

3rd

Oncology Massage Ltd

CONFERENCE 2016

Exploring the many facets of Oncology Massage

CONFERENCE PROGRAM



ONCOLOGY MASSAGE TRAINING

Thursday 27th - Saturday 29th October 2016
The Mercure, Braddon, Canberra



DAY ONE - Thursday 27th October 2016

7:30 - 8:00	Registration
8:00 - 9:00	Eleanor Oyston - Welcome & <i>Lifting the bar: Research into the role of Oncology Massage in Australia</i>
9:00 - 10:00	William Collinge - <i>Integrative Therapies in Palliative Care</i>
10:00 - 10:30	Morning tea
10:30 - 12:30	Russell Sturgess - <i>The Aware Health Professional</i>
12:30 - 1:15	Lunch
1:15 - 2:15	Liz Callaghan - <i>Dying to Talk</i>
2:15 - 3:15	Sara Fleming - <i>Professional Connections with Heart</i>
3:15 - 3:45	Afternoon tea
3:45 - 5:15	Practical 1 Leg Technique 2 from Module One (implemented in June 2015) and National Standardisation update New to Oncology Massage - <i>Introduction to Oncology Massage</i>
5:15	Close

DAY TWO - Friday 28th October 2016

8:00 - 8:30	Doors open
8:30 - 9:30	Prof Neil Piller - <i>The Sewerage System of our Body: Causes and consequences of its failure to function</i>
9:30 - 10:30	Penelope Sanderson - <i>The Impact of Oncology Massage on Wellness in a Hospital Setting</i>
10:30 - 11:00	Morning tea
11:00 - 12:00	Ronna Moore - <i>Wonder: A Personal Narrative of Massage Therapy</i>
12:00 - 1:00	Lauren Cates - <i>The Promise of Massage Therapy in an Unhealthy World</i>
1:00 - 1:45	Lunch
1:45 - 2:45	Morag Currin - <i>Oncology Esthetics</i>
2:45 - 3:45	Belinda Hawkins - <i>The Emotional Brain: Implications for healing - present, past and future</i>
3:45 - 4:15	Afternoon tea
4:15 - 5:15	Practical 2 - <i>Group case study discussion and presentation with panel feedback</i> Panel members: Eleanor Oyston, Ronna Moore, Belinda Hawkins and Lucille Eddy
5:15	Close
7:00	Conference Dinner - <i>Canberra Southern Cross Yacht Club</i>

DAY THREE - Saturday 29th October 2016

8:00 - 8:30	Doors open
8:30 - 11:30	Practical 3 - William Collinge and Maggie Donahue <i>Bringing "Touch, Caring and Cancer" into Your Community</i>
11:30 - 12:30	Lunch
12:30 - 3:30	Practical 4 - Lucille Eddy and Kerry Jordan <i>Incorporating Gentle Scar Tissue Mobilization into Your Oncology Massage</i>
3:30 - 4:00	Kylie Ochsenbein & Gillian Desreaux - Closing address
4:00	Close

Eleanor Oyston: Founder Oncology Massage Limited

Eleanor Oyston established Massage Cancer and More (MC&M) in 2002 when she was facilitating cancer programs at the Quest for Life (QFL) Foundation with Petrea King. With the support of the QFL team, Eleanor identified the need to train remedial massage therapists in the unique skills needed to safely massage people with complex health issues, especially cancer. Based on Eleanor's experience of over 30 years in medical science and research, and enriched by the wise and generous sharing of the initial student groups, MC&M grew into Oncology Massage, which is now internationally recognised for its excellence.

William Collinge: Developer of Touch, Caring & Cancer

William is president of Collinge and Associates, Inc., an independent research and consulting organization and supported by the US National Institutes of Health. His work focuses on integrative approaches to caregiving and well-being for individuals and families. William led development of the award-winning multimedia program Touch, Caring and Cancer. The research found that family carers at home can learn safe and simple methods of touch that help loved ones with cancer significantly reduce symptoms and treatment side effects.

Russell Sturgess: Founder Enhances Awareness Program

Russell Sturgess is one of Australia's leading teachers of healing and awareness. He studied Osteopathy and Natural Therapies, after which he commenced his own Natural Therapies practice. In 2006, Russell began working on an expanded approach to his healing philosophy and developed the Enhances Awareness Program (EAP). EAP™ helps people align their values with sustainable desires and wants, resulting in new behaviours, beliefs and attitudes. Over the past two years Russell has expanded the focus of EAP to include Health Professionals. EAP helps health professionals avoid burnout, and even depression.

Liz Callaghan: CEO Palliative Care Australia

Liz Callaghan is the CEO of Palliative Care Australia, the peak national body for palliative care, and represents all those who work towards high quality palliative care for all Australians. At Palliative Care Australia, Liz has been focused on raising awareness about death and dying in the community and trying to encourage conversations about people's wishes at the end of life.

Sara Fleming: Nurse Practitioner Paediatric Palliative Care

Sara has seen Palliative Care roll through changes – or not – over the years. When will it be cool to say you work in Palliative Care? Can we yet safely add the word Paediatric and not get "the look"? Sara had a good think about this for the Palliative Care conference last year and decided to share what it means to practice in her field, and maybe in yours. She employs a combination of life in the trenches and open self-reflection to take you on a tour of wonder at the things we are capable of in the face of what tests us most. She was one of the drivers of the first service in Australia in 1999 and wrote content for a fledgling university topic and the publication Journeys. She constantly seeks to improve how we might serve families.

Neil Piller: Director Lymphoedema Research Unit Flinders Uni

Neil is a Lymphologist and the Director of the Lymphoedema Clinical Research Unit in the Department of Surgery, School of Medicine at Flinders University, South Australia. He is coordinator of Advanced Studies in the MD program. Neil is a Co-Director of the International Lymphoedema Framework, a member of the International Society for Lymphology, Clinical Sciences Editor for the "Journal of Lymphoedema" (UK), Australasian Editor of "Lymphatic Research and Biology" (USA) and a member of the Editorial Boards of "Phlebology" (USA) and "Lymphology" (USA).

Penelope Sanderson: Operations Manager ONJCWRC

Penelope is a highly regarded health professional with a Social Work background, who has worked in health services as a clinician and manager both locally and internationally. A passionate advocate of person centred care, Penelope is committed to ensuring that people are supported in accessing and having their healthcare needs met. Prior to taking up the role with in the Olivia Newton-John Cancer, Wellness and Research Centre, Penelope led the development of the State-wide Lymphoedema Service at Mercy Health in Victoria which was considered to be a leading best practice service and held positions in the Australasian Lymphology Association including President.

Ronna Moore: Palliative Care Specialist

Ronna is a Remedial Massage Therapist and Lymphoedema Practitioner. As well as being one of a team of seven massage therapists employed by Eastern Palliative Care Association (EPC), a community-based interdisciplinary specialist palliative care service in Melbourne, Ronna works as a private provider and contractor with other public and private health services, including the Melbourne Institute of Plastic Surgery and Cabrini Health, and maintains a treasured, private generalist massage practice of 30 years duration. Ronna completed the OM3 & 4 in the inaugural program at The Austin Hospital in Melbourne.

Lauren Cates: Executive Director Healwell

Lauren served as the Clinical Supervisor for Hospital/Oncology Massage at The Teal Center at Virginia Hospital Centre and was a founding director and president of the Society for Oncology Massage (S4OM) before founding Healwell. Healwell is a nonprofit that improves quality of life for people living with acute, chronic, and terminal illness through hands-on therapy, education, and research. Lauren is passionate about elevating the profession of massage therapy and also about broader and more seamless integration of massage therapy and massage therapists into mainstream healthcare.

Morag Currin: Oncology Esthetics Expert & Author

Morag's views are shaped by over 8 years of executive training, speaking, and most importantly, real-life, in-the-trenches business experience, in the world of cancer and spa. She is known for her practical, street-savvy style and passion; her fusion of real-life stories and her techniques connect with her students at an intimate, intense and individual level. Morag has served as the international director and educator with Oncology Training International (OTI) since 2007 and is the creator of the Oncology Esthetics® Foundation Training.

Belinda Hawkins: Founder Embracing Chemo

P.S.H. Therapist Belinda developed Embracing Chemo, a programme designed to help people overcome the fear and anxiety that often accompanies a cancer diagnosis and the prospect of treatment, while reducing the side effects of chemotherapy. With a fascination for how the mind can influence our physical bodies spanning back more than 20 years, Belinda has first-hand experience both as a patient and a therapist in how these psychological mechanisms work within each and every one of us and what we can do to make the whole experience easier.

Maggie Donahue: Touch, Caring & Cancer Workshop Leader

Maggie Donahue is a massage therapist and Preferred Practitioner member of the Society for Oncology Massage. A former educator, Maggie maintains a general private practice in Eugene, Oregon, serving clients with a variety of health conditions including cancer. For four years she served on the staff of the University of Oregon Health Center. She continues to provide massage at the University of Oregon to military Veterans through the Returning Veterans Project, a US-based non-profit organization. She works with William Collinge in leading workshops and retreats for cancer patients and their carers teaching the Touch, Caring and Cancer program.

Lucille Eddy: Program Director Healwell

As Healwell's Program Director, Lucille coordinates, supervises, and provides care for Healwell's hands-on programs. She is a founding member of the S4OM and co-teaches Healwell's adult and pediatric hospital-based massage courses, oncology massage classes, and community education. She is a retired Senior Chief of the U.S. Navy and has served as the Clinical Supervisor for Hospital/Oncology Massage at The Teal Center at Virginia Hospital Center since 2009.

Kerry Jordan: Operations Manager Healwell

Kerry is a fervent lover of physiology and pathology, and has taught foundational and continuing education in these subjects since 2010. When she is not teaching with Healwell, Kerry works in private practice in Fort Collins, CO. She specializes in working with people who have been affected by cancer, those who have a history of trauma or chronic pain, and individuals who are in the midst of gender transition.

