

# WORKSHOP OPPORTUNITIES

*with*



Ruth & Werner

# Ruth Werner BCTMB

Award-winning Educator, Author,  
Inspirational Speaker, & Podcast Host



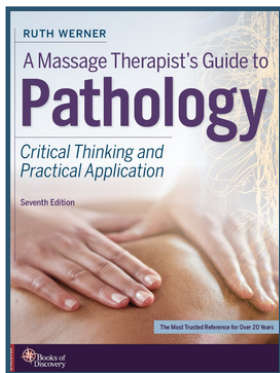
## Teaching Topics

- ✓ Regarding COVID
- ✓ General Pathology
- ✓ Research
- ✓ Pharmacology
- ✓ For Educators

"You make what could be a very dry subject exciting and fun."  
—anonymous participant, WIN Therapies, Los Angeles, CA

"I never looked at my watch. Please bring Ruth back!"  
—anonymous participant, Washington State AMTA convention Seattle, WA

"Wealth of knowledge, presented in a new way—fabulous!"  
—anonymous participant, National Holistic Institute, Baltimore, MD



Greetings! My name is Ruth Werner. I am a writer, educator, and retired massage therapist with a passionate interest in research and the role of massage therapy for people who are looking for ways to help manage their health.

I entered the massage therapy field in 1984. Since then, I have taught anatomy, physiology, and pathology in schools all over the United States, and I continue to provide continuing education classes at local, national, and international meetings. I am Board Certified, and an NCBTMB-approved provider of continuing education.

In 2005 I was honored with the American Massage Therapy Association Council of Schools Teacher of the Year Award, and the Massage Therapy Foundation recognized me with their Distinguished Service Award in 2018.

I hope to interest you in hosting me to provide a live or distance-learning continuing education workshop for your organization. My content is flexible and modular, and can easily be adjusted to fit whatever needs or interests your members have.

If you have any questions about how we can make a workshop at your facility as successful and as satisfying as possible, please feel free to let me know.

## Teaching Fee

\$200/hour  
plus travel  
expenses.

## Featured In



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ruthwerner.com

## General Pathology

Title	Live	Webinar	Online, self-paced	Description on page
Anxiety, Breath, and COVID (ABC): What is the role for Massage Therapists?	1.5 CEs	1.5 CEs		5
Cardiovascular Conditions	4 CEs			6
Chronic Pain and Massage Therapy		1 CE		6
Common and Contagious Skin Conditions	3 or 4 CEs	3 CEs		7
Fibromyalgia and the Invisible Diseases	3 or 4 CEs	3 CEs		7
Herpes, Hep, and Flu-Oh My! Public Health Issues for Massage Therapists	3 or 4 CEs	3 CEs		8
Long COVID		2 CEs		8
A Massage Therapist's Guide to COVID-19	2 CEs	2 CEs		9
A Massage Therapist's Guide to Diabetes		1.5 CEs		9
Reproductive System Conditions	3 or 4 CEs	3 CEs		10
Stump the Pathology Teacher	3 or 4 CEs	3 CEs		10
Touching the MInd: Mental and Mood Disorders for Massage Therapists	3 or 4 CEs	3 CEs		11

## Pharmacology

Title	Live	Webinar	Online, self-paced	Description on page
Introduction to Pharmacology	3 or 4 CEs	3 CEs		15
A Massage Therapist's Introduction to Pharmacology Pt 1			1 CE	15
A Massage Therapist's Introduction to Pharmacology Pt. 2			1 CE	16

## Research

Title	Live	Webinar	Online, self-paced	Description on page
Citizen Science: The Case for Case Reports	3, 4, or 8 CEs	3 CEs		14
Make Research Relevant to Me	3, 4, or 8 CEs	3 CEs		12
Put Science to Work for You: Using Research to Support Your Practice	3, 4, 5, or 6 CEs	6 CEs		13
Research Recap: The Best Recent Research and How to Make Sense of It	3 or 4 CEs	3 CEs		12

## Ethics

Title	Live	Webinar	Online, self-paced	Description on page
The Ethics of Client Communication: Talking to Clients About Their Health	3, 4, or 6 CEs	3 CEs		17
A Doctor's Note is Not Good Enough... and what is better			2 CEs	17

## For Educators

Title	Live	Webinar	Online, self-paced	Description on page
Ethics in the Classroom	2 CEs	2 CEs		18
Teaching Pathology from the Heart	3 or 4 CEs	3 CEs		18

## Anxiety, Breath, and COVID (ABC): What is the Role for Massage Therapy?

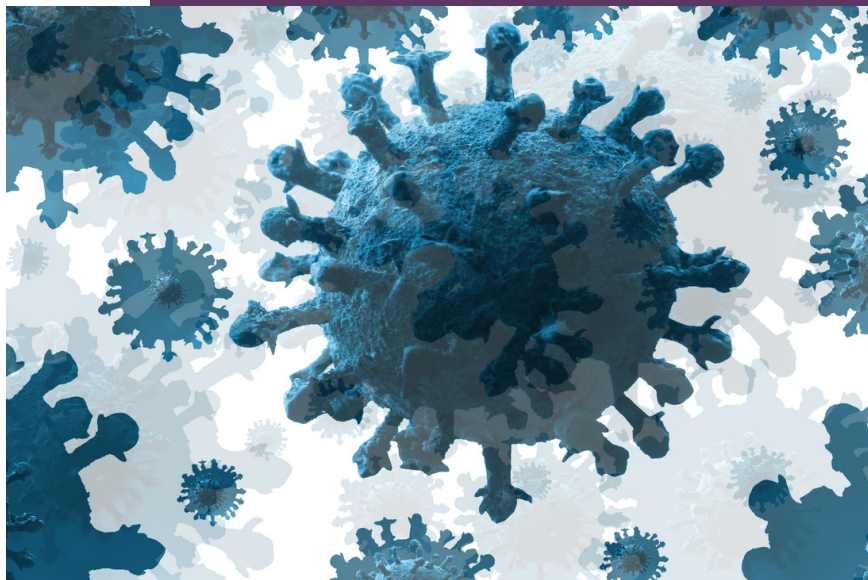
1.5 CE credits live | 1.5 CE credits webinar

Anxiety causes shortness of breath. People recovering from COVID-19 also have shortness of breath. Shortness of breath causes anxiety—which can exacerbate shortness of breath. All of this has a profound impact on quality of life and the ability to function. Into this maelstrom of fear, anxiety, and problems with breathing, touch may have a profoundly positive impact.

Join Ruth Werner, author of *A Massage Therapist's Guide to Pathology*, for an exploration of what the research says about anxiety, breathing, and touch—and how we may be able to apply those concepts to bring our best to clients who are recovering from COVID-19, as well as those who live with any confluence of anxiety and breathing difficulties.

### Participants will be able to...

- Identify links between COVID-19 symptoms, anxiety, breathing problems, and impact on quality of life for affected patients
- Describe the basic challenges of anxiety disorders and breathing problems with an emphasis on interoception
- List key facts about COVID-1 and how this infection impacts lung function
- Describe how massage therapy could be applied in the context of pulmonary rehabilitation
- Do appropriate screening and make appropriate accommodations and for clients who have been diagnosed with COVID-19 for safe and effective massage therapy





## Massage Therapy and Pathology: Cardiovascular Conditions

4 CE credits live only

Almost 40% of all Americans die of some form of heart disease. Because massage influences fluid flow and fluid management capacity, it is important for massage therapists to understand the mechanisms of these diseases. This class covers the definition, demographics, pathophysiology, signs and symptoms, treatment options, and role of massage for the following: hypertension, atherosclerosis, heart attack, heart failure, thrombophlebitis, deep vein thrombosis, and pulmonary embolism.

### Participants will be able to...

- Describe how the immune system is involved with contagious diseases
- Identify and describe the definition, demographics, pathophysiology, signs and symptoms and common treatment options for each of the conditions under discussion
- Discern the variables that inform clinical decision-making for massage therapy for each of the conditions under discussion
- Describe risks and benefits of massage therapy for each of the conditions under discussion

## Chronic Pain and Massage Therapy

1 CE credit webinar only

Chronic pain conditions like fibromyalgia, chronic fatigue syndrome and others can be challenging to treat, and even more challenging to live with, especially when they involve central sensitization. Understanding the mechanisms behind the pain experience can help massage therapists find a way to improve the quality of life for clients who struggle with these challenging, and often invisible conditions.

### Participants will be able to...

- Discuss the IASP definition of pain
- Compare pain to nociception
- Explain the biopsychosocial model of pain management for clients who live with chronic pain disorders like fibromyalgia and others
- Articulate special communication skills and strategies that are especially important for clients who live with chronic pain
- Discuss research about massage therapy in the context of chronic pain

## Massage Therapy and Pathology: Common and Contagious Skin Conditions

3 or 4 CE credits live | 3 CE credits webinar

Massage therapists work so closely with the skin that it is vital to be well-informed about common and contagious skin problems. This class covers the definition, demographics, pathophysiology, signs and symptoms, treatment options, and role of massage for the following: herpes simplex, fungal infections (ringworm), staph infections (including MRSA), psoriasis, dermatitis/eczema, and skin cancer.

### Participants will be able to...

- Identify and describe the definition, demographics, pathophysiology, signs and symptoms and common treatment options for each of the conditions under discussion
- Discern the variables that inform clinical decision-making for massage therapy for each of the conditions under discussion
- Describe risks and benefits of massage therapy for each of the conditions under discussion

## Massage Therapy and Pathology: Fibromyalgia and the "Invisible Diseases"

3 or 4 CE credits live | 3 CE credits webinar

Fibromyalgia is the second most common diagnosis of musculoskeletal pain, but its pathophysiology remains elusive. Further, it overlaps several other conditions, leading to confusing signs and contradictory treatment options. This class covers the definition, demographics, pathophysiology, signs and symptoms, treatment options, and role of massage for the following: fibromyalgia, myofascial pain syndrome, chronic fatigue syndrome, irritable bowel syndrome, chronic pelvic pain syndrome, and others as time permits.

### Participants will be able to...

- Identify and describe the definition, demographics, pathophysiology, signs and symptoms and common treatment options for each of the conditions under discussion
- Discern the variables that inform clinical decision-making for massage therapy for each of the conditions under discussion
- Describe special communication skills that are especially important for clients who live with chronic pain disorders
- Describe risks and benefits of massage therapy for each of the conditions under discussion

## Herpes and Hep and Flu – Oh My!:

### Public Health Issues for Massage Therapists

3 or 4 CE credits live | 3 CE credits webinar

Massage therapists are public health providers, and it is our responsibility to stay up to speed on information about these contagious diseases. This class covers a review of immune system function and the definition, demographics, pathophysiology, signs and symptoms, treatment options, and role of massage for the following: HIV/AIDS, hepatitis A, B, and C, flu, methicillin-resistant staphylococcus Aureus, and others as time permits.

#### Participants will be able to...

- Identify and describe the definition, demographics, pathophysiology, signs and symptoms, and common treatment options for each of the conditions under discussion
- Discern the variables that inform clinical decision-making for massage therapy for each of the conditions under discussion
- Describe risks and benefits of massage therapy for each of the conditions under discussion

## Massage Therapy and Pathology:

### Long COVID

2 CE credits webinar only

Post-viral syndromes are not new, but the signs and symptoms of long COVID pose unprecedented challenges for the many people who are affected. This class will explore the current understanding of long COVID, with the caveat that this information changes quickly.

We will look at the signs and symptoms of this condition, conventional treatment options, and then put special focus on how to make safe, effective, and evidence-informed choices about massage therapy for clients who have long COVID.

Join Ruth Werner, author of *A Massage Therapist's Guide to Pathology*, for this lively discussion of an important and rapidly evolving topic.

#### Participants will be able to...

- Describe the current status of COVID-19 as a public health issue
- Define the current definition and diagnostic criteria for long COVID
- Compare long COVID to similar chronic conditions like chronic fatigue syndrome, fibromyalgia, and others
- Anticipate some of the challenges in conventional health care for treating long COVID
- Plan massage sessions that are safe and effective for clients who have varieties of long COVID symptoms



## A Massage Therapist's Guide to COVID-19

2 CE live | 2 CE credits webinar

COVID-19 presents unprecedented challenges to the massage therapy profession, including how to make safe, effective, evidence-informed decisions about working with clients who have recovered from this infection.

This engaging webinar will focus on what we currently understand about COVID-19, including pathophysiology, communicability, and complications. We will also discuss risks and benefits related to massage, with some screening suggestions for safety.

### Participants will be able to...

- Participants will be able to... Describe the pathophysiology of COVID-19 with emphasis on communicability and tissue damage
- List several complications of COVID-19 that must influence choices about massage therapy
- Discuss possible risks and benefits related to massage therapy for clients who have had COVID-19
- Refer to a list of screening questions to help establish the safety of massage therapy for clients who have had COVID-19

## A Massage Therapist's Guide to Diabetes

1.5 CE credits live

Diabetes mellitus, the 7th leading cause of death in the US, affects about one-third of our adult population. You almost certainly have clients with diabetes or pre-diabetes. Are you fully prepared to offer safe and effective bodywork for them?

This lively 90-minute class will take a close look at the issue of diabetes, with special emphasis on pathophysiology, complications, and the many, many ways this disease must inform massage therapy strategies and clinical decision-making for the best possible outcomes.

### Participants will be able to...

- Briefly describe the pathophysiology of type 1 and type 2 diabetes mellitus.
- List and explain the major complications of incompletely treated diabetes mellitus.
- Predict the risks and benefits that a client with diabetes might present, and structure a session to maximize benefits while minimizing risks.
- Plan appropriate accommodations for safe and effective massage therapy for their clients who have diabetes.

## Massage Therapy and Pathology: Reproductive System Disorders

3 or 4 CE credits live only

Many massage therapists were short-changed in their education about the reproductive system and associated disorders, but these are common conditions that affect our clients' quality of life. This class covers the definition, demographics, pathophysiology, signs and symptoms, treatment options, and role of massage for the following: prostate enlargement, prostate cancer, testicular cancer, chronic pelvic pain syndrome, dysmenorrhea, endometriosis, perimenopause, and others as time permits.

### Participants will be able to...

- Identify and describe the definition, demographics, pathophysiology, signs and symptoms and common treatment options for each of the conditions under discussion
- Discern the variables that inform clinical decision-making for massage therapy for each of the conditions under discussion
- Describe risks and benefits of massage therapy for each of the conditions under discussion

## Stump the Pathology Teacher

3 or 4 CE credits live | 3 CE credits webinar

This is a participants' choice class—your attendees can pick and choose to customize a class just for them!

The instructor will lead a free-form discussion of massage therapy in the context of pathologies, based on input from attendees. This is a rare opportunity to ask deep questions and to learn and share with colleagues.

### Participants will be able to...

- Identify and describe the definition, demographics, pathophysiology, signs and symptoms and common treatment options for each of the conditions under discussion
- Discern the variables that inform clinical decision-making for massage therapy for each of the conditions under discussion

## Touching the Mind:

# Mental and Mood Disorders for Massage Therapists

3 or 4 CE credits live | 3 CE credits webinar

This class addresses some of the most common mental health and mood disorders seen in our culture today.

In addition to reviewing some of the pathophysiology and contributing factors to mental health and mood-related conditions, we will discuss common conventional treatment options, and what we know about how massage therapy can have the most positive impact for clients who live with these challenges.

In alignment with the newest edition of Diagnostic and Statistical Manual of Mental Disorders (DSM-V), this class will examine various types of **depression, bipolar disease, anxiety disorders, PTSD, obsessive-compulsive disorder**, and others as time allows.

The research about the positive effects of massage for mood disorders is strong and consistent, and it is our responsibility to deliver the safest, and most compassionate, and most effective massage therapy our clients can ask for. Don't miss this chance to learn more about the conditions that affect your clients' lives: you'll be a better therapist for it!

### Participants will be able to...

- Identify and describe the definition, demographics, pathophysiology, signs and symptoms and common treatment options for each of the conditions under discussion
- Discern the variables that inform clinical decision-making for massage therapy for each of the conditions under discussion
- Describe special communication skills that are especially important for clients who live with mental and mood disorders
- Describe risks and benefits of massage therapy for each of the conditions under discussion



## Make Research Relevant to Me

3, 4 or 8 CE credits live

Research about massage therapy is not the abstract exercise that you might think! The best research being conducted today uses professional therapists doing work in real-life settings so that results reflect what truly happens in a successful massage session or series. This produces results that can make you a better and more successful therapist, but only if you know how to access the right studies.

This class will barely scratch the surface of what research can mean to you, but it will cover some current massage therapy research findings and events; some basic information on how to find the research you want, and apply it to your practice; and finally we will discuss what you can do in the research world: writing case reports that can benefit all your colleagues.

### Participants will be able to...

- Describe the components of research literacy
- Use PubMed.gov and Google Scholar to find relevant articles
- Read and interpret a typical research article with the IMRaD format
- Discern how to apply research findings for improved client outcomes
- Explore the possibility of writing a publishable case report

## Research Recap:

## The Best Recent Research in Massage Therapy, and How to Make Sense of It

3 or 4 CE credits live | 3 CE credits webinar

This class will look over Ruth's favorite research publications from the past 2 years. We will discuss where the chosen articles fit in the research hierarchy, strengths and weaknesses in each, final conclusions, and useful takeaways to use in your practice. Guidance for accessing this kind of information will also be shared.

### Participants will be able to...

- Describe the components of research literacy
- Read and interpret a typical research article with the IMRaD format
- Begin to evaluate the reliability of research articles
- Discern how to apply research findings for improved client outcomes
- Access further research that interests them

## Put Science to Work for You Using Research to Support Your Practice

3, 4, 5, or 6 CE credits live | 6 CE credits webinar (including Part 1 and Part 2)

What is the best, most relevant, most important massage therapy research from the past few years? And-- more importantly-- how can you use it to build relationships with potential clients and other care providers?

Come to this highly interactive class to find out. We will discuss four recent, useful articles, including their place in the research hierarchy, their strengths and weaknesses, their findings and conclusions.

Then we will get to work, creating a variety of messages about that research for our practices. We will practice verbal communications about these findings, and we will brainstorm marketing ideas, possible blog posts, and other options for putting the science to work for you.

Links for participants to download the chosen articles will be shared ahead of time; all articles will be available subscription-free. Guidance for accessing this kind of information will also be shared.

### Participants will be able to...

- Find and interpret relevant research articles
- Discern accurate conclusions that can be used in marketing campaigns
- Practice turning research findings into accurate and effective marketing messages
- Map out a specific marketing campaign built on research-based messages



## Citizen Science: The Case for Case Reports

3, 4, or 8 CE credits live | 3 CE credits webinar

Case reports are simple things: they are the story of what happens between one practitioner and one client, when they work together to achieve some specific goals. Writing case reports in the same language that every other scientist uses, however, is a learned skill—and a vital one to help us build our evidence base for massage therapy. Case reports are citizen science: they are a way massage therapists can share their successes (and challenges) so that others can benefit from those experiences.

In this lively class we will ...

Explore the basic steps in creating a case report, including

- Identifying a good research question
- Conducting a literature review
- Designing a strategy for bodywork
- Choosing metrics for that strategy
- Recording and reporting results
- Discussing the importance of those results

Then, participants will work in small groups to design their own fictional case reports, running briefly through each of the steps.

A concluding discussion will list various venues for case report publication and other research-related opportunities for massage therapists.

### Participants will be able to...

- Identify the place of case reports in the hierarchy of research rigor
- List the steps in the scientific method
- Recreate the steps in creating their own case reports, including
  - Identifying a usable research question
  - Conducting a literature review
  - Designing a strategy for bodywork
  - Choosing metrics for that strategy
  - Recording and reporting results
  - Discussing the importance of those results
- In addition, participants will know where to find venues for publishing their work, and where to find the work of other massage therapists' case reports.



## Introduction to Pharmacology

3 or 4 CE credits live | 3 CE webinar

It is safe to suggest that all massage therapists have clients who use medication on a regular basis. It is also safe to say that many massage therapists have little information on how those medications work, and how massage might affect their function. This introductory pharmacology class addresses basic principles of drug mechanisms, possible side effects and adverse reactions, and how massage can be adjusted to meet those concerns. Special focus is given to analgesics, anti-inflammatories, cardiovascular disease medication, and diabetes management drugs.

### Participants will be able to...

- Read and interpret a standard drug guide
- List common side effects that are relevant to massage therapy
- Define pharmacology...
  - Nomenclature
  - Drug classification
  - Pharmacotherapeutics
  - Pharmacokinetics
  - Pharmacodynamics
- Describe these features of drugs used for inflammation, cardiovascular disease, and other situations as time permits

## A Massage Therapist's Introduction to Pharmacology Pt 1

1 CE credit online, self-paced

It is safe to say that all massage therapists have clients who use medication. Many massage therapists want more information on how those medications work, and how massage might affect their function. This introductory pharmacology class addresses basic principles of drug mechanisms, possible side effects and adverse reactions, and how massage therapy can be adjusted to meet those concerns.

### Participants will be able to...

- Participants will be able to...define pharmacology...
  - Nomenclature
  - Drug classification
  - Pharmacotherapeutics
  - Pharmacokinetics
  - Pharmacodynamics
- Read and interpret a standard drug guide
- List common side effects that are relevant to massage therapy
- Predict appropriate accommodations for medications and side effects

## A Massage Therapist's Introduction to Pharmacology Pt 2

1 CE credit online, self-paced

This course is a follow-up to A Massage Therapist's Guide to Pathology Part 1.

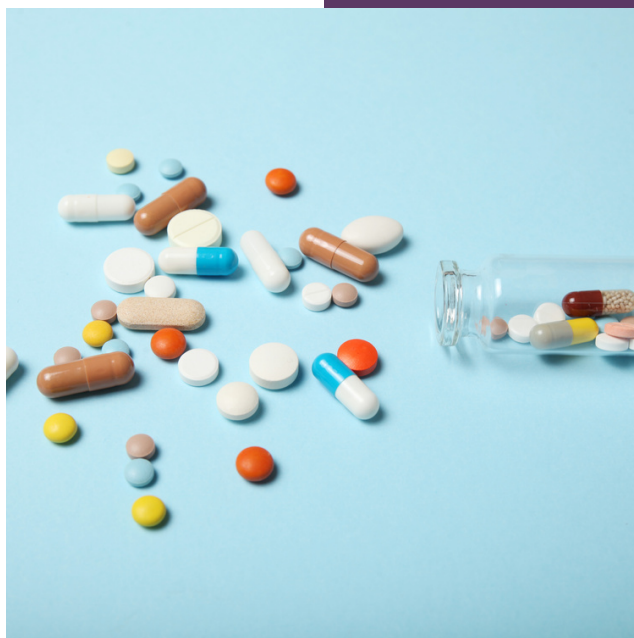
In this one-hour self-paced unit, we look at the medications that are recommended to manage the following conditions:

- Pain and inflammation
- Cardiovascular disease, specifically high blood pressure, high cholesterol, blood clotting problems
- Diabetes

For each medication on our list we will cover pharmacodynamics, common side effects, and appropriate accommodations for massage therapy.

### Participants will be able to...

- Identify common names of drugs used for each of the categories of disorders
- Describe how the drugs work to create physiologic changes
- Predict possible side effects for each drug under discussion
- Plan appropriate massage therapy accommodations for drugs and side effects



## The Ethics of Client Communication: Talking to Clients About Their Health

3, 4, or 6 CE credits live | 3 CE credits webinar

This class addresses the delicate art of communicating professionally and with open hearts when we have concerns about our clients' well-being. Key topics include medications that may influence bodywork choices; visual or palpatory signs that are red flags; and maintaining boundaries for client safety (how to say "no" when your client says "yes").

Basic principles of active listening are reviewed and employed as students observe a variety of difficult client-therapist conversations, all based on real-life situations provided by past participants.

### Participants will be able to...

- Identify red flags for massage therapy, including visual palpatory signs and medications
- Use principles of active listening to have appropriate conversations with clients when something comes up mid-session that requires changing the session plan
- Give feedback to each other about the effectiveness of their communication

## A Doctor's Note is Not Good Enough... and what is better

2 CE credits online, self-paced

In this lively 2-hour class we will discuss why the strategy of "getting a doctor's note" (or clearance, or permission) to work with clients who have complicated health challenges is not useful. Then we will use sample templates to initiate conversations that get us what we really need: relevant information so we can do our work safely.

### Participants will be able to...

- Explain why the strategy of "getting a doctor's note" is not useful.
- Compare the concepts of "scope of practice", "standard of care" and "code of ethics"
- Initiate HIPAA-compliant conversations with healthcare providers to support safe and effective clinical decisions.
- Use sample templates to support conversations with healthcare providers.
- Empower clients to be engaged and involved in discussions with their healthcare team.

## Ethics in the Classroom

2 CE credits live | 2 CE credits webinar

Ethical issues that affect classroom relationships can make or break a student's learning process, the success of the school, or even the standards of expectations for our entire profession. It is imperative that massage educators be aware of the delicacies of communication that must occur in a setting where boundaries can appear to shift in unpredictable ways. This two-hour class designed specifically for massage educators explores fundamental principles of transference, countertransference, and projection, and then applies them to identify where students, classes, teachers, and schools might be vulnerable to problems. Participants finish with a clearer idea of specific risks and benefits in a variety of teacher-student interactions, so that they can better guide the direction of their relationships.

### Participants will be able to...

- Describe and identify key concepts including
  - Transference
  - Countertransference
  - Projection
  - Power differentials
- Apply these concepts to real-life classroom communications
- Explain the negative consequences of not understanding these communication dynamics

## Teaching Pathology from the Heart

3 or 4 CE credits live | 3 CE credits webinar

Science teachers in massage and bodywork schools often find that their task is daunting: how can we engage students whose primary interests are most likely not to be in the direction we must lead them? In Teaching Pathology from the Heart award-winning teacher Ruth Werner works with educators of pathology and other core curriculum sciences to identify and analyze obstacles, and to develop strategies to overcome them.

### Participants will be able to...

- List appropriate standards and goals for science curriculum
- Analyze why some courses don't work well
- Identify strategies to improve effectiveness
- Develop an ambitious but realistic plan for implementing these strategies in the classroom.