

Agenda and Course Descriptions

2021 Virtual Oncology Massage Healing Summit With Society for Oncology Massage (S4OM)

Day 1: Fri, April 23, 2021

Time	CE	Description	Instructor
9:00 am – 9:30 am		<p>Essential Motion - Awakening Your Vibrant Body</p> <p>The class invites participants to move their bodies mindfully through movement, curiosity and connection with their breath. Start your day with this class and bring the techniques back to your everyday life. No previous experience or accessories needed. All abilities welcome. This is NOT yoga.</p>	Stacey Schultz
9:30 am – 11:00 am	1.5	<p>Welcome, Conference Overview</p> <p>Radical at Heart: A Call to Embrace Revolutionary Compassion</p> <p>Cal Cates will explore the landscape of oncology care, disparities in that care and, guided by the example of Irene Smith and others, share perspectives about next steps in continuing to move oncology massage forward. The current landscape is ripe with opportunities for new and impactful integration of massage therapy in settings where it is most needed but has not been available. In this presentation, Cal will explore these possibilities and more.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Students will be able to recognize current challenges to the availability of massage therapy in cancer care and beyond. • Students will be able to identify challenges to integration in their own communities. • Students will be able to list accepted benefits of massage therapy for people affected by cancer. • Students will be able to recognize their own role in bringing the value of oncology massage to health care and to the patients who need it most. 	<p>Ericka Clinton, S4OM President</p> <p>Cal Cates (replaces Irene Smith)</p>
11:00 am – 11:05 am		Time to log into breakout session	
11:05 am – 12:35 pm	1.5	Breakout Sessions – (choose one)	
1		<p>Oncology Massage Postsurgical Considerations - Fascial-Connective Tissue</p> <p>Included in this presentation are an overview of the foundational science of wound healing and scar formation (normal and abnormal), considerations for working with the target tissues and primary systems throughout the healing process and mature scar formation and a demonstration of fascial-connective tissue techniques. A</p>	Cathy Ryan

		<p>resource bibliography, citing current research to support the presentation material, will be provided.</p> <p>This presentation is intended to support the delivery of safe and competent care for the purpose of achieving better patient outcomes.</p>	
2		<p>How Can My Client Stories Inform Massage For Cancer Practice, Education, And Research?</p> <p>Massage clinicians who work with oncology patients have a trove of stories that could inform massage practice, education and research. Case reports are excellent vehicles to convey such stories but the thought of putting together and publishing a case report can be intimidating. This seminar will provide 1) examples of how treatment notes can be used to retrospectively report meaningful and interesting examples from practice, 2) a roadmap to case report development and publication, and 3) an opportunity for participants to tell their interesting practice stories and develop an individualized case report outline of their most interesting practice story.</p>	Niki Munk
3		<p>Pain Science: Key Concepts for Evidence-Informed Practice</p> <p>People may have pain for many different reasons, and current pain science advocates a whole-person approach to assessment and treatment. Learn key concepts in pain science and how to apply them in practice, regardless of the setting in which you work. This includes practice of hands-on applications and discussion of dermoneuromodulation in all forms of manual therapy. Pain science is a multidisciplinary field of study, and the treatment of pain raises some interdisciplinary and ethical issues that massage therapists increasingly need to understand. This workshop covers concepts and methods appropriate for all forms of manual therapists, and emphasizes language and techniques used by massage therapists, physical therapists, occupational therapists, chiropractors, and other health care professionals.</p>	Jason Erickson
12:30 – 2:00 pm		Lunch Break/Visit Virtual Exhibit Hall	
2:00 pm – 3:30 pm	1.5	<p>COVID 19 Panel: Where do we go from here?</p> <p>The COVID-19 pandemic changed so much about our lives and greatly affected the profession of massage therapy. Many of us were told not to work by our state leadership and left with very few options to maintain our lives. As time has passed, restrictions have been lifted, but many of us still are unclear about how to proceed or even if to proceed doing the work that we love. Is it safe for our clients? Is it safe for us? What risks are we prepared to take? What is the right answer ?</p> <p>The Healing Summit COVID-19 panel has been convened to explore these issues. Each panelist will share how they changed their work and the reasons behind those choices. They will also answer questions from the group, provide an understanding of where to find and how to follow quality data/research, and discuss the need for ethics and evidence-led guidelines for massage therapists and our profession as a whole.</p>	Ruth Werner, Moderator, Jane Greene, Julie Tudor, Jason Erickson

3:30–4 pm		Snack/Stretch Break/Visit Virtual Exhibit Hall	
4:00 pm – 5:30 pm	1.5	Breakout Sessions (chose one)	
1		Oncopharmacology (Introduction level session) It is safe to predict that most people living with cancer use medications. It is also safe to say that many massage therapists have little information on how those medications work, and how massage therapy might affect their function. This introductory pharmacology class addresses basic principles of drug mechanisms, possible side effects and adverse reactions, and how massage can be adjusted to meet those concerns. Special focus is given to drugs used in the context of cancer treatment.	Ruth Werner
2		Creating and Executing a Marketing Plan Where do I start? How much should I budget? Should I have a Grand Opening or throw my energy into AdWords? Most of us run flailing into various marketing tactics, without creating a cohesive plan of action to work from. The results: mediocre and not particularly helpful. We'll walk through the questions to ask, the ideas to consider, and you'll leave with a drafted plan to execute a marketing strategy that will get more clients on your table.	Allissa Haines
3		Under Pressure? Working Deeply Without Deep Pressure Clients frequently request deep tissue massage, and many oncology clients expect their “usual” deep massage, through cancer treatment and beyond. It can be a challenge to meet client hopes and expectations, while providing a safe, effective, and satisfying massage session. In this session, we will practice hands-on techniques that can make a gentle oncology session feel deeper. We will explore the language we use to describe pressure. We will provide language scripts for those difficult moments with clients who want deeper work than we can provide. We will practice them to prepare for clients who challenge our gentle approach.	Nanci Newton and Cindy Gillan
Daily CE	6		

Day 2: Sat, April 24, 2021

Time		Description	Instructor
8:30 am – 10:00 am	1.5	Keynote Presentation --Integrating the Arts into the Healing Environment The plenary will give an overview of the field of Arts & Health in the U.S. and abroad. SPDT Artistic Co-Directors Suzanne Costello and Stuart Pimsler have presented Arts & Health programs worldwide for over two decades earning them the recognition of “Best Practices” by the National Endowment for the Arts. It will include an introduction to SPDT’s extensive work with caregivers and specifically their highly successful project, LISTEN/ Stories of Cancer told through Movement, Music, and Voice. This original performance work featured 22	Stuart Pimsler Dance Company

		participants impacted by cancer performing alongside the SPDT company and was the subject of a Twin Cities PBS (TPT) documentary.	
10 – 10:30 am		Snack Break/Visit Virtual Exhibit Hall	
10:30 am – 12:00 pm	1.5	Breakout Sessions (choose one)	
1		<p>The Global Emergence of Hospitality and Spa Brands becoming Cancer Aware</p> <p>During this session we explore why and how the spa and wellness industry is globally stepping up to be Cancer Aware. From personalized wellness experiences, to beauty brands recognizing that their clients have skin care needs during and post treatment, to the creation of tools that bridge medical and wellness including: development of wellness evidence created by the Global Wellness Institute with a subsection on CAM4Cancer and Cancer Aware Directory to locate therapists, wellness centers and medical professionals globally. Let's explore together this emerging landscape which includes and needs you!</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Discover need for greater access to meet our clients where they go and frequent • Understand the difference between Medical Oncology Massage in Cancer Care and Personalized Cancer-Aware services and practices in the Spa and Wellness Industry 	Julie Bach
2		<p>Unconscious Bias (Ethics)</p> <p>This course is designed to explore our unconscious biases and the ways that our stories about illness and health, race and gender, us and them, prevent us from being of the greatest service possible. Kerry Jordan blends lecture and exercises to access our hidden beliefs and to befriend the undeniable truth that we are not the boss of our brains.</p>	Kerry Jordan
3		<p>Caring for the Caregiver</p> <p>We will build on the content from the plenary session in this experiential session that explores how to care for the caregiver.</p> <p>Objective: learn how movement, music and voice and improve care givers self-care. Understand how massage therapy fits into that process and how you can improve your care for this audience with movement, music and voice.</p>	Stuart Pimsler and Suzanne Costello
12:00 – 1:00 pm		Lunch/Visit Virtual Exhibit Hall	
1:00 pm – 2:30 pm	1.5	Breakout Sessions (choose one)	

1		Untangling the Lymphatic Web: Lymphatic research continues to provide a valuable insight on the function and workings of the lymphatic system. Newly developed methods of diagnostic imaging have enabled us to clearly understand how lymph moves through the vast web of lymphatic vessels, allowing therapists trained in Manual Lymphatic Drainage to provide treatments that effectively promote the movement of lymph. Objectives: During this 90 minute presentation, attendees will learn the importance of effective MLD techniques, how inflammation affects the mechanical workings of lymph vessels and how MLD can greatly improve poor lymphatic function as a result of cancer treatments.	Nicola McGill (Replaces Nancy Keeney Smith)
2		Touching Trauma More than ever, the ability to recognize and address trauma in clients—and ourselves—is paramount. Gain an understanding of what trauma is, how to identify its signs, and how to follow the “dos and don’ts” when working with trauma. Learn to work effectively and safely with clients experiencing trauma and empower them to use your bodywork session as a tool in their healing process. <i>Note: This was pre-recorded by Chris Smith, Cindy Williams and Kristin Coverly for an ABMP event held earlier this year. Only Cindy Williams will be online to answer questions during the presentation.</i>	Cindy Williams (Chris Smith and Kristin Coverly) (Replaces Irene Smith)
3		Hospital Based Competencies (Panel) Given the complexities of hospitals and wide range of patient conditions, it is reasonable that a high level of competence be required to practice massage responsibly in that setting. The ACIH HBMT Task force explored the need for standard HBMT competencies and then developed a peer reviewed set of these which can now be used by hospitals, educators, and massage therapists.	Dale Healey, Carolyn Tague and MK Brennen
2:30 pm- 3:00 pm		Snack/Stretch Break/Visit Virtual Exhibit Hall	
3:00 pm – 4:30 pm	1.5	Breakout Sessions (choose one)	
1		Unpacking Current Massage-Related Cancer Research to Support Evidence Informed Practice What is the best, most relevant, most important massage therapy research from the past three years? Come to this class to find out. We will discuss where the chosen articles fit in the research hierarchy, strengths and weaknesses in each, final conclusions, and useful takeaways to use in your practice. Links for participants to download the chosen articles will be shared ahead of time; all articles will be available subscription-free. Guidance for accessing this kind of information will also be shared.	Ruth Werner and Nikki Munk
2		Preparing for the NCBTMB Specialty Certificate in Oncology Massage Certification Exam	Gayle MacDonald

		The why, how and what to qualifying for and sitting the NCBTMB specialty certificate in oncology massage. Therapists will have a chance to review topics included in this specialty exam in a fun, participatory way.	
3		Oncology Sports Massage: No Pain & All Gain Cancer survivors are active and competitive athletes, too! Athletes with cancer histories—and even in active treatment—do seek out sports massage at special events and fundraisers. We will show how elements of oncology massage therapy can and should be integrated into sports massage at athletic events.	Nanci Newton and Cindy Gillian
4:30 pm – 5:00 pm		Conference Closing Ceremony – Blessing of the Hands	<i>Ericka Clinton, S4OM President and Others TBD</i>
Daily total	6		
Grand Total	12		