the provider concerned.

We would like the Educators' Summit to become an integral part of future conferences as there is currently no other forum whereby massage educators have the opportunity to get together annually. We see this as instrumental in continuing to build a strong and united massage community.

An interim meeting has also been set for April 2019 to be held in Wellington.



MNZ Massage Awareness Week (MAW) was visual, emotive and effective. The use of wonderful resources, which were easy to use and share on many avenues: Facebook, Instagram, Twitter, posters and media releases. Thanks so much to the executive committee for getting behind this and driving it with expert timing, and of course thanks to the wonderful clients who provided their profiles.



Char Jackson, ICU paediatric Nurse



Julie and Kassius Hepi



Electronic posters made available to members to print

MNZ Massage Awareness Week (MAW) 2018 was successfully highlighted throughout New Zealand from the Far North right down to the bottom of the South Island.

Here are a few snippets from around the country.

In Kerikeri, Sam Burger Director of Sambur Clinic, Shop & Apothecary started the ball rolling with a fantastic newsletter to her database highlighting this year's MAW - "we are proudly supporting MNZ MAW this year, this theme ties in perfectly as we open our new shop. We are able to utilise this opportunity by giving something back to our clients, a special promo just for MNZ MAW".

Just down the road in Whangarei, MNZ Regional Liaison Coordinator Tania Kahika-Foote was busy with posters up in various GP surgeries, Physiotherapy clinics and local gyms. She was also interviewed by journalists from the leading Northland

newspaper, the Northern Advocate. A visually enticing two-page spread was made a feature in the Weekend Edition - "A great way to top off the week here in Northland".

There was popular coverage throughout social media forums. Luke McCallum was busy making sure his clinic SportsLab in Auckland were making the most of the social media platforms - "With the Auckland Marathon on the Sunday, nearly all of the clients coming through the doors are talking non-stop about the graphics being shared on Instagram and Facebook".

MNZ President Teresa Karam made sure that Mount Maunganui residents were aware of being in safe hands with her regular column in The Chronicle dedicated to the Massage Awareness Week message. She also jumped at the chance to share the MNZ MAW graphics.

Wellington's Bernie Te Moni of Relief Body Therapy was also able to promote this year's theme - "I believe it is important to be a member of MNZ and to continue improving the professional image of massage therapy. This year's MNZ MAW campaign aligned well with that". She used her various social media platforms during MNZ MAW with the aim of providing light education about the different types of massage that she provides at her clinic, at the same time continuing the message of being in safe hands. She noted that by the end of the week her messages had reached nearly 3000 people.

MNZ Magazine Co-editor, Odette Wood, utilised Facebook to promote the daily MNZ MAW messages from her clinic, Equilibrium Massage Therapy in Island



Tania Kahika-Foote (Regional Liaison Coordinator) from Strength and Soul and Teresa Karam (New MNZ President) from Embody Wellness & Sports Massage in Papamoa certainly embodied the message.

Bay and running a Facebook competition giving away a one hour massage by encouraging people to post why choosing a registered massage therapist was important on her Equilibrium Massage Therapy page. The contest had great engagement, reaching over 1000 people.

In the South Island, Anita Freeman of Body Fix Massage Christchurch thought - "this has been the perfect chance to show people just what it is we are about and spread the word to all." She is passionate about the importance of the public choosing a registered therapist. As well as spreading the message amongst other health care modalities - "I am so determined to get that word out there. Over the years I have heard far too many stories and seen far too many mistakes take place, knowledge is the key." The response from her clients and those on social media were all positive. In fact, it gave some people the chance to open up and share stories of why they choose "safe hands".

And lastly, Wayne Armour of NZBMA in Christchurch summed it up nicely when he reflected on why MNZ MAW is important to him as a therapist and business owner - "When therapists share their knowledge and a community is built around one simple principle: what's best for the client... Massage can be a recognised and truly effective means of therapy for not only the clients, but also massage therapists themselves".

It is quite likely that the momentum from this will continue with monthly posts on topics such as: "What to expect in an initial consult/ massage treatment", "Questions that may be asked in the session".

Other ideas on how to drive this forward will be much appreciated, while we wait for the Publicity Officer role to be filled.

Thanks to all who embraced the week "Are you in safe hands?". Watch out for more promotions using this slogan.

Reviewed by Carol Wilson and Tania Kahika Foote



Jo and AJ, Wellington NZCM MNZ student members get behind the promotion.



And NZCM Auckland



EULOGY FOR LEON CHAITOW

By Tom Myers (Anatomy Trains)

It is a solid blow to the belly that we have lost Dr Leon Chaitow. And our hearts. And our poor heads, battered by the unholies of Trump and Brexit.

For years, Leon has been a force of nature in the field of manual and complementary medicine - the first, only, and definitive editor of our only peer-reviewed journal, *Bodywork & Movement Therapies*. A prime mover of the early Fascia Research Congresses, many roads crossed in his wide scope of thought. Author of too many books to count, and instigator of so many others' books, including my own.



I am sure many besides myself saw in him their secret colleague and special mentor, as he contained so much and included so many in the wide circle of his boundless energy and intellect. He seemed so unstoppable and indestructible that if I had thought about his passing at all, I would have predicted he would outlast me by decades. Fare you well, old friend and sparring partner, may you find new worlds to conquer.

Leon and I had heard of each other when we met, both on the 'alternative medicine' scene in London in the early 80's, in a meeting to discuss the 'new' European Union rules, which were going to impact everything medical. England was traditionally caveat emptor and laissez-faire, France ran anything and everything through doctors, Germany was hide-bound with rules for every tiny procedure, and Italy - well, do we know what Italians want even now, after 30 years of discussion?

I was late to the meeting - the Underground had delays - and Leon chastised me from the podium. Leon was definite, in your face, occasionally peremptory, and loved an intelligent argument - but he was but always forgiving and willing to engage. By the end of the meeting we were fast friends, slated for projects which generally, as most things bureaucratic, came to nothing.

But not our friendship, that flower continued to grow. When I burned out in '84 - too many years of 35 rolling sessions per week - I escaped to the 'natural' life in Greece, and stopped in Corfu for a visit with Leon and his gracious wife Alkmini, where I was chastised again for eating fish

(delicious, but Leon was a strict vegetarian). "How can you run away from your practice?" he asked, as I declared my intention to seek the rural Greek life forever, and he was right: after a six month idyll in a village near Olympia, I was back in London, and back at work at a more decorous, sustainable pace.

Our relationship continued, and when he started the *Journal* in the mid-90's, Leon announced to me, in a tone that brooked no objection, that I was to have an article for his journal, ready for publication, by April 7th, no mistake. "Yes, Leon" was the only answer. As it happened, I had been working on seeing the system of longitudinal connections through the fascia called the myofascial meridians, and it was Leon's spur in my flank that made me sit down and write it out for the first time. Leon's blue pencil made it better, and it was so long he spread it out over the first two issues. The article got good notice (even from Vladimir Janda, I am proud to say), and Mary Law, who handled Leon's *Journal* for Churchill Livingstone, came out to Berkeley, CA for a congress at which I was speaking to urge me to turn those articles into a book.

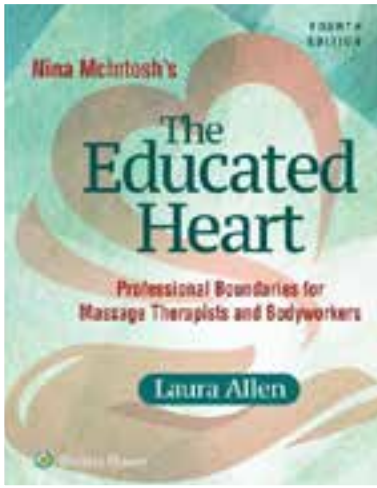
I was to learn much, much later that Mary and Leon were my champions against the more conservative forces at Churchill Livingstone's editorial board who were against taking on my book - no letters after my name, no credentials, unstandardised nomenclature, radical departures - but Leon and Mary saw beyond my unschooled ignorance and urged them to take me on. Churchill Livingstone (now entirely swallowed by Elsevier) has in fact made a lot of money from the successive editions of *Anatomy Trains*.

Leon was a wonderful conversationalist (not above a bit of razor-thin sarcasm), a tireless advocate for the young (especially his daughter Sasha), and of course a prodigious writer and activist editor (I both feared and treasured his critique on my work, as I wrote around a dozen articles for the *Journal*). Leon was the most articulate spokesperson for the whole panoply of manual and movement methods that could be called 'Spatial Medicine', and there is no one person who could fill all the shoes he wore (and wore out - such energy!)

Vale! Leon - Hail to you. Inspirer of so many, effective advocate, and such a very human person I was proud to call my friend.

Tom Myers, Clarks Cove, Maine USA

BOOK REVIEWS - OLDIES BUT GOODIES



THE EDUCATED HEART

Laura Allen

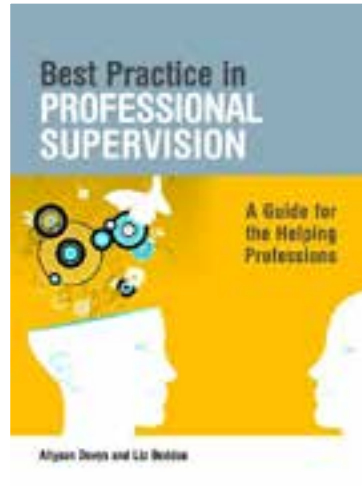
Lippincott Williams and Wilkins, 2016
RRP \$82 NZ

Now including an all-new chapter on professional boundaries and the Internet, this fully updated 4th Edition of Nina McIntosh's *The Educated Heart*, by Laura Allen provides a conversational style, easy-to-understand explanations of complex psychological dynamics, and practical suggestions for handling everyday boundary situations.

Packed with real-world examples, and compelling online videos, this practical, compassionate book explores common situations bodyworkers and massage therapists encounter on the job and provides compassionate support and up-to-date information to help readers establish the solid professional boundaries they need for career success and personal well-being.

The Fourth Edition includes enhanced coverage of the dynamics of the client-practitioner relationship, including specific suggestions for what to say to clients in difficult situations, as well as integrated coverage of the many boundary and confidentiality issues related to social media.

Retrieved from <https://www.bookdepository.com/Nina-McIntosh-Educated-Heart-Allen/9781496347312?ref=grid-view&qid=1540517389654&sr=1-1>



BEST PRACTICE IN PROFESSIONAL SUPERVISION

Allyson Davies and Liz Beddoe

Jessica Kingsley Publishers; 1 edition, 2010
RRP \$30 USD

An authoritative guide to being an excellent supervisor, covering the role, functions and dispositions involved.

The authors consider basic skills, the practicalities of forming and maintaining the supervision relationship, and the organisational context and culture of supervision. The book offers practical examples and a model of supervision which draws together ideas from adult learning theory and reflective practice. Viewing supervision as a place for learning, this guide considers how supervision can assist practitioners to develop professional resilience and manage the stresses of complex work environments. It also includes specific chapters on supervision of clinical student placements and in child protection settings.

This book covers a range of professions including social care, nursing, counselling, social work and allied health professions, and is an essential guide for all those in these and related professions undertaking supervision or supervision training.

Retrieved from <https://www.amazon.com/Best-Practice-Professional-Supervision-Professions/dp/1843109956>



WHEN COMPASSION HURTS: UNDERSTANDING COMPASSION FATIGUE AS A MASSAGE THERAPIST

Gloria Mathiesen

CreateSpace Independent Publishing Platform 2017
RRP \$31 NZ (40 pages)

"This book is an optional reading for my continuing education course titled: What every bodyworker needs to understand about Secondary Trauma and Compassion Fatigue". It comes highly recommended, but so far do not seem to be any reviews on it.

Do let the editors know if you find it helpful.

Retrieved from <https://www.amazon.com/When-Compassion-Hurts-Understanding-Therapist/dp/1975606566>



WHAT'S NEW - PRODUCT REVIEW

Welcome to our newest column! Each issue, we will review a massage therapy product. From massage waxes and oils, linens and massage tools, to larger items like massage tables to booking or SOAP notes software and items that you may sell to your clients. Anything relevant to massage therapists.

If you are a producer or retailer of massage therapy products and are interested in having one of your products featured in our review column, or if you would like to review a product for us, please get in touch with Odette.coeditor@massagenewzealand.org.nz

Kicking off our very first review, we are looking at a new massage wax.



Beemebeez Ltd is a small, family-based business



in Taumarunui, producing their own massage balms from beeswax. The business was established in May 2018 by Martha Stevens-Wilkie and her husband, Hugh. Martha is an Enrolled Nurse and Massage Therapist. She trained in Kaupapa Maori Health, then went on to complete a level 4 Certificate in Relaxation Massage at UCOL Tairāwhiti Polytechnic, Gisborne in 2011. Upon completing her Kaupapa Maori and massage qualifications, Martha became interested in bees and what they could offer as a natural medicine (Rongoā). Their beeswax is sourced from Gisborne and more recently, Martha and her whanau have become beekeepers themselves, producing beeswax from their Taumarunui property. Martha and Hugh focus on beekeeping and production, while daughter Arie takes care of marketing and sales.

They use 100% pure essential oils blended with other oils such as sweet almond and coconut and also extract their own kawakawa oil. They produce several massage balms:

- Lemongrass
- Lavender
- Clary sage
- Kawakawa
- Lavender & Kawakawa

Sizes and prices range from \$12.70 for 100g to \$63.75 for 1800g.

- 100g \$12.70
- 200g \$17.25
- 250g \$23.75
- 500g \$30.75
- 1800g \$63.75

BeeMeBeez is unique in that they are one of a very few massage balm producers who use glass jars instead of plastic. For me, this was a strong selling point as I had been looking for a producer who uses a more environmentally friendly container. This means less impact on the environment as the jars can be reused or recycled, rather than end up in landfills or being broken down into smaller fragments which make it into waterways. In addition, I liked the fact that they made beeswax-based balms.

I have tried three of their balms - Lavender, Lemongrass and Clary Sage. I like the texture of the product. I generally prefer a massage wax that has a good amount of grip to it, rather than becoming too slippery once applied to the skin, so this works well for me. While the balms melt in the hands quickly because of the low melting point of beeswax, I found that they do not create too much slip. The lemongrass and lavender balms have the most grip, the clary sage is a softer balm. It feels lovely on the skin and the essential oils added are subtle but very pleasant. They would be ideal if you or your clients prefer oils that are not complex

or blended from a combination of several essential oils.

BeeMeBeez were happy to provide me with small samples to try for free, which is a great way of enabling massage therapists to try out their product before buying. Being a small supplier and only just getting started, there are still some things to be fine-tuned with their ordering systems but I'm sure this will happen in time. If you are looking to try a different type of massage balm made by a small, whanau-based, environmentally aware producer, BeeMeBeez Ltd is a great one to try. Martha is passionate about her product, and her bees (she refers to them as 'the girls'!) and it is made with 100% aroha.

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Martha and daughter Arie who takes care of marketing and sales

USEFUL SITES AND LINKS

The purpose of this column is to provide readers with a list of useful websites, facebook groups and other forums, podcasts, youtube videos, webinars and apps that are of interest to massage therapists. We aim to cast the net wider than just massage therapy - to other manual therapy disciplines, other fields of health and wellbeing from neuroscience and psychology to nutrition and movement, and other areas such as business, marketing and more. Anything we find that we believe will be of relevance to massage therapists can be found here, with a brief description. We invite readers to send us links to useful sites they come across, so that other members can access a wider range of information and tools.

WEBSITES

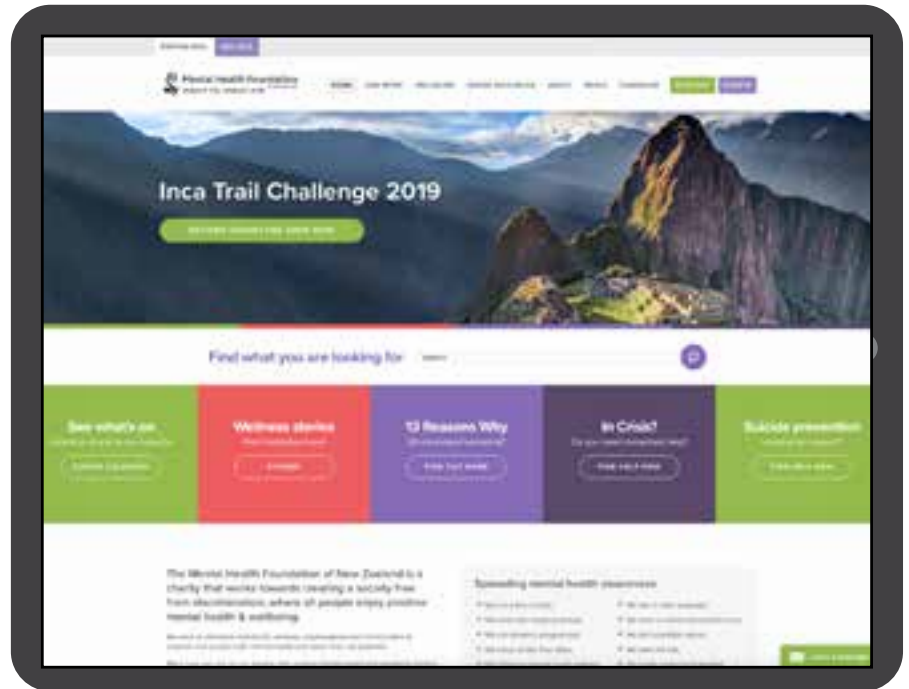
<https://www.mentalhealth.org.nz/>

The Mental Health Foundation provides free information and training, and advocates for policies and services that support people with experience of mental illness, and also their families/whānau and friends. Their website is full of great information for individuals, families and workplaces on a wide range of topics related to mental health - from mindfulness, keeping well, to suicide bereavement, resources for farming and rural communities, youth, seniors, and more. A great resource for massage therapists and clinics and as a resource to guide clients to information about mental health.

THE FREE MINDFULNESS PROJECT

<http://www.freemindfulness.org/>

A free site with a growing collection of free-to-download mindfulness meditation exercises. The aim of The Free Mindfulness Project is to provide easy and free access to mindfulness meditation exercises by inviting the wider mindfulness community to share their resources here. The focus of this site is mindfulness as practiced in mindfulness-based stress reduction (MBSR), mindfulness-



based cognitive therapy (MBCT) and other closely related approaches.

APPS

All the following apps can be downloaded for free onto smart phones and computers. They provide a wide range of mindfulness exercises from guided meditations, progressive relaxation and breath focused sessions to help with things like sleep, stress, anxiety and focus. Sessions range from as brief as 5 minutes to an hour. You can choose from music, sounds of nature or spoken word.

Insight Timer

<https://insighttimer.com/>

Stop, Breathe & Think

<https://www.stopbreathethink.com/>

Headspace

<https://www.headspace.com/>

FACEBOOK GROUPS

Massage Practice Mentor

<https://www.facebook.com/groups/massagepractice/>

A Facebook support group for Massage Therapists run by Rachael Scott. The group is focused on inspiring and challenging massage therapists to create and grow their own practices. Get support and insight from other therapists who are on the path to their ideal practices. Members share information, provide support to each other and discuss issues related to running a business. A wonderful online community.

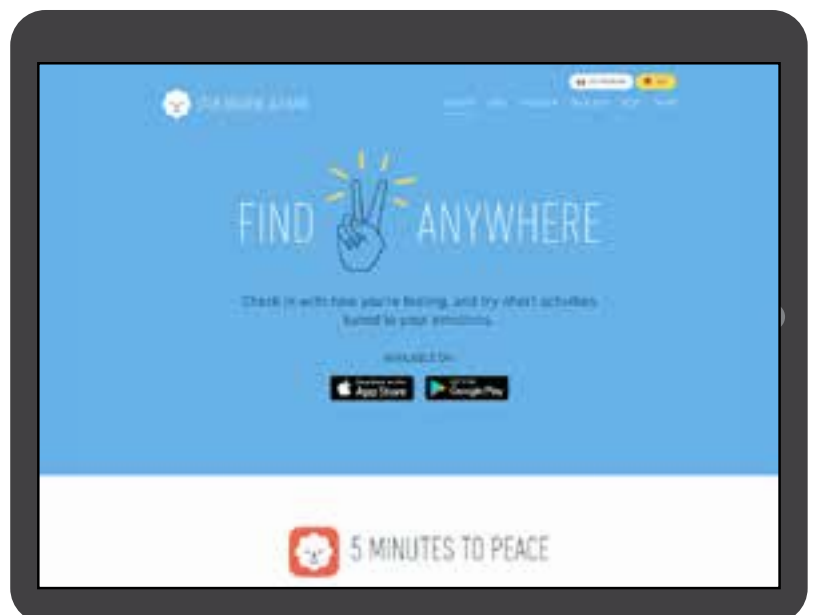
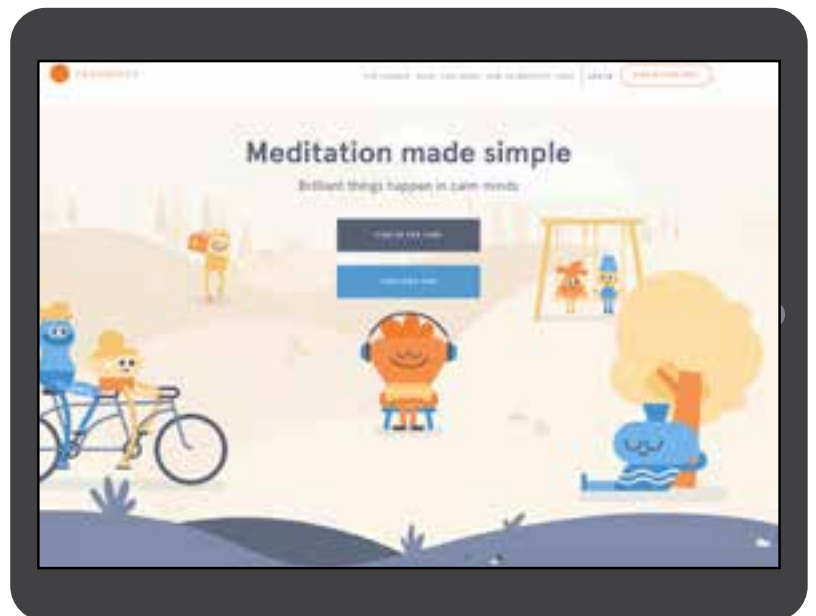
VIDEOS

Enhancing staff development through supervision

https://www.youtube.com/watch?v=_X8Ys2qALq8

While this film is about how staff skills are enhanced through supervision for staff working in care homes for older people in the UK, the messages about the benefits of supervision are just as applicable to massage therapists. Messages for practice:

1. Supervision works best when it occurs regularly, is based on a respectful relationship and is embedded in an organisation's culture.
2. Good supervision can enhance staff development, improve practice and improve the quality of care.
3. A focus on practice through reflection is important.





RESILIENCE FOR HEALTH CARE PROVIDERS

Imagine that you are in a clean, quiet, comfortable room.

Take a couple of breaths. Imagine that two people you love dearly are on either side of you. Feel their love for you, all around you. What does it do to your breathing? Your tension? Your comfort in the world?

Now redirect all that love, all that positive feeling, all that tenderness, back to your loved ones. And beyond, to all the people who are dear to you. And beyond them, to your whole circle of acquaintance. And now beyond again, until your inexhaustible source of loving kindness extends to the whole world.

Bask in that feeling.

Take another breath or two.

And now re-enter your day.

This is a brief, somewhat clumsy paraphrase of a 10-minute protocol called “loving kindness meditation” that was the subject of one of the studies we’ll discuss in this article. The purpose of the project was to see if a 10-minute meditation practice could improve health care providers’ sense of compassion and connectedness with patients. The goal of the meditation is

twofold: to reduce the feeling of burnout, and to improve the quality of care that caregivers provide. We will return to that study shortly.

The central theme of this edition of *Massage New Zealand* is self-care for massage therapists, and I was asked to provide a snapshot of what the science has revealed about this topic. It’s an important subject with a fairly robust body of research, but the work done so far mainly focuses on conventional medical providers. While many of the findings and offered solutions are not generalizable to the massage therapy field, some of the concerns and proposed strategies to deal with them have some nice correlations with our work.

In this edition of *Massage Therapy Research Update* we will look at these three articles:

- **Balancing Responsibility for Physician Wellness and Engagement: 117 ways doctors and healthcare organizations can lower stress and prevent burnout** (Drummond)
- **Building Physician Resilience** (Jensen, et al.)
- **Loving Kindness Meditation: a tool to improve healthcare provider compassion, resilience, and patient care** (Seppala, et al.)

Many other projects have addressed this topic (links to some may be found in the reference section of this article), but

I chose these for their diversity of scope. The first one provides a global view of the problems of burnout and stress, the second one collects data from a group of providers who successfully navigate these obstacles, and the third one provides one specific strategy that can address some of the challenges inherent in being part of the helping professions.

BALANCING RESPONSIBILITY FOR PHYSICIAN WELLNESS AND ENGAGEMENT: 117 WAYS DOCTORS AND HEALTHCARE ORGANIZATIONS CAN LOWER STRESS AND PREVENT BURNOUT

was published in 2012 on a website called “TheHappyMD.com” by Dr. Dike Drummond. While this article doesn’t represent academic peer-reviewed research, Dr. Drummond compiled data from many resources to make a case for physician self-care. Many other primary researchers have used this work as a starting place to look at this topic. (Indeed, that’s how I found it: it is cited in several of the articles that I read in preparation to write this article.)

‘Balancing Responsibility’ identifies that when medical professionals are mentally and emotionally exhausted—which is to say, they have burnout—two bad things happen: they become unhappy in their work, and the quality of the care they provide to patients goes down. As patients become frustrated, doctors’ job satisfaction decreases, and a



vicious circle is born. The solution? Boost physician resilience, and improve the emotional and functional landscape of the workplace to prevent burnout.

(Note to MNZ readers: “resilience” is an interesting term, and I invite you to reflect on what it means for you and your practise. The next paper will offer a definition of resilience, but you might come up with a better version for yourself.)

Dr. Drummond identifies four domains where many professionals need to build skills and awareness for improved longevity in the field, and improved service to patients. What follows is a shortened and simplified description of those four domains, with special focus on issues that may be most relevant to massage therapists:

- 1. Personal tools to reduce stress and energy drain.** This encompasses disciplines like meditation and breathing exercises, and acquiring a habit of gratitude and celebration in everyday life. It also promotes that we analyze shortcomings in our skillsets, and get appropriate training or hire assistance to meet those needs. In addition—and in my opinion this is a particularly challenging issue for massage therapists—part of this domain includes making opportunities to share with colleagues our successes and frustrations. In massage therapy we work in strict isolation, and we honor our clients’ privacy and confidentiality, but it is still beneficial to share our experiences with our colleagues in ways that don’t breach our professional boundaries. Engaging in professional supervision or participating in a peer supervision group can be great ways to process emotionally draining interactions with clients.
- 2. Personal recharge activities.** In this domain Drummond recommends that we create rituals that separate our workday from our time off, and that we respect those boundaries carefully. Implementing healthy nutrition, exercise, and sleep habits fits here, along with doing things that make us happy: prioritize time with family and friends, indulge in a creative hobby, engage in spiritual pursuits. Professional development (i.e., relevant continuing education) goes here too.

Finally, he suggests to the burned-out clinician that volunteering for underserved populations can help recharge our batteries as we are reminded why we got into our field in the first place.

- 3. Organisational support to decrease stress and energy drain.** This was written to apply to doctors working in the American health care system, which is a separate kind of dysfunction, but one suggestion that might apply to massage therapists is to create a clinician wellness group. This can help promote healthy behaviours within peers, and provide for that important peer supervision that we often deny ourselves.
- 4. Organisational recharge activities.** Things massage therapists working in group settings might implement include creating onsite exercise, mindfulness, and wellness activities, celebrating group accomplishments, and creating a culture of conscientious gratitude and caring.

Drummond’s paper follows with a long list of suggestions for specific ways clinicians can improve their quality of life personally and in the workplace, with the expectation that this also positively affects their quality of care. It is interesting and validating to go through this list and find many practices that massage therapists learn early in their education. Examples include creating appropriate boundaries between work life and home life, developing a meditative practice, engaging in regular exercise for mental and physical wellbeing, and envisioning the “perfect practice.”

BUILDING PHYSICIAN RESILIENCE

by Phyllis Marie Jensen, RN PhD, et al. was published in *Canadian Family Physician* in 2008. In this qualitative study the research team extensively interviewed 17 family physicians who were identified as resilient. The goal was to explore the dimensions of family physician resilience, by finding repeated themes in how physicians described their experiences.

The research team made the case that the majority of physicians say their career has a negative affect on their family and personal lives, and only a minority of doctors consider that they are “very satisfied” with their practice. Job-related stress was identified as

a leading factor in physician wellbeing. In this study, job-related stressors included loss of clinical autonomy, demanding work with long hours, poor ergonomics, and other factors.

(Note to MNZ readers: if I were to predict sources of work-related stress for massage therapists I would include income instability, risk of physical injury, the stress of working in strict isolation, and compassion fatigue. What would you add to the list of workplace stressors?)

The authors note that depression and suicide rates among primary care physicians is substantially higher than for the general population, and that due to societal stigma, fear of judgment, and possible punitive actions, physicians are often slow to seek help for mental and emotional problems. Altogether this can lead to a triad of work-related experience that circulates from doubt to guilt to an exaggerated sense of personal responsibility—which heightens the doubt, increases the guilt, ad infinitum. The net result is exhaustion, a tendency to depersonalize interactions with clients, and a low sense of effectiveness.

In the face of such challenges, it seemed useful to gather information from physicians who successfully manage the challenges of this field, and achieve a functional level of resilience. The interviews of 17 physicians focused on four questions, with follow-up questions as seemed appropriate. The four questions were:

1. Suppose a young person is considering medicine as a career and asks for your advice. What would you say?
2. If a resident asks you about physician resilience—how to avoid stress and burnout—what kind of advice would you offer?
3. Making clinical errors is often a source of stress. How do you deal with this?
4. Keeping up in medicine is a difficult task. How do you manage this?

(Note to MNZ readers: how would you answer these questions? Do you engage in the activities that you might recommend to others—do you practice what you preach?)



Jensen et al. identified recurrent themes in the physicians' responses. Not surprisingly, these overlap with the domains identified by Drummond in the previous paper, but with different points of emphasis. The four themes uncovered in these interviews are these:

- **Attitudes and perspectives**—this includes valuing one's role, maintaining interest in practice, developing self-awareness, and accepting limitations.
- **Balance and prioritisation**—in the workplace, this means maintaining appropriate boundaries and prioritizing educational needs. In the personal setting, this covers honoring oneself with time, healthful choices, recreation, and spiritual exploration.
- **Practice management style**—this refers to creating a workplace with good staff support, appropriate organization of tasks and record-keeping, functional lines of communication, and other aspects of running a business.
- **Personal support.** This theme dwells on investing in strong interpersonal relationships, including family, friends, and peers.

In summing up their findings, Jensen et al. provided this definition of resilience: "Resilience is a dynamic, evolving process of positive attitudes and effective strategies."

LOVING-KINDNESS MEDITATION: A TOOL TO IMPROVE HEALTHCARE PROVIDER COMPASSION, RESILIENCE, AND PATIENT CARE

by Emma M. Seppala et al. was published in 2014 in the *Journal of Compassionate Health Care*. This article drills down to a single intervention intended to boost clinician resilience and compassion, with the goal of creating better health-related outcomes.

The research team begins by making the case that high levels of stress in healthcare settings leads to negative outcomes for healthcare providers (HCPs), staff, and patients. They suggest that when HCPs focus on themselves (a natural result of living in high-stress environments), they can focus less on the needs of their patients: their ability to feel compassion and connect in a satisfying way with patients is impaired. They cite research that supports the concept

that compassionate care improves objective healthcare outcomes, and that patients who feel they receive compassionate care are less likely to sue if an adverse event occurs. They note that mindfulness-based interventions can be helpful, but they are time-consuming, and often not a practical addition to the daily routine of a busy medical practice.

Seppala et al. developed a protocol called loving kindness meditation (LKM), which they tested in previous research. They proposed to compare an adapted form of the LKM protocol alongside two other interventions, followed by surveys in which study participants would answer questions about mood, self-reported feelings of closeness, familiarity, and attraction to others, and other validated raters of social connection.

This study was conducted with 134 undergraduate volunteers from the psychology department of Stanford University in California. Participants were randomized to one of three arms: the LKM group (n=46), a positive affect index group (PAI) (n=44), and a neutral group (NEU) (n=44). Each group underwent a single session that included gathering baselines of mood state and other measures, an 8-1/2 minute recording of a guided visualization, and a repeat of the questionnaires.

The LKM guided visualization was a version of the text I provided at the top of this article. The emphasis is on the outflow of positive feelings for the people around the subject. The PAI guided visualization emphasized focus on the participant: that person's unique strengths and accomplishments, their athletic or artistic or professional skills, and their reasons to feel successful. And the NEU visualization was similar in word count and duration, but did not try to affect mood in any way. It encouraged the listener to visualize a parking lot, a garage, or other neutral spaces, without intentionally positive or negative language attached.

The result was that the LKM group reported higher levels of wellbeing and social connection, compared to the PAI and NEU groups. The conclusion is that LKM, as a 10-minute daily practice, could be a viable, practical, and time-effective solution to help prevent burnout and to promote resilience

in healthcare providers, with the predictable outcome of improved quality of care.

This study is interesting, but highly problematic. As the authors point out, the subjects were undergraduate college students, not practicing physicians. They did only one test, so they have no data on whether the positive effects are sustainable, or if subjects become less responsive to the visualization over time. They gathered no data on the duration of effect—how long does the positive affect persist? A day? An hour? Maybe fifteen minutes? And lastly, of course there's no way to predict from this study whether the LKM actually might lead to improved outcomes for patients.

All that said, there may well be value in taking time to focus on positive thoughts for the clients who rely on us. Making a practice of deliberately appreciating the people who come see us fits with themes from the Drummond paper about maintaining a habit of celebration and gratitude. And both the Drummond and Jensen papers suggest establishing a regular meditative practice, as offered by the LKM protocol.

The takeaway from this collection of papers is that resilience is a quality that helps HCPs (including massage therapists) be appropriately compassionate and connected with clients, and to help resist the burnout spiral.

What is resilience? Jensen et al. proposed that it is a dynamic, evolving process of positive attitudes and effective strategies. (I would add that this is a pretty good way of talking about homeostasis and maintaining good health too.)

How do we achieve resilience as massage therapy professionals? These projects suggest that as long as our baseline professional skills are in place, then resilience is the product of two branches of effort: the ability to identify and deal with friction points in our business, our professional development, and our relationships; and relentless, conscientious, and joyful self-care that allows us then to turn our focus outward to our clients.

How do you define resilience?

How do you purposefully pursue it?



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WHAKATAUĀKĪ - MĀORI PROVERB

"Ina kei te mohio koe ko wai koe, i anga mai koe i hea, kei te mohio koe. Kei te anga atu ki hea."

If you know who you are and where you are from, then you will know where you are going."





All MNZ Executive Committee members, Volunteer and Administration Staff would like to take this opportunity to thank all of our members, stakeholders and advertisers for your continued support and wish you and your families a very restorative and safe Christmas and New Year. What ever you do over this festive period - be well.

Ngā mihi nui ki a koe.





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