

January 2021

 MASSAGE THERAPY  
FOUNDATION

# Communicator

SCIENTIFIC RESEARCH • EDUCATIONAL RESOURCES • COMMUNITY SERVICE

*Wishing You a New Year  
Filled with Peace and Hope*

 MASSAGE THERAPY  
FOUNDATION

## Boost Your Knowledge in 2021

### ***Increase your knowledge and improve your practice.***

Massage Therapy Foundation webinars help keep you up to date on the latest in massage therapy research. The following free MTF webinars are available now:



### ***Resources for Educators***

Presented by MTF and the Alliance for Massage Therapy Education (AFMTE), this webinar showcases the educational resources for educators and students available from both organizations. Familiarize yourself with the array of educational tools available to help you teach students to incorporate research into their everyday work with clients.

## MTF/NCBTMB Research Webinar Series

The Massage Therapy Foundation (MTF) and the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) are excited to offer a free Research Webinar Series. There are currently five webinars in this series with additional upcoming live webinars scheduled;



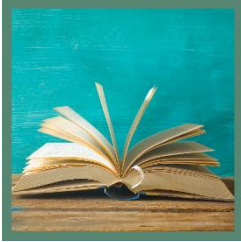
### ***Part I: Why Research?***

MTF/NCBTMB's first webinar explores why research is essential to the practice of massage therapy and discusses the importance of publishing massage research in peer-reviewed journals where it can be shared with health care professionals from other disciplines.



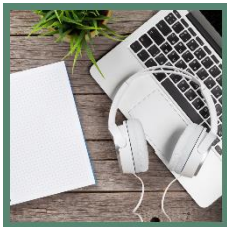
### **Part II: What is Research?**

MTF AND NCBTMB welcome Robin Miccio, MS, LMT, CPMT, CEIM, to further define research, its impact on the profession, and resources for engagement.



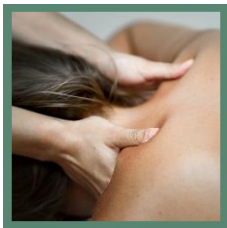
### **Part III: How to Find Quality Resources**

Co-hosts Douglas Nelson, LMT, BCTMB, and Donna Sarvello, LMT, BCTMB, MBA, discuss how to locate and evaluate research resources with researcher and educator JoEllen Sefton, PhD, ATC, CMT.



### **Part IV: Case Reports**

MTF and NCBTMB welcome Ruth Werner, BCTMB, an NCBTMB-Approved Continuing Education Provider and author, to learn more about the role case reports play in research, their impact on the profession, and resources for students and professionals.



### **Part V: Massage Therapy for Pain Management**

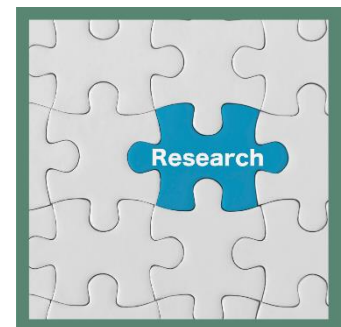
Join Portia B. Resnick, Robin Anderson, and Doug Nelson as they discuss the current research in massage therapy for pain management. Learn about current research on the biological, psychological and social aspects of pain. Explore how to define, measure and address client pain, and how to ask the right questions to best treat your clients.

[View the Webinars](#)

## **Research Grant Application Now Open**

**MTF research grants support high-quality, independent research that contributes to the basic science of massage therapy application, including applied research investigating massage therapy as a health/mental health treatment and/or prevention modality.**

The Massage Therapy Foundation now offers two types of research grants: Research Support Grants (up to \$30,000) and Research Awards (over \$30,000). **The 2021 Research Grant Pre-Proposal deadline is March 1, 2021.**



[Learn More](#)

## **Hand Self-Shiatsu for Sleep**



**Have you checked out the newest issue of *IJTM*? Vol 13 No 4 (2020)** includes the publication of *Effectiveness of Hand Self-Shiatsu to Promote Sleep in Young People with Chronic Pain: a Case Series Design*. Learn more about how MT can provide meaningful pain relief for children in chronic pain.

***IJTM* is open-access, peer-reviewed, and indexed in PubMed. It is the official journal of the Massage Therapy Foundation and our partner, the Registered Massage Therapists' Association of British Columbia.**

Visit *IJTM*

**Want to learn more about Hand Self-Shiatsu?** Listen to our recent *Research Perch* podcast episode featuring a co-author of the above study, Leisa Bellmore, MSc, ST.

Hand Self-Shiatsu *Research Perch*

### Ongoing Research Surveys

We encourage massage therapists to help build the body of research knowledge by being a part of the following two surveys.

**Project COPE is an ongoing study chronicling the experiences of healthcare and wellness providers during the COVID-19 pandemic.** Help capture unique moments in history by sharing your experiences with study investigators.

Take the Project COPE Survey

**Indiana University is seeking massage therapy clients for the current, ongoing research project, *Assessing Affective Measures in the 2020 Pandemic*.** This project aims to describe the affective characteristics (emotions and mood) of all types of massage therapy clients during the 2020 pandemic. **We encourage massage therapists to use the survey as an opportunity to reach out to clients and be a part of research.**

Download the Client Survey Flyer

### Grant and Contest Deadlines

- **2021 Community Service Grant Process Now Open: Deadline is May 3, 2021**
- **Student Case Report Contest Open: 2021 Submissions due June 1, 2021**
- **Research Grant Pre-Proposal: Deadline is March 1, 2021**

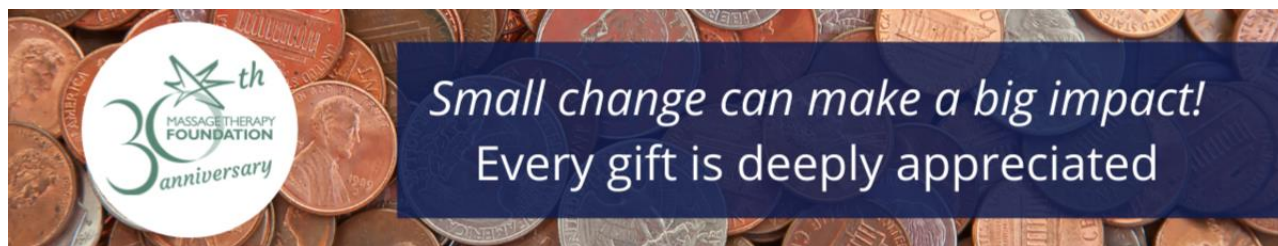
Apply Now

### Donate to MTF: Make a Difference Today

**As this pandemic has been a challenge for the entire industry, the MTF, too, has experienced a significant loss of funding sources due to cancelled fundraising events and sponsorships.**

**If you are able, we invite you to make micro donations using MTF's new Spare Change Program.** Round up your everyday purchases and donate spare change via your credit. Set a maximum amount to fit your budget—from as low as \$5 monthly. **Go to:** <https://app.cheerfulgiving.com/p/massage-therapy-foundation>.

If you are in a position to make a charitable gift, please donate. If you are a Foundation champion who is unable to give at this time, please share this [donation link](#) with your colleagues.



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## Communicator Sponsorship Opportunities

Is your organization looking for a place to advertise while supporting massage therapy research, education, and community service initiatives? Consider sponsoring issues of the **Communicator**. One sponsorship is available per issue. Only 12 available per year!

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