



Call For Articles

The community of IMT practitioners, patients and affiliates come from a wide variety of backgrounds and bring to the field a vast array of talents, experience and expertise. In a constant effort to further the practice of IMT and educate the community about IMT practices, events, services and more, the IMTA is dedicated to producing a quality product through member services, web functions and publications. We at the IMTA invite and encourage our members to take part in this effort by contributing articles and original research for publication in Digital News and the Journal of Integrative Manual Therapy. Submissions are much appreciated and bring variety and community to the Association. All written submissions are welcomed and IMTA staff can help finalize your articles for publication. Please email, hand deliver or mail an electronic version of your submission and an IMTA representative will contact you.

Integrative Manual Therapy Association

PRESIDENT'S COLUMN

With Summer elections approaching once again it's a good time to acknowledge the efforts of and express our thanks to past and exiting board members for their service to the IMTA. The IMTA runs on 100% volunteer efforts and we truly appreciate the hard work and dedication our volunteers have contributed to help grow the organization.

Charter Members Lisa Chinn, John Alegi and Lisa Charest serving as Membership Committee Chair, Finance Committee Chair and Treasurer respectively retired from IMTA board service at the end of their terms in 2007. Lisa Chinn's position was filled by Myrna Finn who was unable to complete her term and Adrienne Kramer was appointed by the board to fill this open position for the remaining two years of the term. The Membership Committee chair position proved to be a difficult seat to fill when Adrienne Kramer was elected by the members to follow Lisa Charest's term as Association Treasurer. Ticia Agri graciously accepted an appointment to this position to complete the remaining year of the term. The membership committee chair position comes up again for re-election in August 2008.

Previous Finance Committee Chair John Alegi has joined the new chair, Leah Nowak, in continuing the Association's fund raising efforts and working with Education Committee Chair Ayelet Connell-Giammatteo to organize educational events such as our popular Clinical Skills Development Workshops (CSDW). Leah and John are working with Association Vice-President Nancy Ortolani to increase and improve member services.

Peggy Emro's position of Ethics Committee Chair was filled by long time Ethics Committee Member Mary Ellen Ogrean. Peggy was the founding member of the Ethics committee and with Mary Ellen worked diligently to produce the Association's Code of Professional Ethics, Standards of Conduct and Ethics committee proceedings procedures.

In addition to the Membership Committee Chair position, two other board positions will be on the ballot in summer 2008. Technology Chair William Wheeler will be running for re-election as will Arlene Gronningsater the current Archives committee chair.

Many thanks to our past and current committee members for their hard work, dedication and contributions to the IMTA. To learn more about what each committee does and how to get involved, visit us on the web at: IMTA@IMTAssociation.org

Sincerely,

Ellen Helinski; IMTA President

OPPORTUNITIES FOR COMMUNITY SERVICE

You ARE the Integrative Manual Therapy Association. It will be through everyone's combined energy, expertise and ideas that IMTA will thrive and move ahead. One of the best ways to contribute to IMTA and to the field of Integrative Manual Therapy at large is to serve on a committee.

You will get a very different sense of the association and its work through your experience on a committee. Being able to focus on a particular aspect of association work will offer you a chance to shape the direction of the association in that area. As a team member, you will get a unique opportunity to get to know your peers from across the country and, in some cases, from around the world. Committee participation is a great way to develop your leadership skills, share your ideas with others in the association, and expand your network of professional colleagues. Best of all, your efforts will benefit all of the other members of the association.

What Committees are There?

IMTA has several Standing Committees with additional Ad-hoc Committees added on an as-needed basis. Standing Committees are: Education, Ethics & Standards, Finance, Governance, History & Archives, Membership, and Technology. Full descriptions of each committee and their duties are listed on the IMTA web site at www.IMTAssociation.org. You may also contact the current Committee Chairs to learn more about ongoing activities and projects.

Where Does Committee Work Take Place?

Committee work occurs throughout the year via e-mail, surface mail, fax, discussion groups, conference calls, and individual phone calls. While you are asked to attend four board meetings per year where more intense work will occur, attendance at the committee meetings is not required. Good ideas and valuable contributions are not limited by time and place.

Who Do I Contact?

Executive Board:

President	Ellen Helinski M.S., P.T., IMT.C.
Vice President/President-elect	Nancy Ortolani P.T., IMT.C.
Secretary	Suzanne Joseph P.T., IMT.C.
Treasurer	Adrienne Kramer P.T., IMT.C.
Academic Advocate	Sharon Giammatteo P.T., PhD, IMT.C.

Committee Chairs:

Finance Chair	Leah Nowak PT, IMT. C
Education Chair	Ayelet Connel-Wieselfish PT, IMT.C.
Governance Chair	George Giannoni PT, G.D.M.T.,IMT.C.
History & Archives Chair	Arlene Groningsater O.T., IMT.C.
Membership Chair	Ticia Agri M.T., IMT.C.
Technology Chair	William Wheeler M.T., IMT.C.
Ethics & Standards Chair	Mary Ellen Ogreaan P.T., IMT.C.

PASS IT ON

Did you receive IMTA Digital News as a forward from a colleague? If so, this Digital News can instead be delivered automatically to your email address each quarter. Send a blank e-mail to: IMTA@IMTAssociation.org with "Subscribe" in the subject line to sign-up for this free service.

If there is anything that we can help you with, please contact us. If you ever want to remove yourself from the IMTA e-mail list, you can send a blank email to: IMTA@IMTAssociation.org with "Unsubscribe" in the subject line. You will be removed immediately upon receipt of your e-mail.

Privacy Statement: If you sign-up for Digital News, we will not share your personal information with any other company.

UPDATES

BRIDGING CULTURES WITH IMT

Many of you will remember the feature we did in a previous issue of Digital News on Ann Admon's volunteer efforts at the Shoafat refugee camp. A year and a half into the project, here are Ann's reflections about her experience and her hopes for the future.

"I have been working one day a week as a volunteer at the camp for over a year and a half. It is my favorite day of the week. I feel joy, compassion, grace and connectedness to all and to myself. It has been a real spiritual awakening; a time of growth, of interpersonal relationships on the deepest level, of overcoming any fear, prejudice, bigotry and social pressures. Doing what I believe in, giving from a place of love, seeing people as they are, and having them see me; I feel so good there, so myself!

I treat mostly women. They are extremely grateful and open to the treatment, and they will frequently bring a friend, neighbor or another family member on their subsequent visit. Despite a busy schedule, I somehow squeeze them all in and try to be as flexible and spontaneous as possible. At times treatment sessions may be cut down to only a half an hour a person, but you would be surprised how much you can do in that timeframe, especially by just lowering their stress level. Their common complaints are of pain all over, but especially low back, neck and extremities.

I have been accepted. I'm often invited to family occasions and welcomed into homes. I have also invited them to my home. I was invited to join a group of 20 disabled and/or mentally ill people to the Sea of Galilee, Capernaum for a recreational vacation. Of course, I took along a treatment table and treated as many people as I could. It was a wonderful experience for both sides and definitely sealed many friendships. It gives me a lot of optimism that maybe LOVE, KINDNESS and a genuine SMILE are the answer to so many problems.

This week I received the wonderful news that my project at Shoafat will be funded! Some of you may remember Esther Blickle, a Physiotherapist student from Germany. She came for an internship in Bloomfield, CT and her parents, Lisbeth and Karl Hermann-Blickle, met Drs. Giammatteo and were impressed with IMT. Esther's parents are ardent supporters of peace projects in the Middle East. When they heard of the refugee camp project from Esther they were excited to experience it and see it first hand. They arranged

visit the refugee camp while in Israel and Esther's parents decided to fund my project, for at least one year. This means I have funding to work an additional day and increase activities. For instance, I would like to start treating more children. There is a special education class that is run there, and the parents have already consented to my participation in it to practice IMT.

I will keep you updated as this exciting program continues. Thank you all for your support; you are all invited to come, experience the camp, and help out. My home is open to you all to stay while you are here.

May we always see each other as people!"

*With love,
Ann Admon*

UPDATES

IMTA WEB SITE

Some of you may have noticed the addition of the member "Message Board" to the IMTA web site. The Message Board is a networking tool designed to facilitate communication between members. To utilize the message board, log in to your member account and click on the message board link. From within the board you can post questions, join a discussion, initiate a discussion and more.

The message board is monitored and maintained by Technology Committee Chair, William Wheeler, MT, IMT.C. Working with other IMTA board and committee members, Will has initiated a project to post short educational video clips which members can then discuss on the board. Once the discussion has slowed, a videoed response from the initial presenter will be posted to conclude the topic. Members are encouraged to request topics for discussion and provide feedback to either Will or IMTA personnel at IMTA@IMTAssociation.com. For a tutorial on how to use the message board click the link for Message Board and choose tutorial from the drop down list.

In addition to the Message Board, the Find a Practitioner link has been updated. To be added to the list, log in to your account, click on "Update Profile" and change the field "List Online" to 'Yes'. To remove yourself from the list, change the field to 'No'.

BEHIND THE SCENES

Ins and Outs of IMTA

Physical mail is mailed to our P.O. box in Denver, Colorado which is then forwarded to our operations office in Boston, MA. The IMTA was originally incorporated in Colorado and thus our non-profit status is linked to that originating address. Eventually, as membership grows, the IMTA will reincorporate in an area specifically conducive to non-profit organizations. The operations office where the day-to-day functions of the organization take place is currently located in Boston, MA. The phones are answered here, emails managed, physical mail forwarded from Denver is received and membership functions take place. Administrative personal are currently being sought to increase efficiency of day-to-day business.

New and renewing members can **sign up or renew** on the IMTA web site, hand a completed application to an IMTA representative, or mail their completed application to IMTA. Applications are then processed and new members are mailed a new member packet which includes a welcome letter with instructions to activate your online account, a wall certificate and membership card. Once the application is reviewed, member information is added or updated on the web site and payments are sent to the IMTA treasurer.

Production of publications is accomplished through a collaboration of board members, committee chairs and members. The types of publications were chosen based on feedback from members via member surveys. With the upcoming addition of administrative personal, frequency of publication production will increase and a release schedule will be posted on the web site. Publications are sent electronically to members as they are produced. Due to the difficulty with the level of security in place effecting group mailings, many members do not receive these publications. To ensure you receive publications in your email box, please add IMTA@IMTAssociation.org to your email address book. For previous issues of publications or if you are not receiving publications, you can log in to the web site and download past publications.

Member information is stored and maintained on the IMTA web site at www.IMTAssociation.org. **To activate your account** and update your member information, click on the "Activate Account" link on the homepage. Enter your email address and you will be sent instructions set up a password and gain access to your account. Periodically there are technical problems with the web site. The web site is managed by an independent web service, CPerry and Associates, and can repair these technical problems as they occur. If experience technical problems or need some help finding your way around the web site, please give us a call and let us know.

RESOURCES IN IMT

CSIMT DIGITAL LIBRARY

With the unveiling of the Connecticut School of Integrative Manual Therapy's updated digital library, the school is more than half way to their goal of having a 10,000 piece library available to students, instructors, colleagues, clients and the community. There are several thousand books located in Bloomfield, CT which are part of the school library. The reference material for these books is found in the CSIMT Digital Library Card Catalog where students and others can access these books while on the premises. There are several hundred audio and video programs available through the library, which can be heard or seen at the library, on personal computers or downloaded to an iPod. These include courses from iTunes U on anatomy, physiology, genetics, biochemistry, neurosciences, biosciences in the 21st century and more. Different organizations have also made available audio -visual programs, including presentations on chiropractic care, nutrition, complementary and alternative medicine, sports medicine and enhancing your integrative medicine practice. For more information on the Digital Library please contact the Connecticut School of Integrative Manual Therapy.

MEMBER LETTERS

TEACHING IMT IN CHILE

“Just this past week, I returned from an amazing trip to Chile, where I taught IMT for 4 days. The course, Neurovisceral, took place on a university campus in Santiago, and consisted of a group of approximately 40 students. Most of the students were enrolled in the master’s level PT program at the University and were additionally working in physical therapy clinics. Though the majority of the participants came from Chile, other students were also from Peru, Bolivia, and Colombia.

This was an exceptional teaching experience for me. The entire lecture was taught through a Spanish translator as the majority of the class did not know English. At first I thought that this would be really difficult for me but it turned out to be great and got easier and easier as the translator and I got more comfortable with one another. Teaching this class was especially gratifying for me. The students/therapists were great; it was just great to see them getting the material. I really felt that they were trying to get each technique and understand the application of the technique. They were really fast learners! Most everyone got Myofascial Mapping after a brief lecture and Demo. One person said after a lab, (he did SCS2 to the Aorta), “hey this really helped extension but how come it did not help flexion?” Another person, said, “I feel a DOM surfacing” while performing another technique. I guess, with all of this, I am just feeling really happy for them that they were learning the material so quickly and that their perception improved each day. The course manual was also excellent, entirely in Spanish, and the power point was

synchronized to it as well. I know that all of their patients will benefit quickly.

Lastly, I just cannot say enough about the hospitality and generosity that was bestowed upon me by the entire staff. I was really surprised how good it felt to be taken care of so well. I felt like they gave so much and with such sincerity. I plan on applying that more in my life; giving to my family, my patients, my friends, and friends yet to come.”

John Alegi, P.T., IMT.C.

COMMUNITY CONNECTIONS

MANUAL THERAPY NEWSLETTER

In 2007, Kimberly Burnham, Ph.D, IMT,C, started publishing, The Burnham Review, a twice monthly eNewsletter promoting awareness and knowledge of benefits of manual therapies, including Integrative Manual Therapy. Each newsletter covers a different condition ranging from back pain to fibromyalgia and explores what the medical and scientific communities are discussing about research into Integrative Medicine approaches for these conditions. Aimed towards the lay person and the therapist, Kim sent the May - October, 2007 issues of The Burnham Review to all members of the IMTA free of charge. For more information check out the back issues page at www.TheBurnhamReview.com

The Integrative Manual Therapy Association would like to extend a sincere thank you for this contribution and wish her well in her effort in promoting Integrative Manual Therapy to a wider audience.

ACKNOWLEDGEMENTS

INTEGRATION IN ACTION

Pamela Morrison Wiles, DPT, BCIA-PMDB (Pelvic Floor Biofeedback Certified), IMT,C, is a graduate of the Connecticut School of Integrative Manual Therapy. She has a private practice in New York City and specializes in women's health.

She is recognized at the national and international level for her expertise in women's health.

She presented "The Use of Specific Myofascial Release Techniques by a Physical Therapist to Treat Clitoral Phimosis: A Case Report", a case study poster presentation, at the International Society for the Study of Women's Sexual Health Meeting, February 2007. The concept of the patient having a pubic symphysis bone bruise and IMT techniques were

(CONTINUED; INTEGRATION IN ACTION)

noted as an effective treatment in conjunction with traditional physical therapy.

She presented her doctoral project study "Common Physical Therapy Evaluative Findings in Patients with Vulvar Pain" at the International Society for the Study of Vulvovaginal Diseases Conference in Alaska, August 2007. She was inducted into the Society.

She taught as a primary instructor at the 2008 American Physical Therapy Association Combined Sections Meeting, Women's Health Section's pre-conference on "Physical Therapy Considerations for Female and Male Sexual Dysfunction." In addition to traditional physical therapy evaluation and treatment, she presented the Advanced Strain/Counterstrain of the pelvic diaphragm as a possible treatment intervention.

As a highlighted speaker she presented "The Treatment of Clitoral Pain and Dysfunction" at the 2008 American Physical Therapy Association Combined Sections Meeting, Women's Health Section. Over 450 physical therapists from around the country attended the lecture. Along with traditional physical therapy techniques, the bone bruise concept and neural tissue tension techniques were discussed.

The IMTA would like to recognize Dr. Morrison's success in her integration of IMT techniques into her existing protocols and for bringing this approach to a broader audience. Thank you for your contribution to the field.

To learn more about Pamela Morrison visit: www.PamelaMorrisonPT.com

BOARD MEETING HIGHLIGHTS

Major Items Under Discussion

- Term rotations for board members was discussed to ensure no two key board positions would rotate off the board in the same year.
- The creation of an international arm of the IMTA was discussed.
- The creation of a Student Tech Bulletin was discussed
- Web Site status and the addition of the new message board was discussed
- Issues affecting the release schedule for publications were discussed
- An update on the status of the malpractice insurance was presented
- A format for the financial reports to be posted on the web site was discussed

Significant Actions Taken

- The board rotation schedule was finalized and unanimously approved
- Secretary Suzanne Joseph offered to initiate the international expansion by designing a section of the web site translated into German language.
- The creation of a student Tech Bulletin was approved and assigned to Finance chair Leah Nowak
- Publications release schedule was approved

Board of Trustees Calendar

Board Meeting:

Date: Friday August 15th

Time: 5:30 pm

Location: CSIMT classroom

Membership Meeting:

Date: Saturday August 16th

Time: 1-2:00 pm

Location: CSIMT classroom

Integrative Manual Therapy Association | Membership Application

Required by the IMTA BYLAWS Please have your sponsor fill in the information needed in this shaded area.

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Sponsor Name Sponsor Membership Number Sponsor Signature

Prefix First Name M Last Name

Mr Ms Dr

Mailing Address 1 Mailing Address 2

City State/Prov. Zip/Postal Code Country

Email Address

Country Code Home Phone with Area Code (Number Only) Country Code Work Phone with Area Code (Number Only)

Company / Employer Please check this box if you are a Certified IMT therapist.
 Please check this box if you would like to receive emails from the IMTA.
 Please check this box if you would like your information posted on the IMTA website.

Step 1: Select Category and Dues **Step 3: Select Payment Type** Credit Check Cash

- \$180 Professional Member**
Individual with more than 500 hrs of classroom training/
200 hours of practical clinical experience
 - \$135 Associate Member**
Individual with less than 500 hrs of classroom training/
200 hrs of practical clinical experience
 - \$135 Life Member**
Member who has served as President of IMTA
 - \$100 Sustaining Member**
Individuals interested in IMT
 - \$65 Student Member**
Individual enrolled in any school
(This level of membership is limited to 4 years from the
date of application.)
 - \$100 Affiliate Member**
Provider of products and services
 - \$50 International Member**
Individual who does not reside in the U.S.A.
- _____
Name of School Attending
- _____
Faculty Advisor / Department or Dean Signature (Required)

Card Number Amex MC Visa Expiration

Name on Credit Card

First Line ONLY of Billing Address. DO NOT INCLUDE city, state, or zip. Code on Card Back

SIGNATURE _____ Date _____

Step 2: Calculate Total **Step 5: Code of Ethics Pledge - REQUIRED**

National Dues	\$ _____
One Time Application Fee	\$ 35.00
WAIVED IF APPLY ONLINE	
Regional Dues	\$ N/A
Voluntary Contributions	\$ _____
GRAND TOTAL	\$ _____

"As a member, I pledge that I will comply with the Code of Ethics of the Integrative Manual Therapy Association."

Applicant Signature _____ DATE _____

Step 6: Mail your Information and Watch for your Packet

IMTA
 191 University Blvd. # 785
 Denver, CO 80206
 Phone: 877-736-7644
www.imtassociation.org

Once your information has been verified and your dues have been processed, you will be assigned a Member Number. In 4-6 weeks, look for your Membership Packet in the mail. We welcome you as our newest member and Thank you for your Commitment to IMTA.

MEMBER CATEGORIES AND BENEFITS OF MEMBERSHIP



Professional Member: This is the main membership category for the Association. Professional Members must have the academic and clinical practice credentials described below when submitting their application for membership hold a diploma of which its primary field of content for study is in Integrative Manual Therapy **OR** be an individual who has more than 500 hours of classroom training and 200 hours of practical clinical experience within the field of Integrative Manual Therapy.

Professional membership includes the following:

- Membership number
- Membership password: this allows you to enter password protected areas on the website such as: evidence based practice, the message board where clinicians can have a threaded discussion about IMT treatment, and tech bulletins.
- All IMTA publications including: Digital News, the IMTA Journal, and Tech Bulletins
- Discount on educational seminars in IMT and the Clinical Skills Development Workshops

In addition to all of these great benefits, the IMTA provides its members with the opportunity to network with other IMT professionals, offers assistance in advocacy of your profession and your business, provides opportunities for members to participate in community service activities, and creates forums for the busy professional to stay up to date with their IMT training.

Associate Member: An Associate Member is an individual who has less than 500 hours of classroom training and 200 hours of practical clinical experience within the field of Integrative Manual Therapy. Certain benefits may not be available.

Sustaining Member: Any individual that expresses an interest in supporting the advancement of Integrative Manual Therapy and/or collaborating with Members of the Association including, but not limited to, national leaders in comparative fields of study as Integrative Manual Therapy, i.e. chiropractic, physical therapy, massage therapy, osteopathy, naturopathy, medicine, psychiatry, etc., may be considered for Sustaining membership in the Association by the Board of Trustees. Certain benefits may not be available.

Affiliate Member: Any individual or organization that provides products and/or services, which enhance the Association or its member's ability to meet the health needs of the integrative manual therapy community. Certain benefits may not be available.

Student Members: Students enrolled in a program of study that is preparing them for Integrative Manual Therapy work as defined for a Professional Member shall be eligible to become Student Members of the Association upon application and endorsement by their faculty advisors. Eligibility for Student membership does not extend more than four years past the date of the initial application. Certain benefits may not be available.

Membership levels other than Professional include:

1. Membership number
2. Membership Password: This allows access to some of the password protected areas.
3. Receive the Digital News and the IMTA Journal publications
4. Discount on educational seminars in IMT and the Clinical Skills Development Workshops