



# Mood & Sleep Disorders

with Debra Curties, RMT

*A continuing education seminar*

**March 12–14, 2011**

**Vernon, BC**

9 a.m. to 5 p.m. each day

## *Registration*

\$450 (Early Bird—\$400)

Early Bird Deadline: February 9, 2011

Contact OVCMT

Toll-Free Phone: 1-800-701-8863

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## *Location*

Okanagan Valley College of Massage Therapy

#200-3400 30th Avenue

Vernon, BC V1T 2E2

## **Day 1: Massage Therapy & Anxiety**

Despite the prevalence of anxiety issues in our clients, most massage therapists have not learned much about anxiety and anxiety disorders. This workshop will begin with a discussion of what anxiety is and the effects of problem anxiety—its neurochemistry, its symptoms and secondary effects, its role as a complicating factor in injury and disease, and its impact on health and quality of life. There will be a discussion of the causes, nature and symptoms of common anxiety disorders and an overview of customary treatments. Interestingly, relieving anxiety is turning out to be one of the most consistent and powerful observed effects of massage in research findings—we will look at selections from this research data and discuss how this information can help us to design effective massage treatment approaches.

## **Day 2: Massage Therapy & Depression**

Clients with feelings of situational depression or diagnosed depressive illness are seen quite commonly in massage therapy practice, but massage therapists are usually insufficiently informed about depression. This workshop will explore what depression is, its symptoms and diagnosis, what is happening neurochemically, and how depression impacts on health and quality of life. There will be a discussion of the causes, nature and symptoms of common depression disorders and of customary treatment approaches. We will consider information in the research literature about the role massage therapy can play in supporting the person with depressive illness, and consider how this information might influence our decision-making in clinical practice.

## **Day 3: Massage Therapy & Sleep**

In this part of the workshop we will explore sleep, which is a subject of increasing interest with respect to massage therapy efficacy in helping people sleep, but not a traditional area of knowledge of expertise for massage therapists. There will be an overview of the nature and stages of sleep, sleep's physiological functions, the broad-based effects of insufficient sleep, and the role of sleep in physical and mental health. This will be followed by a discussion of the causes, characteristics and classification of sleep disorders. We will also take a look at what is showing up in the research literature about the role of massage therapy in promoting restorative sleep.

Debra Curties RMT (Ontario), is the celebrated author of *Breast Massage* and *Massage Therapy and Cancer* and is an experienced Massage Therapy workshop facilitator. Prior to becoming a massage therapist, experiences included community work with homeless and troubled teenagers, and instructing in Women's Studies at the University of Toronto and York University. Debra graduated from Sutherland-Chan in 1984. She began teaching at Sutherland-Chan in 1985, where she continues to teach Pathology and Clinical Theory. Debra has also held the positions of Director of Education from 1985-89 and Executive Director from 1995 to present, in 1998 she joined the owner group. Debra is the recipient of the Ontario Massage Therapy Associations Meritorious Service award and the 2000 recipient of the AMTA COS Meritorious Service Award.