



# In Touch

*IN TOUCH ~ An Official Publication of the Alabama Board of Massage Therapy*

Alabama Board of Massage Therapy

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### *Member*

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### *Consumer Position*

Board Vacancy

## ALMTBD Staff

### *Executive Director*

Keith E. Warren

### *Attorney*

J. Matt Bledsoe

### *Investigator*

Mike James

*In Touch* is an official publication of the Alabama Board of Massage Therapy. This publication is intended for a wide audience to alert licensees to matters of possible procedural, legal, legislative, and regulatory interest. It should not be relied upon, nor is intended to provide legal, insurance or accounting advice. Licensees should consult their own lawyers, insurance agents, and accountants before taking any action in response to this newsletter, as the opinions expressed herein might be completely altered by the licensees' actual facts.

**WE'RE ON THE WEB!**

[www.almtbd.alabama.gov](http://www.almtbd.alabama.gov)

## Spring 2014

### COMMENTS FROM THE CHAIR

*Michael S. Stephens (LMT #989)*

Greetings my fellow licensed massage therapists. The economy of this nation has been shaky at best, but the Massage Board is staying steady and strong. This is because therapists are maintaining their licenses through these hard times and numerous students are seeking and attaining licenses for a career in massage therapy.

We are pleased to announce that the Board has passed the MBLEx as an option for massage students to take to become licensed. We also now honor people who have taken the MBLEx in other states. This also gives instructors a choice of which exam to teach students. To take an MBLEx, log on to FSMTB.org.

The Massage Board is working hard to regulate massage therapy in Alabama. We have been getting complaints of unlicensed massage therapists working on the public. Please contact the Board if you have any knowledge of this going on. They are undermining our profession and putting the public in jeopardy of harm. Massage therapy is regulated to protect the public. They won't be stopped until we know who is out there practicing illegally. So please call the main office at (334) 269-9990 or contact any of the Board members by email from the website [www.almtbd.state.al.us](http://www.almtbd.state.al.us).

If you have any other questions or issues, please call Keith Warren, the Executive Director of the Massage Board, or his assistant Renee. Feel free to drop by at a scheduled Board meeting.

We would be happy to meet you!

Sincerely,  
Michael Stephens, Chairman

In the January 2014 newsletter (Volume 14, Issue 1) published by the Alabama State Board of Chiropractic Examiners, they notified their licensees that "The Board has recently become aware that there are some questions regarding performing massage in your practice. The only person permitted to perform massage in your office without obtaining a massage therapy license is a DC. You may not allow your office staff to perform massage under your chiropractic license."

### NEWSLETTER—ELECTRONIC VERSION

To receive the next issue of this newsletter, please send us your e-mail address. All future issues will be sent electronically. Please send us your name, license number and e-mail address by

FAX (334) 263-6115 or E-MAIL : [massagetherapy@warrenandco.com](mailto:massagetherapy@warrenandco.com).

If you have moved, you are required to submit a "Change of Address" form notifying this office of the change!

*(Change of Address form can be obtained on the Board's website)*

## **UAFSD & MASSAGE?**



### **WHAT CAN UAFSD DO FOR YOU?**

Universal Art for Self Discovery (UAFSD) is a new and innovative approach to helping clients of all ages to relieve physical and emotional pain. Using expressive art in specifically directed exercises, your client is guided to clearly identify, understand and find a uniquely personal solution to their problems. Emotional and physical suffering robs people of their enthusiasm for life. The goal of UAFSD is to assist your client to know himself and to act in accordance with what he truly believes.

UAFSD was developed by Foad Araiinejad, LMT, spa owner, artist, and member of the Alabama Board of Massage Therapy. Foad approached Mollie Isaacson, LCSW, licensed psychotherapist, expressive arts therapist and certified hypnotherapist and Dr. Patricia Guest, LPC, certified EMDR provider and certified group psychotherapist. Together they developed a unique alternative healing process to assist clients with the opportunity to explore and accept their own true self using expressive arts. When you understand your true and authentic self, your thoughts, feelings and actions are in harmony with nature.

UAFSD is compatible and complimentary with all medical

and alternative healing techniques. In addition UAFSD is complimentary with all belief systems. All healing occurs on a personal level. UAFSD offers a path which can be used alone or in conjunction with other healing arts including massage. The journey to healing is a form of self discovery. UAFSD intensifies the experience of the state of self discovery which leads to healing.

Anecdotal evidence from clients who have been treated report success using UAFSD for the following conditions: chronic aches and pains, Fibromyalgia, cancer, Parkinson's disease, diabetes complications, heart disease, Alzheimer's disease, stress, insomnia, help with obesity and body image, depression and anxiety, low self-confidence, performance anxiety, and addictions.

Universal Art for Self Discovery (UAFSD) can help you to distinguish your practice and give you the competitive edge. The disturbing trend of franchise cookie-cutter and cut-rate massage practices is flooding the Alabama market and driving down the price of a massage. What can you do to stand above the crowd? Do you want to branch out and grow? UAFSD offers a provider training workshop and is an Alabama Board of Massage Therapy approved continuing education course. Upon completion of the two day workshop participants will receive 12 CEU hours. This program has also been submitted for approval to the National Board of Certified Counselors and the Association of Social Work Board. The next workshop will be held on Saturday and Sunday April 27 - 28, 2014. Two full days of information, self-exploration, and instructions for adding UAFSD to your practice. This workshop is a must for every massage therapist who wants to expand his practice and offer a unique and truly original experience to his clients. Foad, Mollie and Dr. Guest have plans to present UAFSD at the New York Expressive Arts Summit in 2014 and at international workshops in Europe and Asia. Get in on the ground floor of this new and creative approach to helping your clients work smart, not harder. To find more information or to register for a workshop please visit [UniversalArtForSelf-Discovery.com](http://UniversalArtForSelf-Discovery.com) or [UAFSD.com](http://UAFSD.com). This is an exciting opportunity!

Submitted by

Foad M. Araiinejad (LMT #326)

## **QUESTIONS ABOUT CHIROPRACTIC EXEMPTION**

We have been made aware of some questions arising regarding the exemptions in the Board's Statutes and the exemption of Chiropractors and their employees. The only individual that is exempt in a Chiropractic Clinic to perform massage therapist is the licensed Chiropractor and not his and her employees unless that individual holds a valid license from this Board. A Chiropractor cannot delegate the performance of massage therapy to anyone employed at the clinic unless that individual is a licensed massage therapist.

**EXECUTIVE DIRECTOR REPORT***Keith E. Warren, Executive Director*

I hope this publication finds you well. The Board has been actively working to improve licensure procedures and monitoring professional and ethical behavior in the profession. The Board continues to pass legislation to strengthen areas of the current statute to better regulate establishments, activities and additional modalities to better protect the public and the profession as a whole. I would like to reach out to you as licensees of the Board to assist us in finding candidates that would be willing to devote their time and attention to serving on the Board. It is a three year term, you must be an Alabama Licensed Massage Therapist and be a resident of the State of Alabama for a minimum of five years. The Board also now has a rule delegating the approval of applications for instate students that have met all their requirements and are eligible for licensure. This has tremendously decreased the length of time someone can graduate, pass the examination and now receive their license. The process also eliminated about 4 or 5 Board meetings per year which decreased funds spent reimbursing Board member travel to meetings in Montgomery. The staff at the Board Office has now increased and we welcome Jenna Lanier and Steven Cantrell as Applicant Specialists. Please do not hesitate to contact me or a member of the Board Staff if we can be of any assistance to you or if you have any suggestions on how we can serve you better. Thank you and I hope you have a great spring!

**PROFESSIONAL STYLE OF ETHICS**

There are different elements of ethics in massage that we should follow in order to maintain proper standards for the public. They include proper draping, professional manner and communication. Schools should teach students the proper way to drape clients. Clients should feel comfortable and safe through session. The client should be covered with the sheet at all times except for the area being worked. Very important in draping is when undraping each leg that is being worked. The therapist must secure the sheet in a tight manner so client does not feel exposed other than the leg being worked. Bedside manner is important for a client's peace of mind. Be sure to enunciate your words well, so you can be heard clearly & distinctly. No vulgarity should be used. Communication about the pressure level you apply is vital. Your body language which is displayed is important in relating to your client. It is good to be sympathetic so they feel you care and intend to help them. However, one should also be sincere so the client feels like you taken them seriously in their quest for improvement. Go over with them as to what you should focus on during the massage. If it's their first session with you, then explain about disrobing and getting under the sheet before the massage. Tell them you will knock on the door before entering to make sure they are ready. Give them enough time to be ready, but don't be too long either. How you lay your hands on someone can express your professionalism too. Use a firm, but gentle touch at first. Be focused. I often find that a few moments of visualization before you enter the room is very helpful. Clients put their trust in us. Be respectful with each person, as you do not know what they may have been through in the past. Some people may have been abused physically or sexually growing up. These victims especially need the utmost professionalism that we can display. It is best to treat everyone at this level. I look at it as an honor for people to put their trust in me to work on them.

As a professional massage therapist, we practice within our scope of limitations. Don't try to be a doctor or diagnose someone. Why would you want to put that stress and burden on yourself anyway?

For instance, if someone asks me if they have a bulging disc, I gladly say I would not be able to assess their spine. I tell them that a chiropractor or doctor only can assess that.

Let me go over unsavory clients that can make your heart skip a beat. We will all go through uncomfortable situations with some clients. Untoward behavior by a client can really put you at unease. It may include advances by them or requests that are extremely unnerving. You just have to be assertive and take control of the situation. There are two things you can do. You can leave the room and situation, or you can set them straight. You can tell them that this is a professional massage and if we are going to continue, that he/she will not behave this way. Massage schools should include mock classes in their ethics course to prepare students for when this situation does occur.

Lastly, listen for complaints from clients about other massage therapists who may be acting inappropriately with clients. Encourage them to file a consumer complaint form so they can be properly investigated by the massage inspector. These forms can be printed off from the massage board website [www.almtbd.alabama.gov](http://www.almtbd.alabama.gov). We must do what we can to uphold our profession to bring positive attention to our "great healing service". We must stamp out the bad. Therapeutic massage is too powerful, beneficial and natural to be smeared by the unpleasant few.

These are just a few areas of topics which are included in ethical behavior. Many, if not all, of these topics make up the basis of the Rules and Regulations which the Alabama Board of Massage Therapy has created through the years. Everything contributes to a professional style of ethics.

Submitted by  
Michael S. Stephens (LMT #989)



Alabama Board of Massage Therapy  
2777 Zelda Road  
Montgomery, AL 36106

Effective August 9, 2013, the Board has approved the acceptance of examinations offered by the National Certification Board for Therapeutic Massage and Bodywork and the Federation of Association of Massage Therapy Boards.

#### ALABAMA BOARD OF MASSAGE THERAPY

All Board Meetings are held at the Board's office  
2777 Zelda Road  
Montgomery, AL 36106  
Meetings begin at 10:00 a.m.

#### 2014 MEETING SCHEDULE

February 7, 2014      May 2, 2014      August 1, 2014      November 7, 2014

PLEASE NOTE: All Dates and Times are Subject To Change and Notice Change will be posted on the Website.

#### SCHEDULING AN ESTABLISHMENT INSPECTION:

Typical conversation with the Investigator for the Massage Therapy Board when he is scheduling an Establishment inspection:

"Good morning, this is Renee' at Keith's Spa; may I help you? Hello, this is Mike James. I am the Investigator with the Alabama Board of Massage Therapy. I am in town and plan on coming by and conducting an establishment inspection today. Mike, my name is Renee' and I am the new spa manager. Can you tell me what to do to prepare for the inspection? Renee', our inspection process is very simple and straightforward, with the goal of protecting the public from unlicensed and non-professional conduct. I will be looking for the following:

- A current *posted* establishment license issued by the Board of Massage Therapy.
- A current *posted* (original no copies) Massage Therapist license issued by the Board for each therapist who works at the establishment.
- Proof of current liability insurance (does not have to be posted).

Renee', these three simple items are the main thrust of an inspection. We also check for cleanliness, compliance with fire codes, etc., but usually that is not an issue. Well Mike that does not seem too difficult. How long will this inspection take? Usually 30-45 minutes. Great, I will take a minute and make sure we are ready for our inspection; I am looking forward to meeting you later today. Good Bye!"