



*Membership*  
**GUIDE**



# Welcome

*Hello and welcome!*

*This guide helps you make the most of your RMTBC membership and explains the unique benefits including discounts, partnerships, events and services.*

*The resources and downloads listed in this guide are also available on our website at [www.rmtbc.ca](http://www.rmtbc.ca). If you have any questions or comments, the RMTBC staff is happy to assist you from 9:00 am to 4:30 pm Monday to Thursday, and 9:00 am to 4:00 pm Friday.*

*Just call 604-873-4467 Ext. 300 or email [info@rmtbc.ca](mailto:info@rmtbc.ca).*

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# The RMTBC



## OUR MISSION

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- To lead the profession of massage therapy by fostering excellence in practice, education and research

## OUR VISION

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- To be a global health care leader by advancing the science and practice of massage therapy

## CORE VALUES

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In supporting our members and serving our stakeholders, the RMTBC is committed to the following core values:

**Integrity | Accountability | Collaboration**  
**Excellence | Innovation**

## HISTORY

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The Registered Massage Therapists' Association of BC (RMTBC) is your professional association, representing Registered Massage Therapists (RMTs) in British Columbia. In 1946 the practice of Massage Therapy was legislated and regulated by the provincial government. Since then, the profession has continued to grow rapidly with RMTs experiencing the highest increase in public demand for services of all the health care professions in BC. As a member of the RMTBC you demonstrate your belief and support in an association that advances your profession. Members receive a broad range of assistance and services that contribute to a strong professional presence and profile within the health care community. This includes educating the public, government, insurers and fellow health professions on the benefits of massage therapy.

A large, modern building interior with a wide staircase and people walking. The space is bright with large windows and a high ceiling. Several people are visible, including a man in a green shirt walking up the stairs and a group of people standing near the bottom of the stairs. The architecture features clean lines and a mix of materials like wood and metal.

# Your Resources

## CONTINUING EDUCATION

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*We support the profession by providing quality learning opportunities.*

### Conferences

The RMTBC is very proactive in elevating the role of RMTs in health care. We do this by providing evidence informed education programs for our members and bringing together world recognized educators and researchers. Our continuing education courses ensure members are constantly up to date on the latest research, science, clinical practice and techniques.

In recent years, the RMTBC has hosted several extremely successful conferences that exceeded expectations for attendees and speakers alike. RMTBC Members receive a discount as well as continuing education credits when they attend.

### Continuing Education Credits

A wide variety of courses approved by the CMTBC for CECs are offered throughout the year, many of them with a discounted rate for members. In addition, the RMTBC hosts other workshops and events throughout the province.

### Informative & Timely Webinars

The RMTBC continues to develop and provide webinars related to practice matters. These include issues related to insurance and practice.



# Your Resources

## MEMBER RESOURCES

*We support you and your business.*

### Support

We provide supports and resources to ensure your practice is professional, effective and respected.

- The RMTBC provides access to our Member Resource Advisor
- Resources to support your practice
- Sample contracts
- Clinical medical forms
- Job Postings
- Clinic & Equipment Sales/Rentals postings
- Weekly E Newsletter alerting you to the latest information, courses, deals and news
- Find a RMT directory on the public website
- Social Media Guidelines
- Patient Relations including our “What to Expect on Your First Visit to a RMT” video
- RMTBC Online Magazine – twice yearly with relevant information



## Optional Insurance

Our optional package of professional and personal insurance benefits includes:

- **Malpractice Insurance** – RMTBC members can purchase \$5 million in coverage for professional liability and \$5 million in coverage for commercial general liability, including a 5 year extended reporting period. Practicing Members may also purchase optional Malpractice/Commercial and General Liability Insurance.
- **Travel Insurance** – As part of your RMTBC Membership, you are automatically covered while travelling for 60 days or less on personal or professional business. Family members can be added to the plan.
- **Life Insurance** – Included with RMTBC Membership, you have basic life insurance provided by Great West Life which includes a \$10,000 benefit to your beneficiary.
- **Student Malpractice Insurance** – Student Malpractice Insurance is not available from the RMTBC. Students who wish to purchase malpractice insurance may contact our broker Wilson M. Beck for further details on obtaining it: [rmt@wmbeck.com](mailto:rmt@wmbeck.com)

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#### PLEASE TAKE NOTICE THAT

The Registered Massage Therapists' Association of British Columbia ("RMTBC") at all times reserves the right to deny any individual member the opportunity to be included as an insured in the RMTBC insurance policies relating to Medical Malpractice Liability and to Commercial General Liability (the "Policies") and to do so at its sole and exclusive discretion, whether reasonably or unreasonably exercised.

Even if the RMTBC offers any individual(s) the opportunity to be an insured under the Policies, the insurance underwriters may refuse to include such individual members as insureds and such refusal may be made in the sole and exclusive discretion of the said underwriter(s).

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# Your Resources

## GRANTS & ACCESS TO RESEARCH

*We encourage professional growth and connect you with the latest research.*

### Masters Grant

Funding for master's students in programs with significant research components that contribute to the profession by advancing knowledge through the candidates' research.

### Seed Grant

Funding for research projects that further the development of the science and efficacy of massage by adding to the overall massage therapy body of knowledge as practiced by RMTs in BC.

### Student Scholarship

Awarded each year to an essay submission based on a topic chosen by the association related to the profession of Registered Massage Therapy.

### Case Study Awards

Currently being developed.

### Current Research

Access to research sources such as the [International Journal of Massage Therapy and Bodywork](#).

### Access to the RMTBC Library

Every year, many quality books are added that can assist you to improve your practice. Books can be picked up at the office, or we will mail them to you upon request. Visit [members.rmtbc.ca/research/library/books](https://members.rmtbc.ca/research/library/books)

### Public and Member Surveys

These bring valuable information on both the public's perception of the profession as well as members needs, enabling us to better serve you and the community.



# Student Membership

## BENEFITS

*We provide the following to member BC Massage Therapy Schools and their students:*

### Student Membership

Student membership is available to any student attending a recognized massage therapy program in BC.

### School Membership

Schools may become Institutional Members

### School Liaison

Schools have access to our School Liaison Officer who will visit schools and describe the resources available to them through the RMTBC.

### Scholarships

Students who are members may apply for a \$500 scholarship which is awarded each year.

### Library Access

Students have access to the RMTBC online library which includes the research journal database and tutorials, clinical summaries and 3D Medical Images with Anatomy TV.

### Member Resources

Students also have limited access to practice support information.

### Job Roster

Students have access to the RMTBC Job Roster available on our website.

### Referral

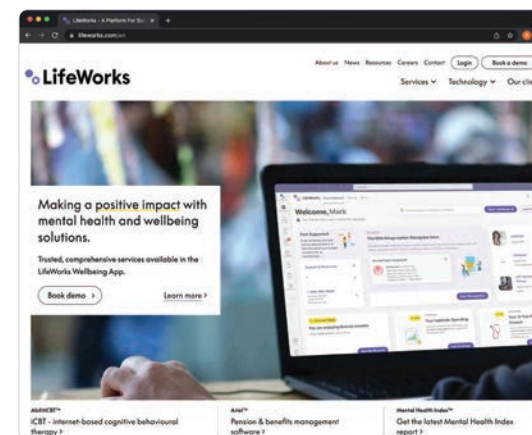
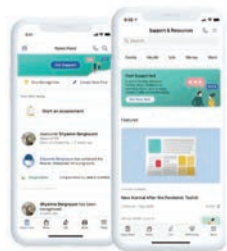
The RMTBC also receives on a regular basis, public inquiries related to where they may find a massage therapy program. Although the RMTBC does not endorse any one school, we do indicate the schools with RMTBC membership to the public.

# Member Assistance Program



## Member Assistance Program

The Member Assistance Program (MAP) with [LifeWorks](#) includes confidential counselling, consultations, community referrals, multimedia resources, and online access to hundreds of articles and self-assessments and more services are available 24 hours a day, seven days a week and are provided at no additional cost to you or your dependents. MAP assistance is available in three program levels. All members automatically qualify for all three levels.



Contact the [LifeWorks](#) program at 1-877-207-8833 or check for the registration email and set up your account at: [registeredmassagetherapistsassociationofbritishcolumbia.lifeworks.com](https://registeredmassagetherapistsassociationofbritishcolumbia.lifeworks.com)

# Supporting You

## PROMOTING MASSAGE THERAPY IN BC

*We bridge the gap between you and your patients.*

The RMTBC is constantly striving to advance your profession throughout the entire province with a broad range of marketing initiatives and materials.

- **Community Health Fair Kits**

We will provide up to \$200 towards your registration fee for you to attend a health fair in your community and will provide supports such as brochures, handouts, etc. Please contact the office for more information.

- **Marketing materials and brochures**

We offer a wide range of brochures that can be beneficial to you in describing conditions to your patients.

- **Video**

[What to Expect on Your First Visit to a RMT](#) This video may be shared with patients attending their first treatment.

- **Referral Services**

The [FIND A RMT](#) on our website is well-used by the public to locate RMTs either in the patients area or for their particular condition.



# How to avoid bike injuries



Author Chris Bruntlett and his wife Melissa say the Dutch can teach us about cycling safety.

things here in Vancouver and other cities in North America," he said. "Wearing a helmet is compulsory in B.C. Legislation varies in provinces across the country. The Dutch could have made bike

ters.  
priority.

## Promoting You

helmets mandatory. They didn't. Bruntlett recalled that in the 1990s, they adopted a set of safety principles that state that road users make mistakes behind the wheel of a car or on a bicycle. The main thing that should be engineered to minimize the impact of those errors.

"So if there are differences in speed between bicycles and cars, then there should be physical separation between the two," Bruntlett said. "And if that physical separation is impossible, then the car should be slowed down to a certain speed."

In the book, the Bruntletts write that there are 35,000 kilometres of fully separated bike lanes in the Netherlands, which constitute a

fourth of the country's entire road network of 140,000 kilometres. More than 75 percent of urban streets are traffic-calmed to a speed of 30 km/h. According to a report, the Dutch government spent \$1.5 billion in 2015 on bike infrastructure.

Bruntlett believes that Canadians can learn from the Dutch and ride like they do. "If we're really interested in improving people's safety and well-being, we're far more better off focusing on street design and creating conditions where more people are going to cycle no matter what they happen to wear on their heads," Bruntlett said. **95**

(This story is sponsored by the Registered Massage Therapists' Association of B.C.)

**R**egistered massage therapist Grace Dedinsky-Rutherford finds her greatest satisfaction in helping others. After graduating from UBC with a B.Sc. in physiology, she was accepted into the West Coast College of Massage Therapy, but just as she was about to embark on what should have been one of the most exciting periods of her life, her father was diagnosed with a grade-four glioblastoma brain tumour.

Devastated by the news, she considered quitting school so that she could help care for her dad. But with persuasion from her mother, who realized her father would be upset if she put her life on hold, she spent the next two years studying by day and looking after her father in the evenings. Near the end of his 22-month journey with surgery, radiation, and chemotherapy, his body was shutting down and his lymphatic system was backing up. So Dedinsky-Rutherford used what she had learned from her knowledge of combined decongestive therapy (CDT) to give him peace in those last few months. Unfortunately, he passed away.

# Applying the human touch to cancer treatment



Studies show that massage can reduce some cancer symptoms. The Registered Massage Therapists' Association of British Columbia will be hosting a conference in April 2019 entitled Registered Massage Therapy and Oncology: An Approach to Optimized Care.

literally—it's crucial that you know who you are receiving treatment from. The upcoming Registered Massage Therapists' Awareness Week (October 22 to 29), serves as an important reminder to the public.

B.C. RMTs are regulated under the Health Professions Act. The Registered Massage Therapists' Association of B.C. (RMTBC) advances the profession and provides evidence-informed, research-based practice information to registered massage therapists. From a public perspective, this means the public can be confident in the knowledge that when they see a RMT, they are trained, licensed, and insured.

"British Columbians have the enormous benefit of having very competent practitioners," says Dedinsky-Rutherford. "We strive for professional development with our required continued education to expand our field of knowledge."

While Dedinsky-Rutherford has focused on helping patients with cancer, massage therapy is beneficial to anyone of any age.

## EDUCATING THE PUBLIC

*We Market Registered Massage Therapy in BC.*

### • Referral Services

[FIND A RMT](#) is a well-used resource on our website

### • Advertising

Province wide advertising promoting the benefits of Massage Therapy from a RMT

### • Public & Media Relations

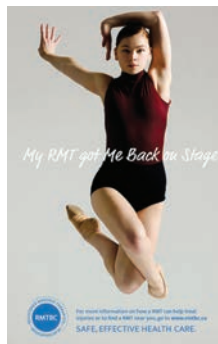
Articles, blogs and social media

### • Social Media

Including [Facebook](#), [Twitter](#) and [Instagram](#)

### • Representation

Attending relevant trade shows and events that promote Registered Massage Therapy in BC



# Your Community

## HONOUR & COMMITMENT

*We build the community together.*

We are proud of the fact that many of our members have been practicing for many years. By joining the Registered Massage Therapists Association of BC, you have made a commitment to your profession, your colleagues and the people you treat. The RMTBC recognizes this commitment and passion with awards, service pin ceremonies and acknowledgement. If there is something you think we should know & celebrate, please get in touch.



# Partnerships

## AFFINITY & LOYALTY PROGRAMS

### *The Perks!*

The RMTBC partners with various businesses and organizations to offer members **exclusive pricing** and benefits. Currently members enjoy benefits with Relaxus, Telus, Bell, Sandman Hotels and Shaw Business. Your membership also includes access to LifeWorks, offering **perks and savings with over 300 partners** including Microsoft, Best Buy and Expedia. In addition, we often offer discounts on sports and entertainment events which are advertised in our weekly newsletter.

Full details can be found at [members.rmtbc.ca/affiliates](https://members.rmtbc.ca/affiliates).



REGISTERED MASSAGE THERAPISTS  
ASSOCIATION OF BRITISH COLUMBIA

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