



The Massage Therapy Association of Trinidad and Tobago (TMTATT)

(Incorporated by Act of Parliament, Act 8 of 1998)

NEWSLETTER

TMTATT May – November 2017

TOUCHING BASE

A MESSAGE FOR EVERYONE: MASSAGE WORKS!

It reduces pain, relieves stress, and fosters peak performance by synergizing the mind, body and spirit through the Science of “**Touch Therapy**”. But you won’t know, unless you try it!

WORDS OF WISDOM

Always thinks “**POSITIVELY**”:- for there is tremendous power in a positive mind. It is of great importance therefore, that we do not allow ourselves to become the victims of a negative mindset!!!!!!

Getting a Therapeutic Massage will surely help you to stay “**POSITIVE**”.

THE MESSAGE THERAPY ASSOCIATION OF TRINIDAD AND TOBAGO (TMTATT) IS COMMITTED TO SERVICING THE INTERESTS OF MASSAGE THERAPISTS AND ALL OTHER ALLIED PROFESSIONALS, BOTH NATIONALLY AND INTERNATIONALLY.

THERE ARE NOW 420 LICENSED MASSAGE THERAPISTS IN TRINIDAD & TOBAGO.

HIGHLIGHTS AFTER THE 17TH ANNUAL GENERAL MEETING (HELD ON 5TH FEBRUARY 2017)

- ♣ TMTATT held its first meeting on 21st February 2017:-
Insurance coverage for Massage Therapists was discussed..... Maritime Life Insurance Company and Guardian Group were invited to give explanations on different types of coverage, but these presentations are yet to be made.
- ♣ Designs for the following tools were discussed: - an Association Web site, Communication with members by Whatsapp and a Facebook page.
We are pleased to inform members that a web site page is now available visit the site at www.tmtatt.com. Members are invited to make suggestions for upgrading site as they see fit. There is also a chat group whatsapp **778-2804** and a Facebook page. You may also type "The Massage Therapy Association of Trinidad & Tobago" to see more.
- ♣ Continuing Education Providers' Forms are now available to members who may wish to offer CEU courses. A fee is applicable: - CEUs for this year were performed by Mr. James Waslaski who flew in from the USA to conduct the seminar:- *Integrated Manual Therapy & Orthopedic Sports Massage for Lower Body Conditions*, in January 2017. Mr. Hamilkh Sampson and Associate conducted *Traditional and Various other Cupping Methods for Massage Therapists Levels 1 & 2*. Both seminars were very well received.
- ♣ Look out for upcoming Seminars for 2018. On the 17th & 18th February, Ms. Leena Maharaj will present: *Crystal Healing - Healing Power of Chakra Gemstones*. Mr. Waslaski returns on April 14th & 15th with *Manual Therapy to Eliminate Multiple Nerve Compression Pattern of the Upper & Lower Body*. Call **658-3907** to book your space and stay in touch to find out more.
- ♣ TMTATT has renewed its annual membership with TTCSI for 2017. The President regularly attends meetings and has kept the Executive advised.
- ♣ A database for Licensed Massage Therapists has been completed.
- ♣ BY-LAWS for TMTATT have been revised and sent to the Attorney General's office for the rules to acquire Legislation Status.
- ♣ This year the Massage Board licensed 14 Nationals and 1 Therapist from the USA. Licensure Certificates were awarded to the respective licensees.
- ♣ Several members from the Board and the Executive accepted invitations to educate the public at various Health Fairs and other events and venues. The Ministry of Agriculture in particular NAMDEVCO Farmers received Massages at the Chaguanas Market and the Ministry has asked that TMTATT continue to do other Market Outlets in the New Year.
- ♣ All Invitations, Correspondence and Inquires pertaining to TMTATT were dealt with in a timely manner.
- ♣ A Christmas Dinner has been planned for the 2nd December 2017. Please call **221-5497** for information on this event.

As promised in the last published quarterly I am pleased to share with you, once again some facts from my Research.

MASSAGE THERAPY FOR HEALTH PURPOSES

- ♣ What's the Bottom Line?
- ♣ What Is Massage Therapy?
- ♣ What the Science Says About the Effectiveness of Massage
- ♣ What the Science Says About the Safety and Side Effects of Massage Therapy
- ♣ Training, Licensing, and Certification
- ♣ More to Consider

♣ *What's the Bottom Line?*

How much do we know about massage?

A lot of research on the effects of massage therapy has been carried out in other countries.

What do we know about the effectiveness of massage?

While often preliminary or conflicting, there is scientific evidence that massage relieves stress, may help with back pain, and may improve quality of life for people with depression, cancer, and HIV/AIDS. All in all it integrates mind, body and spirit bring about the holistic approach.

What do we know about the safety of massage?

Massage therapy appears to have few risks if it's used appropriately and provided by a trained and licensed massage professional.

♣ *What Is Massage Therapy?*

The term "massage therapy" includes many techniques and the type of massage given usually depends on your needs and physical condition. Massage Therapy is the manipulations of the soft tissue of the body be it by hand or any other electrical device to alleviate stress and pain.

♣ *What the Science Says About the Effectiveness of Massage*

A lot of the scientific research on massage therapy is preliminary or conflicting, but much of the evidence points toward beneficial effects on pain and other symptoms associated with a number of different conditions. Much of the evidence

suggests that these effects are short term and that people need to keep getting regular massages for the benefits to continue.

Researchers have studied the effects of massage for many conditions. Some that they have studied more extensively are the following:-

Pain

Cancer

Mental health

Fibromyalgia

Headaches

HIV/AIDS

Infant care

Other Conditions such as stroke and sport injuries

♣ *What the Science Says About the Safety and Side Effects of Massage Therapy*

Massage therapy appears to have few risks when performed by a trained practitioner. However, massage therapists should take some precautions in people with certain health conditions.

In some cases, pregnant women should avoid massage therapy. Talk with your Doctor before getting a massage if you're pregnant.

People with some conditions such as bleeding disorders or low blood platelet counts should avoid having forceful and deep tissue massage. People who take anticoagulants (also known as blood thinners) also should avoid them. Massage should not be done in any potentially weak area of the skin, such as wounds, recent surgeries or undiagnosed conditions.

Deep or intense pressure should not be used over an area where the patient has a tumor or cancer, unless approved by the patient's Doctor.

♣ *Training, Licensing, and Certification*

In the United States, 44 states and the District of Columbia regulate massage therapists. Cities, counties, or other local governments also may regulate massage. Training standards and requirements for massage therapists vary greatly by state and locality.

In Trinidad & Tobago, Massage therapy is incorporated by Act of Parliament, Act 8 of 1998. All licensed therapists would have completed 1000 hours or more of massage education in order to be licensed. Training is now available in Trinidad and Tobago for certification for Massage therapist. Why not take the opportunity to stay at home, become certified and licensed. Call the Association landline at 221-5497 to get more information.

More to Consider

Do not use massage therapy to replace conventional care or to postpone seeing a Medical Practitioner about any medical problem that you may be experiencing.

If you have a medical condition and are unsure whether massage therapy would be appropriate for you, discuss your concerns with your Medical Practitioner, who may also be able to help you select a licensed massage therapist.

Ask about the training, experience, and credentials of the massage therapist you are considering. Also ask about the number of treatments that might be needed, the cost, and insurance coverage if it exists.

For more tips on finding a massage practitioner call the registered office of The Massage Therapy Association at 221-5497 or visit the Website at www.tmtatt.com or call the writer at 678-9097.

Always remember to tell your therapist about any complementary and integrative health approaches you use. Give them a full picture of what you do to manage your health. This will ensure coordinated and safe care.

By Mr. Hamilkh Sampson

Licensed Massage Therapists

678-9097

IT IS OUR GREAT PLEASURE TO REINTRODUCE THE OFFICERS WHO HAVE BEEN ENTRUSTED WITH MANAGING THE AFFAIRS OF THE MASSAGE THERAPY ASSOCIATION OF TRINIDAD AND TOBAGO (TMTATT) FOR THE PAST YEAR 2016-2017

MEMBERS OF THE BOARD

Executive Chairperson: - Professor President Emeritus Pearl Gopaul

Deputy Chairperson: - Mr. Hamilkh Sampson

Secretary to the Board: - Ms Angel Gruny

Members: - Mr. Amir Ali, Mrs. Patrice Greene-Harjan, Mr. Ian Sharpe, Mr. Christopher Collymore

Attorney-At-Law:- Ms Suzanne Bobart

Coordinator: - Ms Rajdaye Jagessar

THE EXECUTIVE MANAGEMENT COMMITTEE OF TMTATT

President: - Mr. Christopher Collymore

Vice-President: - Mr. Ronald Harrison (Acting)

Secretary/Treasurer: - Mrs. Denise Fletcher-Gopaul

Assistant Treasurer: - Ms Cherelle John

Public Relations Officer: - Mr. Anil Roopnarine

Assistant Public Relations Officer: - Ms Alicia Ramsankar

Trustees: - (1) Ms Antosha Khadaroo (2) Ms Sara- Lee Hosten

THE FOLLOWING PERSONS HAVE SERVED AS CONSULTANTS AND ADVISORS TO THE BOARD AND THE EXECUTIVE MANAGEMENT COMMITTEE:-

Professor Pearl Gopaul, Dr. Steve Hall, Mr. Pravin Gopaul, Ms Rose Rajbansee, Ms Barbara O. Alleyne

MEMBERS OF THE SECRETARIAT

Ms Rajdaye Jagessar (Coordinator), Ms Angela Gruny, Professor President Emeritus Pearl Gopaul, Dr. Steve Hall, Mr. Christopher Collymore, Mrs. Denise Fletcher-Gopaul, Mr. Anil Roopnarine, Ms. Antosha Khadaroo

REMEMBERING WHO WE ARE

The Massage Therapy Association of T&T was organized in 1985 and formally established in Trinidad & Tobago by Act No. 8 of 1998, which incorporated an organization known as “The Massage Therapy Association of Trinidad & Tobago” (TMTATT).

The registered office is currently located at #68 Market Street Gopaul Lands Marabella, Trinidad W.I. Telephone: - 221-5497 or Fax: - 658-3907.

This year marks the 19th Anniversary since The Massage Therapy Association of Trinidad and Tobago (TMTATT) was incorporated by Act 8 of 1998, as the duly constituted and recognized Association for regulating the practice of Therapeutic Massage in the Republic of Trinidad & Tobago.

Since then, The Association has been promoting and educating the public on the benefits of Massage Therapy, as well as providing **Support, Education and Empowerment** for its membership, through Continuing Education programs and other initiatives.

Over the years, many changes have been instituted to improve our professionalism and to keep the Association’s functions relevant to the needs of members and the wider public. Indeed, TMTATT wishes to acknowledge very sincerely, the tremendous debt of gratitude that is owed to all the members who contributed to its viability and growth in the past.

However, in today’s changing operating environment, greater vigilance, adaptability and organizational efficiency is needed in order for TMTATT to be able to faithfully discharge the responsibilities with which it was invested by Act 8 of 1998.

FROM THE DESK OF THE PRESIDENT OF THE EXECUTIVE MANAGEMENT COMMITTEE (TMTATT):- Mr. Christopher Collymore

As we close off the year 2017, it is fitting to reflect on what we have achieved during the operating period and also, to acknowledge with sincere gratitude all the members and friends of TMTATT who have contributed to its successful operation, yet again.

Major Achievements in 2017

TMTATT is midway through the implementation of the current Strategic Plan, which was put in place to guide the Association in its quest to become an excellent organization – one that delivers outstanding results in accord with its Vision, Mission, Aims and Objectives. We are making very good progress towards achieving our goals. Key achievements were recorded in our minutes but there is still a lot of work to be done so that we can all be justifiably proud of our Association. It is against this background, that I humbly ask members for your unstinting support during the upcoming year. In fact, 2017 saw record successes that were notably more focused on equality and equity than ever before.

The most remarkable and visible accomplishment of 2017 was the coming together of the Board and the Executive Committee of our Association in order to work and carry out the mandate of its members.

However, we cannot rest on our laurels. As we ourselves repeat at so many conferences, we are living in an interdependent and rapidly changing world; a world in which information and communication technologies are constantly evolving and creating new environments, new standards, and new kinds of interaction, new behaviors and new forms of competition. All of this affects our profession and the massage industry most profoundly.

We must be faithful to the goals that we have set ourselves in our statutes, namely to:

- ♣ Set the standards of our profession
- ♣ Represent our profession
- ♣ Improve our profession
- ♣ Safeguard the interests of our members
- ♣ Serve the general public

We must adapt to our present world, to new working environments, to new work partners, to new interlocutors, to new technologies - in short to new ways of doing business. We cannot simply ignore and not respond intelligently and meaningfully to the changes that are occurring in, and impacting the massage

industry, whether that is in the private market, within national organizations, or even internationally.

**A SHORT STATEMENT FROM THE EXECUTIVE CHAIRPERSON OF THE BOARD:-
MADAM PROFESSOR EMERTUIS PEARL GOPAUL**

As the Year comes to a close I am extremely pleased to say that my team delivered, executed and fulfilled all that was planned and promised by “the Board”. We close with many achievements and look forward for greater things in the New Year.

“Season greetings to all our valued members”

And I extend many good wishes to you and yours for 2018

See you all at the Christmas dinner!!!!

FROM THE DESK OF THE EXECUTIVE DEPUTY CHAIRPERSON –

MR. HAMILKH SAMPSON

It was definitely a challenge for me to assist the Executive Chairperson of the Board of the Association (TMTATT) during the past year. Yet, I am very happy to say that I found it very exciting to be involved, and to be part of this dynamic process. One critical task was to strengthen the process that ensures the validity and reliability of the standards for the practice of massage therapy. I am honestly proud of all our achievements so far. Indeed, my greatest ambition is to continue to develop and implement a strategic plan, which will guide the work for the recognition of massage therapy into this millennium and beyond in order that it can gain the response and recognition from the general public that this noble profession deserves.

Therefore, in keeping with my personal philosophy of inclusion, I very much welcome the thoughts and ideas of everyone, regarding how **WE** as TMTATT, can together accomplish the strengthening of our cherished profession. Thus, I encourage your active involvement in whatever capacity that you feel inspired to contribute to the process, even as I follow through on my own solemn promise to do my best to take this Association forward. “Yes we did a lot this year 2017 and look forward to better things in 2018.”

OUR BUT WEIGHTY PROMISE FROM THE SECRETARIAT

We stand ready and able to serve you for yet another year; do let us know WHERE and HOW we can do so.

CEU's Providers – Rules and Regulations for CEU's providers will be published in our next quarterly Newsletter.

Whether you are a professional practitioner or just a lay person with an interest in Massage, please express your opinion on anything you consider important and we shall have it published in our newsletter.

SOME THINGS FOR ALL TMTATT MEMBERS TO DO

- ❖ Look at your Licensure Certificate and see if you were originally licensed in an odd year or in an even year.
- ❖ If you were licensed in an odd year e.g. 1997, 1999, 2001, 2003, 2005 etc. you will need to renew your license every odd year.
- ❖ If you were licensed in an even year e.g. 1998, 2000, 2002, 2004, 2006 etc. you will need to renew your license every even year.
- ❖ So look at your Licensure Certificate now and see when your renewal is due. Call the office at **221-5497** and we will get it done at a cost of \$200.00. Evidence of 24 hours of Continuing Education **MUST** also be submitted.
- ❖ Your Continuing Education hours must be on topics related to Massage Therapy and **MUST** be approved by the Academic Committee of the Board.
- ❖ If you have not renewed your License or paid your membership for 2017, do so now. \$200.00 for membership together with evidence of 24 hours Continuing Education.
- ❖ If your Licensure has lapsed we can inform you how it may be renewed. Call 221-5497 for more details.

Some Benefits of Massage – 25 Reasons to Get One:-

1. Relieve Stress
2. Boost immunity
3. Reduce anxiety
4. Manage low back pain
5. Help fibromyalgia pain
6. Reduce muscle tension
7. Enhance exercise performance
8. Relieve tension headaches
9. Sleep better
10. Ease symptoms of depression
11. Improve cardiovascular health
12. Reduce pain of osteoarthritis
13. Decrease stress in cancer patients
14. Improve balance in older adults
15. Decrease rheumatoid arthritis pain
16. Temper the effects of dementia
17. Promote relaxation
18. Lower Blood Pressure
19. Decrease symptoms of Carpal Tunnel Syndrome
20. Help chronic neck pain
21. Lower joint replacement pain
22. Increase range of motion
23. Decrease migraine frequency
24. Improve quality of life in hospice care
25. Reduce chemotherapy-related nausea

Newsletter.

Members send your articles in writing we will be happy to publish it in our next quarterly.

The Circulation of the newsletter is sent to readers Nationally and Internationally.

SPECIAL THANKS TO: - The Editor and all those who made this Quarterly Edition Possible.

Call Us at 221-5497 or email; - tmtattassociation@gmail.com

Look out for the next edition of the Newsletter soon

We will be delighted to hear from you!!!

END