

2023 Oncology Massage Healing Summit Agenda

Day 1: Fri, April 21, 2023

Time	Description	Instructor
6:00 am – 7:00 am	Gentle Yoga for Grounding and Connection A gentle yoga class to nourish body and mind. Through seated, standing or supine movements, we will reconnect and ground. Return to your clients with renewed inner balance and strength.	Bethany Hutchinson, Mind-Body Solutions
8:30 am – 8:45 am	Welcome, Conference Overview, Keynote Introduction	Ericka Clinton
8:45 am – 10:00 am	Day 1 Keynote: Integrative Care: Creating a Healthier, More Sustainable System Through an exploration of both the way healthcare is currently provided and an integrative care paradigm, we will introduce concepts that leaders can use to co-create systems that move toward greater health creation.	Michelle Renee, DC, MAc, MT
10:00 am – 10:30 am	Snack Break, Networking, Visit Exhibitors	
10:30 am – 12:00 pm	Breakout Sessions – (choose one)	
1	Infusion Center Massage Programs from Concept to Launch As more hospitals and cancer treatment centers begin to offer in-and outpatient massage therapy programs, there is a growing need for massage therapists who understand the environment and are suitably prepared to interact with patients, clinical staff and hospital administrators. A challenge we must meet as an industry is providing properly training therapists who are able to start up and successfully manage these patient massage programs. This presentation provides an inside look at the daily life of a massage therapist working in an outpatient infusion treatment center. Join in to get insights and ideas on program structure, and implementation strategies from concept to launch.	Miechelle Juul Hwang, CMT/CLT
2	Celebrating Our Differences through Authentic Connection <ul style="list-style-type: none"> Recognize that people with diverse backgrounds, beliefs, attitudes, and experiences can bring new ideas and perceptions to both our personal and professional lives. Understand cultural competency and its role in providing services that meet various social and cultural needs. Explore what it means to create a sense of belonging for self and others. Understand the terms and language utilized within various diverse communities. Identify our own personal biases or limited perspectives regarding those that are different from ourselves. 	Spring Saldana

3	<p>Postoperative Lymphatic Therapy for Clients with a Cancer History</p> <ul style="list-style-type: none"> Learn how to help clients recover from autologous fat transfer for breast reconstruction. We will cover the types of garments your client will wear for edema control and how to reduce edema in the donor site. Describe types of massage that help clients after autologous fat transfer for breast reconstruction List common lymphedema risk reduction practices Describe the postoperative massage protocol for clients after breast reconstruction 	Kathleen Lisson, Lymphedema Therapist, CAMTC Certified Massage Therapist, BCTMB
12:00 pm – 1:30 pm	Lunch Break, Networking Events, Visit Exhibitors	
1:30 pm – 3:00 pm	<p>Plenary: Perspectives on and the Implementation of Integrative Care</p> <p>Panel discussion on the movement toward integrative care models and how it will require collaborative leadership from many stakeholders in healthcare. The discussion will provide tangible steps toward an attainable model that narrows health disparities and great health across populations.</p>	Moderators: Michele Renee, and Jill Cole. Panel: Jennifer Salness, Liza Dion, Spring Saldana.
3:00 pm – 3:30 pm	Snack Break, Networking, Visit Exhibitors	
3:30 pm – 5:00 pm	Breakout Sessions (choose one)	
1	<p>PBRNs to Facilitate Collaborative Connections within the Therapeutic Massage Profession</p> <p>Practice-based research networks (PBRNs) facilitate collaborative connections for clinicians and researchers working together to develop and implement research projects that directly address real-world research questions, in real-world practice, with real-world populations, patients, and stakeholders. Massage clinicians have few options to be involved in research yet there are a variety of ways within which massage clinicians can engage with research. PBRNs are a practical mechanism originating from the Family Medicine discipline and allows clinicians in a variety of disciplines to contribute to and be involved in research in various capacities. MassageNet is a PBRN supported by the Massage Therapy Foundation that offers an opportunity for massage therapists to learn about and become involved in research. MassageNet projects intend to apply directly to the needs of massage stakeholders. This session will provide the foundations of what a PBRN is, how they work, and the status and descriptors for MassageNet and its relaunch.</p>	Nikki Munk
2	Bodywork Included: The Milton Marks Family Camp – A Novel, Multi-Disciplinary Intervention for Families Living with Brain Cancer	Abigail Levinson Marks, PhD, Margaretta

	<p>This session will describe the history, development, implementation, and evaluation of a holistic multi-disciplinary intervention for the families of children where one of the parents has a malignant brain tumor. The session will include individual presentations from and a panel discussion with the clinical psychologist and founder of the camp, a neuro-oncology nurse, and oncology massage therapist who have worked at the camp.</p> <p>Participants will be able to:</p> <ul style="list-style-type: none"> • Identify key characteristics of brain cancer and treatment • Describe the impact of a brain tumor on a patient, a couple, and a family. • Describe key elements (disciplines) needed to support patients, caregivers, and their children as they navigate the illness Identify ways that oncology massage can fit into a multi-disciplinary, collaborative model with other medical and non-medical disciplines to heal families where a parent has cancer. • Identify ways that communication and collaboration between disciplines works to help patients and caregivers heal. 	Page, RN, MS, and Ama Greenrose Manasse, CMT, SEP
3	<p>Insights on Grief, Dying, and Hospice for Oncology Massage Professionals</p> <p>Release some of your own grief from the dying of friends, clients, or family. Use that information to better open your heart to the suffering of others through experience. Share tips and answer a few questions about a person's dying process and how to be supportive spiritually and emotionally, and finally address the advantages of having a positive working relationship with hospice.</p>	Ellen Hufschmidt, MA, Champlain, Grief Counselor, and Ritualist

Day 2: Sat, April 22, 2023

Time	Description	Instructor
6:00 am – 7:00 am	<p>Gentle Yoga to Start Your Day</p> <p>A gentle yoga class to nourish body and mind. Through seated, standing, or supine movements, we will reconnect and ground. Return to your clients with renewed inner balance and strength.</p>	Bethany Hutchinson, Mind- Body Solutions
7:30 am – 8:30 am	<p>Check in, Registration, Breakfast, Networking, Visit Exhibitors</p>	
8:30 am – 10:00 am	<p>Day 2 Keynote: Humor and Healing from the Massage Clients Perspective</p> <ol style="list-style-type: none"> 1. Identify how humor leads to open communication 2. Identify the medical benefits of humor. 3. List various types of humor and their appropriate use for patients and coworkers. 4. Participate in exercises to understand how to talk about a taboo subject. 	Brenda Elslager International Speaker, Author, and Certified Humor Professional

10:00 am – 10:30 am	Snack Break, Networking, Visit Exhibitors	
10:30 am – 12:00 pm	Break-out Sessions (choose one)	
1	<p>Pestilence Prevention in Your Practice In this class we will brush off old knowledge of hygienic practices and add new applications for a pandemic-prone world. We will review Standard and Universal Precautions in massage therapy settings, with some suggestions for further policies and practices so that we can offer the safest possible environment to our immune-compromised clients. And we will finish with a brief look at what new (or old, resurrected, or mutated) pathogens are likely to influence public health in the present or near future, with an emphasis on how to stay safe and healthy.</p>	Ruth Werner, BCTMB and Julie Tudor
2	<p>Postoperative Lymphatic Therapy for Clients with a Cancer History</p> <ul style="list-style-type: none"> • Learn how to help clients recover from autologous fat transfer for breast reconstruction. We will cover the types of garments your client will wear for edema control and how to reduce edema in the donor site. • Describe types of massage that help clients after autologous fat transfer for breast reconstruction • List common lymphedema risk reduction practices • Describe the postoperative massage protocol for clients after breast reconstruction 	Kathleen Lisson, Lymphedema Therapist, CAMTC Certified Massage Therapist, BCTMB
3	<p>Building a Resilient and Regulated Nervous System after Trauma Enhancing our health requires us to awaken our body's innate ability to heal. But trauma dysregulates the nervous system and results in non-verbal traumatic responses which may lead to health issues, body constrictions and emotional reactivity. This workshop will provide a high-level overview of our nervous system with practical tools to elicit our relaxation response.</p>	Pawan Bareja, Ph.D
12:00 pm – 1:30 pm	Lunch Break, Poster Session (Meet the Poster Authors 1- 1:30pm) Networking Events, Visit Exhibitors	Networking Kate Wing is Poster contact
1:30 pm – 3:00 pm	Breakout Sessions (choose one)	
1	<p>What's Happening in Hospital-Based Massage Therapy? Hospital-based massage therapy (HBMT) has been around since the late 1980s, but many hospitals and patients don't know anything about it. In this presentation, we will offer a view of current trends in HBMT and practical steps for collaborating with healthcare systems to introduce or expand inpatient massage therapy services. Training, funding, and service delivery strategies will be discussed.</p>	Carolyn Tague, MA, CMT and Karen Armstrong, LMT, BCTMB

2	<p>Being Present in the Body – Using Mindfulness to Work with Trauma Our innate nature expresses itself as a calm, clear mind and a peaceful loving heart, but trauma of various sorts, be it physical or emotional, gets in the way of our freedom. Traumatic responses, especially from old painful unresolved experiences, are embedded in our body and in our behavior, and can blindsides us and sabotage our happiness. These responses often produce stress that no longer serves us in our present day-to-day life.</p> <p>Is it possible to recognize the traumatic responses in your body? How does mindfulness practice help you work with old emotional and physical wounds to free up your frozen, survival-based energy, so that you may feel more settled, grounded, and calm in your everyday life? Expect a workshop of teachings that facilitate an exploration of your traumatic responses in your animal body, mindfulness-based experiential exercises to free up energy, and ways to recognize the felt-sense of being grounded and settled. The workshop will emphasize movement and mindfulness meditation practice.</p>	Pawan Bareja, Ph.D.
3	<p>“Get a Doctor’s Note” is Not Good Enough (and What is) In this lively 90-minute interactive lecture we will discuss why the strategy of “getting a doctor’s note” (or clearance, or permission) to work with clients who have complicated health challenges is not useful. Then we will use sample templates to initiate conversations that get us what we really need: relevant information so we can do our work safely.</p>	Ruth Werner, BCTMB
3:00 pm – 3:30 pm	Snack Break, Networking, Visit Exhibitors	Networking – Michelle Bailey
3:30 pm – 5:00 pm	Breakout Sessions (choose one)	
1	<p>Massage Therapy for Veterans Massage Therapy is included in the Veterans Medical Benefits Package. VA promotes Massage Therapy as part of care for Veterans with cancer. Assuring high quality Massage Therapy for Veterans depends on excellent collaborative connections between VA and community partners. The objectives of this presentation are to familiarize participants with VA Massage Therapy, VA Whole Health System, and collaborative community care.</p>	Sharon Weinstein, MD
2	<p>Putting the SOCIAL Back into Social Media Covering everything about social media and how to best utilize them for your practice. We will explore Facebook, Twitter, Instagram, Tik Tok and more!</p>	Ryan Hoyme, BCTMB
3	<p>Disruption of the Lymphatic System following the Treatment of Head and Neck Cancers Gain a basic knowledge of the anatomy and physiology of the lymphatic system, focusing specifically on the lymphatic drainage pathways of the head and neck region. Obtain an understanding on how cancer treatments can impair lymphatic function in these areas, learn of the latest oncology treatments provided to head and neck cancer patients, the therapeutic challenges that exist with lymphedema of the head and neck as a result of these treatments, and how a therapist can play a significant role in the patient’s recovery and quality of life, by safely apply these techniques.</p>	Nicola McGill, LMT, LLSA, CLT-LANA
5:00 pm – 5:30 pm	Conference Closing Ceremony	

Optional Post Conferences: Sunday, April 23, 2023

8:00 am-3:00 pm (6 CE hours) – Choose One

Check in and Breakfast 7:30–8:00 am

Lunch 12:00 pm-1:00 pm – boxed lunches served in Cafeteria for all groups

<p>8:00 am – 3:00 pm</p>	<p>Pawan Bareja, Ph.D. Befriending Ourselves: Healing Trauma and Building Resiliency using Mindfulness Our desire to be happy is our most basic urge, but physical or emotional trauma can get in the way. They inhibit our daily life through stress and anxiety. This workshop is designed to empower participants to begin to work with their trauma responses using somatic (body-based) skills and mindfulness meditation tools. Specifically, the mindfulness practices of the body will be used to work with the stress responses in the body to help free up energy. Heart practices of Loving-kindness, Compassion, Sympathetic Joy, and Equanimity will be used to develop a more settled, grounded and calm feeling in everyday life.</p> <p>Working directly with the body begins healing the trauma by discharging the unresolved traumatic energy that gets bound in the nervous system in a variety of ways as body constriction and emotional reactivity. With the somatic and mindfulness tools offered in this class, the nervous system can begin to regain its innate capacity to self-regulate.</p> <p>In this workshop we will combine mindfulness meditation practices with skills of Somatic Experiencing®, a trauma healing modality designed by Dr. Peter Levine. The class structure includes didactic presentations, discussion, movement, and meditation.</p> <p>Teachings are appropriate for the general public and health care professionals. Health care professionals will be able to incorporate the tools and practices offered in this class series when working with clients.</p> <p>Objectives for participants this workshop are:</p> <ol style="list-style-type: none"> 1. Describe a mindfulness meditation technique to develop body awareness. 2. Identify three habitual response patterns that are linked to past traumatic events. 3. Identify two mindfulness methods which can be used as a resource to begin to work with traumatic responses. 5. Describe the brain physiology of the parts of brain most impacted by trauma. 6. Locate the fight, flight and freeze responses within the brain. 7. Utilize basic principles of Peter Levine’s Somatic Experiencing techniques to work with trauma.
<p>8:00 am – 3:00 pm</p>	<p>Nicola McGill, LMT, LLSA, CLT-LANA Head and Neck Lymphedema following the treatments for Head and Neck Cancers This 6-hour introductory course will provide an understanding of the basic anatomy, physiology and functions of the lymphatic system. Attendees will obtain an understanding of the ongoing complications and disruption the client can experience following a head and neck cancer diagnoses, and how with gentle appropriate manual lymphatic drainage, the therapist can provide the client with some symptom relief. Attendees will also be able to recognize the importance of working alongside certified lymphedema therapists to provide effective care for this chronic condition.</p>

8:00 am – 3:00 pm	<p>Christopher Deery, LMT, BCTMB</p> <p>Active Survivor – Sports Massage for Cancer Patients and Survivors</p> <p>Cancer is not necessarily an endpoint to athleticism or activity – but it is life-changing. Massage is an important component of conditioning for anyone who is active and/or competitive, and cancer survivors are no different – but our approach as massage therapists needs to be. As we look seriously at the increasing numbers of survivors, survivorship programming, and the “don’t tell my chemo nurse I’m here” memes, we had to notice there seems to always be several survivors and/or people in active treatment at 5ks, marathons, triathlons, and a myriad of other events. This class is designed to take knowledge of oncology massage and combine it with our awareness of sports massage to produce a more specific approach to supporting cancer survivors who chose to regain or remain active.</p> <p>Cancer Survivors and active oncology patients who wish to maintain or increase their physical activity can safely receive massage. But what about the client that wants to have a sports massage, and is familiar with ‘sports massage’ or has an injury?</p>
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