



# Oregon

John Kitzhaber, MD Governor

## Board of Massage Therapists

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## Education Committee Meeting

November 8, 2013

Board Office

### Attendance

#### Committee Members:

Lisa Barck Garofalo, Chair

Nick Chrones, LMT

Peter Szucs, LMT

Steve Davis, LMT

Lana Braunt, LMT

John Combe, LMT

#### Board Members & Staff:

Kathy Calise, Board Liaison

Kate Coffey, Executive Director

Ekaette Udosenata, Policy Analyst

#### Absent:

**Public:** No public present

**CALL TO ORDER - Barck Garofalo** called the meeting to order at 9:00 am.

**INTRODUCTIONS:** Present at time of introductions **Barck Garofalo, Braunt, Calise, Coffey, Combe, Chrones Davis, Szucs and Udosenata.**

Barck Garofalo, Chrones, Calise, Davis and Szucs declared a potential conflict of interest, as they are CE providers.

**Calise approve** October 14, 2013 minutes approved

**Combe seconded**

**MINUTES** – October 14, 2013 minutes approved.

**PUBLIC COMMENT:** none present.

The committee reviewed the letter from Erika Baern regarding teaching.

**Barck Garofalo** – Should the policy limit the number of hours awarded to teachers for CE? Teachers should receive credit only once for a class taught, regardless of how many times they teach a class.

**Calise** – Teachers should be required to refresh their continue education course and there should be an established criteria that limits the number of hours claimed by teaching for CE.

**Chrones** – The proposal needs to be very clear when it comes to the limits set forth by the committee.

**Szucs** – Feels it is not going to be easy to determine what instructors are going to do in regards to teaching a class for CE. The purpose of the requirement is to keep instructors from using the same class over and over again.

**Barck Garofalo** – Questions if the board is going to mandate a teacher, in addition to teaching a class, to take a class to satisfy CE requirements?

**Braunt** – Stated that, teachers should not be required to take continue education classes in addition to teaching.

**Combe** – There need to be some clarification in regards to teaching. Is it a requirement to be a licensed Massage Therapist to teach at a massage school?

**Barck Garofalo** – One has to be practicing within the field for three years and have some form of credential in order to teach at a massage school.

**Szucs** – Noted that, it is required that teachers should have the credential to practice within their scope. One must have an active current license in the state of Oregon to teach.

**Combe** –CE requirements in regards to teaching, should apply to all LMTs not just teachers. If the board focuses on CE's, it should not matter whether one is a teacher or not, it should apply equally to all.

The committee agrees that Lisa will send a thank you letter to Erica for her input.  
The committee discussed the letter from Fran Moore and directed Coffey to respond to her.

The committee reviewed the draft Continuing Education OAR changes. Below are the agreed upon draft sections.

**Draft OAR Continuing Education Division  
Revised 11/7/13**

**Purpose**

1. These rules are set forth in accordance with the Oregon Board of Massage Therapists' Mission Statement, Vision and Values. These rules are intended to protect and inform all parties involved in the field of Massage Therapy and Bodywork, to help maintain core competencies, share valuable experience and advanced subjects in the field with colleagues, and to maintain and advance this profession thus improving massage and bodywork to the public
2. Continuing education is required as a condition of licensure to insure continued efforts on the part of Oregon licensed massage therapists to remain current with new developments in the field and to encourage diversified training and qualifications.

**Required Hours and Period of Completion**

- (1) Each licensee must complete 25 hours of continuing education.
- 2) Of the 25 hours at least 15 must be contact hours as defined in OAR 334...CE Requirements #2.
  - a) Licensees must document at least 6 contact hours in Professional Ethics, Boundaries and/or Communication every renewal period.

- 3) The remaining 10 hours may be contact or non-contact hours as defined in OAR 334...CE Requirements #3.
- 4) At renewal time, each licensee must sign and submit a Board supplied CE form indicating they have completed 25 hours of continuing education. The Board may require proof of CE hours.

### **Continuing Education Requirements**

1. A licensee may satisfy the requirements of OAR 334-010-0050 by taking continuing education in subjects which may include but are not limited to:
  - a. Massage and bodywork techniques;
  - b. Energetic and vibrational techniques;
  - c. Use of thermal modalities, topical preparations, mechanical assistive devices/appliances;
  - d. Movement and exercises that lengthen and shorten soft tissues;
  - e. Movement and exercises that promote energetic balance;
  - f. Massage and bodywork business practices;
  - g. Anatomy and physiology of the human body;
  - h. Kinesiology of the human body;
  - i. Pathology of the human body;
  - j. Ethical principles;
  - k. Body mechanics;
  - l. Somatic education:
  - m. CPR/First Aid.
2. The methods of obtaining continuing education contact hours may include:
  - a. Courses, seminars, and workshops sponsored, certified, or approved by an established and recognized massage and bodywork training program;
  - b. Courses or activities for continuing education offered by a provider recognized by a massage and bodywork professional organization;

- c. Courses provided by an accredited institution of higher education if the subject matter directly pertains to the massage and bodywork profession;
  - d. Individual interactive distance learning study courses that directly pertain to the massage and bodywork profession and that require an examination and are offered by an accredited institution, professional organization, or individual recognized by the Board;
    - 1. Contact hour credit for distance learning courses is limited to 8 hours per renewal cycle regardless of length of time spent.
  - e. Courses in cardiopulmonary resuscitation/first aid if taken in the presence of an instructor;
3. The method of obtaining continuing education non-contact hours may include but are not limited to:
- a. Publishing an article relating to massage and bodywork;
    - 1. Licensee must record date and name of publication of article on CE renewal form.
  - b. Self-study based on media (i.e. book/video, periodical, audiocassette, DVD);
    - 1. Licensee must record title of media on CE renewal form and submit one page summary of material.
  - c. Providing Board requested peer supervision
    - 1. Licensee must record date and name / contact information of person mentored or supervised on CE renewal form.
  - d. Courses or lectures on massage and bodywork which a licensee presents;
    - A. Licensee must record date, number of attending, name and hours of class on CE renewal form.
    - B. A licensee may receive credit for presenting a course or lecture only one time regardless of how many times the licensee presents the course or lecture. BOARD TO DISCUSS**
  - e. Attendance at an OBMT board meeting, board committee meeting, board task force or serving on these committees/task forces.
    - 1. One hour of CE non-contact credit will be given for each meeting.
    - 2. Licensee must record date, and name of meeting on CE renewal form.
4. Licensees must document at least 6 contact hours in Professional Ethics and/or Boundaries every renewal period.

### **Continuing Education Restrictions**

- 1. The following subjects and/or activities will not satisfy the continuing education requirement:
  - a. Foreign language classes
  - b. Martial arts classes

- c. Meditation classes
- d. Attendance at gym or spa
- e. Receiving massage and/or bodywork
- f. Homeopathy
- g. Feng shui or interior design
- h. Shamanism

**OR**

1. The following subjects and/or activities may not satisfy the continuing education requirement:
  - a) Any topic that does not fall within the scope of practice of a licensed massage therapist.
2. If licensee is unsure of whether a class or subject matter will satisfy the continuing education requirement he/she should seek pre approval as outlined in OAR 334-010-0050 Request for Approval for Continuing Education.

**Request for Approval for Continuing Education**

1. Courses that do not meet standards as set forth in OAR 334-010-0050 Continuing Education Requirements must be approved by the Board.
  - a) Licensees requesting pre-approval must submit a Board supplied pre-approval form.

**Continuing Education Audit and Required Documentation**

1. The Oregon Board of Massage Therapists randomly selects a minimum of 10 percent of received monthly renewals for an audit.
  - a. If selected for an audit you will have 30 days to complete the audit form and submit copies (not originals) of your Continuing Education certificates.
  - b. The information provided during the audit must match the items you have listed at the time of your renewal.
  - c. If you fail to provide the requested information to the Board, within the 30 days, the Board may issue discipline per ORS 687.081 and 687.250.

**Note: Additional Rules from current OAR 334-010-0050 (2-6) will need to move into this rewrite.**

**Homework:**

Next meeting: TBD after the board meeting on November 18, 2013.  
Adjourned at 11:45 am