



**Quarterly
Communication
Newsletter**

September 2023



College of Massage Therapists of
Newfoundland and Labrador



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Our Mandate

- Protect and educate the public
- Regulate the profession
- Set professional and educational standards
- Enforce ethical conduct
- Investigate complaints against Registered Massage Therapists
- Consult with the government on the approval of schools and programs of Massage Therapy

KEY PEOPLE



Board of Directors

There are a total of five directors elected by the RMT membership. Each Director manages (chairs) a specific committee designated by the Massage Therapy Act.



Quality Assurance (QA) Officer

The QA Officer oversees the CMTNL Examination Process, and maintains standards settings according to the National Interjurisdictional Competencies Document.



Registrar

The Registrar is the heart of the CMTNL. They are responsible for daily operations, and navigation of incoming concerns and issues from members and the public.



Public Members

The Government of NL appoints two non-RMT public members submitted by the CMNTL board of directors. A public member holds their position until a new one is appointed in their place.

MEMBERS

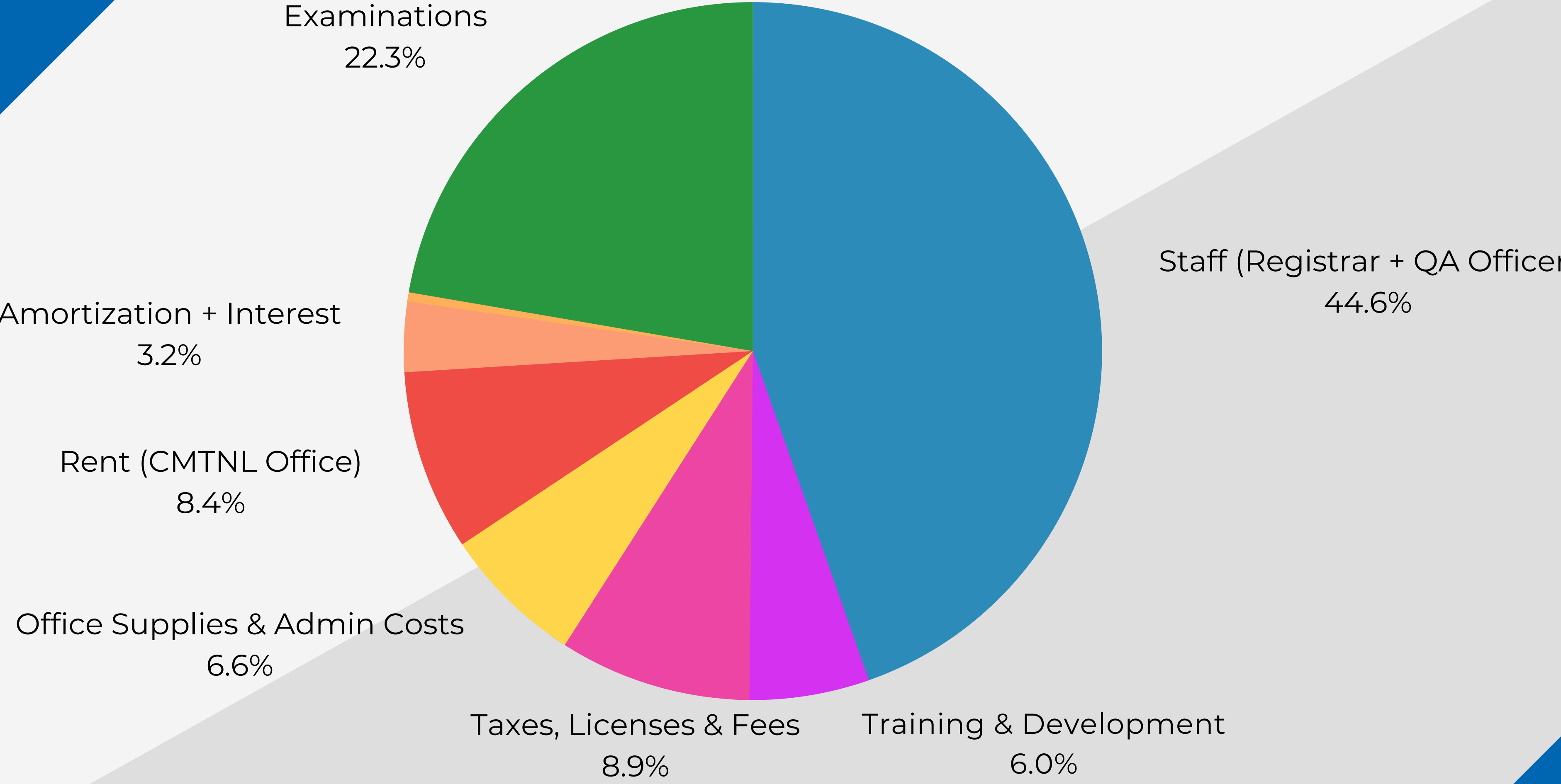
- ✓ Standards of Practice
- ✓ Administering Competency Examinations
- ✓ Prescribing and Evaluating a Continuous Quality Assurance Program
- ✓ Developing Guidelines and Policies for the Profession

***THE CMTNL
MISSION:
TO PROTECT THE
PUBLIC INTEREST***

- ✓ Certified Massage Therapist Registry
- ✓ Investigating Complaints and Recommending Disciplinary Action
- ✓ Educating the Public about the Massage Therapy Profession

PUBLIC

WHERE DO MEMBER FEES GO?



You can find an Active Registered Massage Therapist (RMT) in your area by searching the MT Registry located online at www.cmtnl.ca

Client Intake (Health History)

This is an overview of your health and your condition, to provide the best possible treatment. This personal health information is kept confidential in accordance with [PHIA](#).

Assessment

This may include posture, range of motion, palpation or special tests to help your RMT better determine the source and treatment options for your condition.

Informed Consent (including Sensitive Areas)

Your RMT will explain the anticipated treatment plan, including areas to be treated and how. You have the ability to stop, modify or change your consent at any time.

WHAT TO EXPECT IN A MASSAGE THERAPY APPOINTMENT:

This is just a general overview of everything you can expect in a registered massage therapy treatment. This also helps your RMT provide you with the best possible treatment.

Treatment

This is the actual massage portion of your appointment. Your RMT would have discussed positioning, draping and techniques used during treatment in the Informed Consent portion of your appointment.

Remedial Exercise or Self-Care

This may include stretches, hydrotherapy or mobility exercises to complement your treatment plan.

Follow Up

Your RMT will usually follow up to ask how you are doing and whether you have any additional questions or concerns about your appointment.

If you have any questions or concerns about your treatment, you should ask your RMT or the [CMTNL](#) directly.

UPCOMING EVENTS

* CMTNL AGM : Sunday, September 24th, 2023
Both IN-PERSON and ONLINE meeting options

Contact the CMTNL [Registrar](#) to confirm your attendance.

* CMTNL MCQ Exams: December 8th, 2023
Deadline to apply is October 26th, 2023

* CMTNL OSCE Exams: December 9th & 10th, 2023
Deadline to apply is October 26th, 2023

Application for Examinations can be found [here](#).



THANK YOU

*Questions or Concerns?
Contact us today.*

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