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Association Canadienne  
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# Welcome



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## MESSAGE FROM THE CHAIR

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I would like to take this opportunity to welcome each of you to the first Canadian Massage Therapy Association Conference! The CMTA has come of age as we bring therapists from across Canada, the United States and Australia to our two days here in beautiful Vancouver! On behalf of the CMTA membership, we welcome each of you to this event to share knowledge, to share experiences, to build a stronger profession, and to network with your colleagues.

I want to take this opportunity to thank all of our sponsors for their support. Without our sponsors, we would not be able to hold such an event. Please make sure to stop by their booths and learn about their products, services and resources.

To our incredible presenters - thank you for being generous with your time and for sharing your knowledge to help create this valuable learning opportunity for our attendees.

To the Board and staff of the RMTBC, thank you for supporting and hosting this first CMTA Conference. To the Board and staff of the CMTA, thank you for your contributions to making this a successful event.

Sincerely,

**Gordon MacDonald, BSc**

President, CMTA

Executive Director, RMTBC



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The screenshot displays the Jane software interface for a clinic named 'The Village'. The main view is a calendar for 'December 5th' showing a schedule for 'Message Therapy'. The calendar is populated with several appointment slots, each with a color-coded background and text indicating the time and the provider. A 'Booking Info' popup is overlaid on the right side of the calendar, providing details for a specific appointment with Ronnie Simmons. The popup includes contact information, a birth date, an email address, and a note about a valid credit card on file. It also shows the current account balance, with an amount owing of \$277.50 and a credit of \$0.00. The interface includes a top navigation bar with tabs for Reminders, Wait List, Shifts, Resources, and Rooms. A left sidebar shows a list of staff members: Amy Kendrick, Susan Lo, D.O. Demo Owner, and Zoey Swift. The bottom of the interface has navigation controls for 'Today', 'Day', 'Week', and 'Staff Today', along with a 'Go To Date' button.

**12:00 - 1:00 PM**  
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# Conference Agenda

## Friday Sept. 6

7:00 a.m.	Registration and Hosted Continental Breakfast
8:15–8:45 a.m.	Opening Remarks & First Nations Welcome with Coastal Wolfpack
8:45-9:15 a.m.	<b>Dr. Paul Zehr</b> , PhD Inspirational Keynote: Science & the Superhero in You
9:15-10:45 a.m.	<b>Dr. Amanda Baskwill</b> , PhD, RMT Charting the Course: Leadership and Innovation in Health and Wellness
10:45-11:00 a.m.	Refreshment Break
11:00 a.m.-12:30 p.m.	<b>Richard Lebert</b> , RMT The Power of Massage Therapy: Exploring the Effectiveness of Massage for Musculoskeletal Conditions
12:30-1:30 p.m.	Luncheon Courtesy of Perlinger Group Benefits
1:30-3:00 p.m.	<b>Dr. JoEllen Sefton</b> , PhD, ATC, LAT Massage Research: Building a Better Future
3:00-3:15 p.m.	Refreshment Break
3:15-4:45 p.m.	<b>Susan Dupuis</b> 10 (or More) Things RMTs Need to Know about Reconciliation and Other Teachings for the Helping Professional
4:45 p.m.	Hosted Reception courtesy of Wilson Beck

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# Meet Our Speakers

## Friday, September 6



### Dr. E. Paul Zehr

PHD

Dr. E. Paul Zehr Ph.D. is a sensorimotor neuroscientist, a martial artist of Okinawan, Japanese, and Chinese traditions, and an award winning author with a very particular set of skills. When he was a kid his mom got him interested in comic book superheroes. Comic books got him into martial arts and these ancient ways of peace brought him to science. His books use superheroes as foils to explore the science of human potential and include *Becoming Batman*, *Inventing Iron Man*, *Project Superhero*, and *Chasing Captain America*.

Paul has been interviewed and made media appearances around the globe including *Men's Health*, *Popular Mechanics*, *Scientific American*, *Red Bulletin*, *Men's Fitness*, *CBC*, *CTV*, *CNN*, *NPR*, and the *BBC*, and a fun evening with the *Academy of Motion Pictures Arts & Sciences*. Paul once convinced Tommy Chong that he was actually Batman.

Paul's translational research program at the University of Victoria was grounded in rehabilitative applications of the quadrupedal nature of human locomotion in stroke recovery. Paul has numerous awards for science communication including the *Science Educator Award* from the *Society for Neuroscience*. His musings can also be found in his blog "Black Belt Brain" at *Psychology Today* and *Scientific American* magazines.



### Dr. Amanda Baskwill

PHD, RMT

Dr. Amanda Baskwill is an educator, administrator, researcher, and advocate with a PhD in Health Research Methodology from McMaster University. Amanda holds the positions of Interim Senior Vice President, Academic, and the Dean of Health, Human and Justice Studies at Loyalist College where she champions health, wellness, and social innovation, inter-professional education, and academic integrity. She has been a registered massage therapist since 2003.

Amanda is the Executive Editor and Editor-in-Chief for the *International Journal of Therapeutic Massage and Bodywork*. Her research interests include innovative teaching and learning strategies in healthcare education, the professional identity of healthcare providers, the application of evidence-informed practice, and the safety and effectiveness of massage therapy in the treatment of various conditions.



### Richard Lebert

RMT

Richard Lebert is an educator and health care professional with a focus on digital literacy, interprofessional collaboration and person-centered care. In addition to his training as a Registered Massage Therapist, Richard has certification in Medical Acupuncture from McMaster University and a Certificate of Online and Open Learning from The University of Windsor. Recently his paper *Massage Therapy: A Person-Centred Approach to Chronic Pain* was published in *The International Journal of Therapeutic Massage & Bodywork*.

# Meet Our Speakers (continued)

## Friday, September 6



### Dr. JoEllen Sefton

PHD, ATC, LAT

JoEllen Sefton, Ph.D, ATC Ret. is the Director Auburn University's Warrior Research Center (WRC) which serves as a point of collaboration and a catalyst for change between researchers, the military and tactical athletes to develop and implement new knowledge in human factors. Her research focuses on reducing injury and improving health, wellness and performance in our military, firefighters, and law enforcement. Sefton collaborates with academia, military research laboratories and Tactical Athlete units. She developed and organizes the biennial WRC Tactical Athlete Summit, an international event that brings together researchers and tactical athletes to share problems and provide solutions.

As the Director of the Auburn Neuromechanics Research Laboratory, Dr. Sefton studies neuromuscular and physiological effects of orthopedic and neuromuscular injury; and the rehabilitation and therapeutic methods used to treat these injuries. Sefton was certified and licensed as a Massage Therapist in 1995, and has been a Certified Athletic Trainer for 26 years. She has worked with high school, college, Olympic and professional athletes, Broadway performers, professional musicians and Military and other tactical athletes.



### Susan Dupuis

Susan Dupuis: (Baawidigoongh Bimosed ~ Bear Walking Through the Rapids) is an Anishinabae que from Treaty 1 First Nation. She is an RMT in Brandon Manitoba, a Narrative Coach and intergenerational survivor of the Indian Residential School System. She is a past member of the Inclusivity Committee and the Professional Development & Events Committee with MTAM. Susan received the Heather Whittaker Memorial Certificate of Recognition Award in May 2022 for her dedication to continuing education within the Massage Therapy profession. She has presented 10 Things RMTs Need to Know About Reconciliation with Pam Fitch for MTAM and RMTAO in 2023.

Presentation Title: 10 (or more) Things RMTs Need to Know about Reconciliation and other stories for the helping professional.

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# Conference Agenda

## Saturday Sept. 7

7:30 a.m.	Hosted Continental Breakfast
8:30-10:00 a.m.	<b>Marcus Blumentsaat</b> , BSc RMT The Cornerstones of Modern Musculoskeletal Health Care
10:00-10:15 a.m.	Refreshment Break
10:15-11:45 a.m.	<b>Dr. Paul Hodges</b> , DSc, MedDr, PhD, BPhty(Hons), FAA, FACP, APAM(Hon) Understanding Pain: Does the Mechanism Influence How We Treat the Patient?
11:45-1:00 p.m.	Luncheon Courtesy of Wilson Beck
1:00-2:30 p.m.	<b>Dr. Tracy Gaudet</b> , MD The True Transformation of Healthcare Shifting from Disease Based to Purpose Driven Aligning with the Integrated Value of Massage Therapy and Future Opportunities. Proudly presented by the Dr. Rogers prize
2:30-2:45 p.m.	Refreshment Break
2:45-4:00 p.m.	Panel Discussion: Coming Together: Moving our Profession Forward Moderator: <b>Gordon MacDonald</b> , RMTBC Panelists: <b>Monty Churchman</b> , Canadian Sports Massage Therapy Association <b>Garry Lavis</b> , Massage & Myotherapy Australia <b>Christian Vulpe</b> , Canadian Massage Therapy Council for Accreditation <b>Brandy John</b> , Canadian Council of Massage Therapy Schools <b>Tricia Weidenbacher</b> , Canadian Massage Therapy Association
4:00-4:15 p.m.	Closing Remarks

# Meet Our Speakers

## Saturday, September 7



### Marcus Blumensaat

BSC, RMT

Marcus Blumensaat is currently in his 18th year of clinical practice as a Registered Massage Therapist in Victoria, British Columbia, Canada. In addition to his private practice, he also works in high-performance sport alongside Canada's premier Olympic athletes. This branch of his career is highlighted by working at three consecutive Summer Olympic Games.

Over the past 18 years he has been blessed to work with and learn from some of the world's leading experts in musculoskeletal health care. He reads their research papers, books, and blogs. He listens to them on podcasts. He watches their videos and webinars. He completes their courses. He also continues to build his database from hundreds of case studies he see in his clinic.

He is so passionate about moving musculoskeletal health care forward that he decided to start sharing all the great information and knowledge he has compiled over his career. He spent several years putting everything into a presentable format and subsequently launched his continuing education courses in 2021. The reviews for his courses have been phenomenal and he has another fantastic year of courses and conference appearances lined up.



### Dr. Paul Hodges

DSC, MEDDR, PHD, BPHTY(HONS),  
FAA, FACP, APAM(HON)

Paul W. Hodges is an National Health and Medical Research Council (NHMRC) Senior Principal Research Fellow, Professor and Director of the NHMRC Centre for Clinical Research Excellence in Spinal Pain, Injury and Health at The University of Queensland (UQ). He is lead chief investigator on an NHMRC Program Grant that includes colleagues from the Universities of Melbourne and Sydney. Paul is a Fellow of the Australian Academy of Science, which is a Fellowship of the nation's most distinguished scientists, elected by their peers for outstanding research that has pushed back the frontiers of knowledge. He is also a Fellow of the Australian College of Physiotherapists and was made an Honoured member of the Australian Physiotherapy Association, their highest honour.

Paul is a recognised world leader in movement control, pain and rehabilitation. His unique comprehensive research approach from molecular biology to brain physiology and human function has led to discoveries that have transformed understanding of why people move differently in pain. His innovative research has also led to discoveries of changes in neuromuscular function across a diverse range of conditions from incontinence to breathing disorders. These observations have

been translated into effective treatments that have been tested and implemented internationally.

Paul has received numerous national and international research awards that span basic and clinical science. These include the premier international award for spine research (ISSLS Prize) on four occasions; three times in Basic Science (2006, 2011, 2019) and once in Clinical Science (2018). International awards in basic science include the Susanne Klein-Vogelbach Award (2010) and the Delsys Prize for Innovation in Electromyography (2009). National medical research awards include the NHMRC Achievement Award (2011). He has also received national community-based leadership awards including the Young Australian of the Year Award in Science and Technology (1997), Future Summit Australian Leadership Award (2010), and Emerging Leader Award (Next 100 Awards, 2009).

Paul is a past president of the International Society for Electrophysiology and Kinesiology and has been the Chair/Co-Chair for several major international conferences. He has led major international consortia to bring together leaders from multiple disciplines to understand pain.

# Meet Our Speakers (continued)

## Saturday, September 7



### Dr. Tracy Gaudet

MD

Tracy Gaudet is a leader in the development of Whole Health through decades of radically re-envisioning and implementing new approaches to address health outcomes and costs. She is co-founder of a new organization called the Cornerstone Collaboration for Societal Change. Prior to this, she served as the founding Executive Director of the Whole Health Institute. Dr. Gaudet was also the Founding Executive Director of the Veterans Health Administration's National Office of Patient Centered Care and Cultural Transformation. This Office led VHA's transformation to Whole Health, an approach to healthcare that empowers and equips people to take charge of their health and live their most meaning-

ful life. Under her leadership, VA health care delivery has been re-envisioned and is being implemented nationally.

Previously, Dr. Gaudet was with Duke University Health System, where she served as Executive Director of Duke Integrative Medicine until 2010. Under her leadership, Duke Integrative Medicine created a state-of-the-art healthcare facility dedicated to the transformation of medicine through the exploration, demonstration, and research of new models of patient-centered care.

Prior to her work at Duke, Dr. Gaudet was the Founding Executive Director of the University of Arizona Program in Integrative Medicine, leading the design of the country's first comprehensive curriculum in this new field and launching the distant learning fellowship. In addition, Dr. Gaudet co-founded the Academic Consortium for Integrative Medicine and Health.

Dr. Gaudet, a board-certified obstetrician-gynecologist, was featured in the PBS nationally acclaimed special entitled "The New Medicine," and named by Shape magazine as one of the eleven women who shape the world. Dr. Gaudet has been recognized as one of the "Top 25 Women in Healthcare" by Modern Healthcare and featured as a Game Changer in Fortune Magazine. She was honored with the Bravewell Leadership Award for her significant contributions to advancing the field of medicine, recognized for her significant leadership that benefited our Nation's Veterans with the Exemplary Service Award, and most recently was honoured with the Visionary Award from the Academy of Integrative Health & Medicine for her leadership in transformative healthcare. Dr. Gaudet is also the author of *Consciously Female*, a book on integrative medicine and women's health, and *Body, Soul, and Baby*.



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# Meet Our Panelists



## Gordon MacDonald

MODERATOR



## Monty Churchman

RMT, CSMTA SPORT FELLOW (SF), HPC (HE/HIM)

Monty has been a Registered Massage Therapist since 1996, CSMTA (SF) since 2018, a High-Performance Practitioner with Sport Scientist Canada (HPC) and is the CSMTA Liaison for the High-Performance Advisory Council and Own the Podium. He is proud to be a member of both the MTAS (Massage Therapists Association of Saskatchewan) and the CSMTA (Canadian Sport Massage Therapists Association). Currently he practices in Saskatoon SK.

Monty has served on the Education and Exam committees, as well as being a current Provincial Board examiner with MTAS. He has also served as the CSMTA National Secretary from 2011-2015 and as Vice President, Ethics and Mentorship Chair from 2016-2022.

He is an Instructor of the CSMTA Advanced Sport Massage Course since 2018 as well as Self Massage and the Athlete sessions on behalf of the Sport Medicine and Science Council of Saskatchewan. Monty helps support all levels of athletes and over the years has had the privilege to work with the CFL's Saskatchewan Roughriders (1999-2002) as well as organizing and implementing massage therapy at Rider training camps (2013-2018), the University of Saskatchewan Women's Volleyball team (2006-2008), the U of S Women's Basketball team (2009-2022), and currently U of S Women's Hockey. He is a member of the Integrated Support Team (IST) for the Canadian National Paralympic Swim Team (2015-present).

This has seen him work many performance preparation camps and World Championships across North America Europe, and the U.K.

2022 saw him selected to the Core Medical Team for the Commonwealth Games in Birmingham, England, and 2023 Pan Am Games in Santiago, Chile.

He has worked the Grand Slam of Curling Championships in 2019, the 2021 Olympic Curling Trials, and the 2023 Saskatchewan Winter Games.

Monty regularly incorporates, IASTM, Myofascial Cupping, Neuromuscular therapy, sport massage, Active Isolated Stretching and PNF stretching.

# Meet Our Panelists (continued)



## Garry Lavis

Garry has been a Remedial Massage Therapist for over 20 years and holds the qualification of Advanced Diploma of Myotherapy.

Garry has a passion for Sports, having played rugby league professionally in Australia and also competing in the Subaru Triathlon Series in Ontario Canada for 4 years, Garry has developed a keen interest in musculoskeletal rehabilitation specializing in the shoulder and is a regular presenter of workshops and lectures throughout Australia.

Garry has an excellent understanding of the Massage industry having been on the National Board of Directors for the Australian Association of Massage Therapists for 10 years, 6 as National President and 16 years as the AAMT National Conference Committee Chairman.

Garry has presented workshops and lectures internationally in Canada and New Zealand.



## Christian Vulpe

Christian has worked with the Canadian Massage Therapy Council for Accreditation since 2015 and became the Executive Director in May 2023. Christian holds a Bachelor of Science, Bachelor of Education, and a Master of Education in Educational Psychology and is an Ontario Certified Teacher (OCT). In addition to his work with CMTCA, Christian has worked on the development of accreditation standards and processes for many other Canadian accreditation programs including Traditional Chinese Medicine and Acupuncture education, and humane society and SPCA accreditation. Christian has served on the accreditation council for dietetic education (Partnership for Dietetic Education and Practice) and is currently a member of the Board of the Association of Accrediting Agencies of Canada (AAAC). Christian is known for his collaborative approach, and for his focus on quality improvement and consistency.



## Brandy M John

Brandy has been an RMT since 1998. She is President of the CCMTS, President of the OCPMTC, Instructor at Trios College, Demonstrating tutor at McMaster University, Volunteer for the RMTAO and runs her own practice A Balanced Body Therapy.

# Meet Our Panelists (continued)



## Tricia Weidenbacher

Tricia is a highly accomplished Registered Massage Therapist and entrepreneur, boasting over 25 years of experience in the healthcare industry. After transitioning from food service management to massage therapy in 1996, she graduated with honors from the Massage Therapy College of Manitoba. Tricia's dedication to excellence and innovation has been evident throughout her career.

In her role as Executive Director of the Massage Therapy Association of Manitoba (MTAM), Tricia is responsible for daily operations and the professional development of over 1100 therapists across the province. Her leadership and strategic vision have significantly contributed to the organization's success.

Tricia's commitment to professional growth led her to complete the Advanced Program in Management, Leadership, and Strategy through the University of Manitoba Asper School of Business. She has also served on the Canadian Massage Therapist Association as a provincial representative and treasurer, actively participating in insurance and GST/HST committees.

With experience spanning mobile, home-based, multidisciplinary clinic, and medical office settings, Tricia brings a wealth of knowledge and enthusiasm to her work. Her passion for travel, baking, cooking, gardening, and hunting for vintage items, combined with her impressive accomplishment of winning her first boxing match to raise \$5000 for charity, highlight her dynamic and spirited personality.



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