

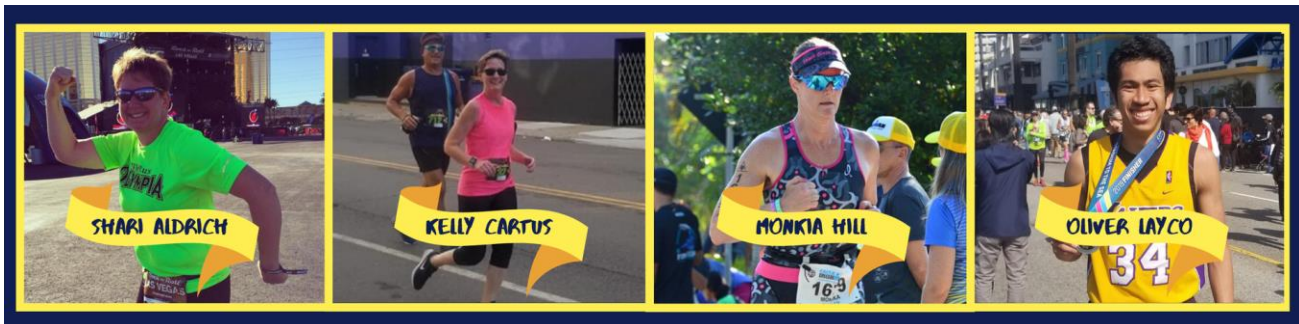
December 2019



Communicator

SCIENTIFIC RESEARCH • EDUCATIONAL RESOURCES • COMMUNITY SERVICE

2020 #RunningForResearch Boston Marathon Team



Team MTF is training hard for the 2020 Boston Marathon! Four team members— **Shari Aldrich, Kelly Cartus, Monika Hill, and Oliver Layco**— will each run 26.2 miles on April 20, 2020 to raise funds for MTF as part of the John Hancock Non-Profit Marathon Program. Support massage therapy research and our #RunningForResearch team today.

[Show Your Support](#)

2019 CS Grantee Spotlight: The Aloe Foundation



New blog post! We are proud to support the Aloe Foundation of Austin, Texas, in their project, *Loves Heals: Integrative Holistic Wellness for Women Experiencing Trauma*, through a 2019 MTF Community Service Grant.

The project provides therapeutic massage to survivors of domestic violence, many of whom deal with anxiety, depression, and Post-Traumatic Stress Disorder (PTSD). The free wellness events offered through this program help survivors ease stress and trauma symptoms while serve a community that would not otherwise have the means or methods for such therapy.

[Learn More](#)

[Watch Today: MTF/NCBTMB Research Webinar Recordings](#)

MTF and the National Certification Board for Therapeutic Massage & Bodywork's 2019 FREE Research Webinar Series has wrapped up, **but it's not too late to enjoy engaging presenters and earn free CEs!** Webinar topics include:

- *Part I: Why Research?*
- *Part II: What is Research?*
- *Part III: How to Find Quality Resources*

Don't miss out on this great free resource!

Check Out the Research Webinars



International Journal of Therapeutic Massage and Bodywork



Can massage therapy help those with PTSD sleep better? Check out *A Series of Case Reports Regarding the Use of Massage Therapy to Improve Sleep Quality in Individuals with Post-Traumatic Stress Disorder (PTSD)* and other articles in our most recent issue of *IJTMB*.

Read the latest issue: *Vol. 12 No. 4 (2019)*

IJTMB is open-access, peer-reviewed, and indexed in PubMed. It is the official journal of the Massage Therapy Foundation and our journal partner, the [Registered Massage Therapists' Association of British Columbia](#).

Grants and Contests Open Now

Have you ever had a great idea for a research project or community service initiative involving therapeutic massage? Have you been inspired by research that you want to share with your colleagues in the profession and beyond? We can't wait to see your ideas!

Apply to the following Grants and Contests today:

- 2020 Community Service Grant Application
- 2020 Research Grant Application
- 2020 Poster Session Abstract Submission
- 2020 Student Case Report Contest

Learn More About MTF Grants and Contests

You Can Make a Difference

Since 1990, MTF has worked tirelessly to expand research into the science behind massage and to provide free tools and resources to help massage therapists and their practices thrive. **Please consider donating to bring vital initiatives to your profession and community.**



RESEARCH

Help fund research that demonstrates the efficacy of massage therapy to allied health professionals in the shared language of science.



EDUCATION

Help improve the quality of care that therapists provide through resources that make knowledge accessible.



COMMUNITY SERVICE

Help bring the advantages of massage to those who need it desperately but lack access through the MTF Community Service Grant program.

[Donate Now](#)

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We support massage therapy research.
Now hiring team-oriented therapists.



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