



**Quarterly
Communication
Newsletter**

January 2024



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

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

CMTNL OFFICE RELOCATION

The CMNTL Board has made the decision to close our physical office on Commonwealth Avenue. The Registrar is still available for in-person meetings should RMT members or members of the General Public require a meeting.

**TEL: 709-739-7181
TOLL FREE: 888-739-7181
registrar@cmtnl.ca
www.cmtnl.ca**

**Our new mailing address is:
PO Box 50002
Paradise, RPO
Topsail, NL, A1L 0J2**

WELCOME TO OUR NEWEST CMTNL BOARD MEMBERS!



Marcie Kirkpatrick - Chair of Communications

Marcie started her RMT career in Nova Scotia, prior to returning home to Newfoundland in 2015. She currently holds her clinical practice in Bay Roberts, NL. Marcie brings a fresh perspective to the board in our endeavour to educate and safeguard the public with respect to the Massage Therapy Profession.

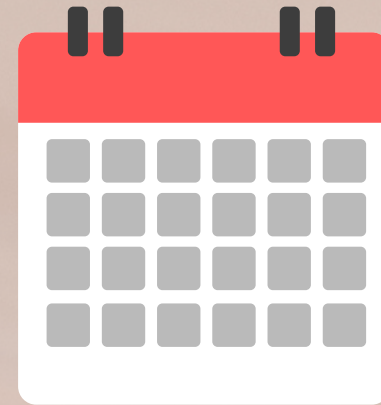
Dawn Gibbons - Chair of Complaints and Discipline

Dawn has been an active RMT with the CMTNL since 2011. She has recently moved to St. John's from a clinical practice in Lewisporte, NL. Along with her 11+ years of experience as an RMT, she also brings to the board a wholistic perspective as a Certified Yoga Teacher, Aromatherapist and Naturopath.



FOR THE MEMBERS: CEU POLICY

Each Continuing Education Unit (CEU) Cycle lasts for 3yrs.



The Massage Therapy Regulations require RMT members of the CMTNL to participate in continuing education activities as specified in guidelines published by the CMTNL.

The Quality Assurance, Education and Scope of Practice Committee has developed these guidelines, which have been approved by the board of directors, considering the CMTNL mandate and responsibilities and the needs of members.

RMT Members must obtain 30 CEUs each cycle:

- Category A (primary) 20 minimum
- Category B (secondary) 10 maximum

The CMTNL is committed to the promotion of knowledge, skills, standards, and proficiency through approval of continuing education in massage therapy, and defines continuing education as:

“Any learning experience, post-graduation, which directly relates to massage therapy and enhances a massage therapist’s skill or practice.”

The CMTNL respects a Massage Therapist’s right to develop in their own unique direction and, therefore, this learning experience may include (but is not limited to):

- Courses
- Workshops
- Conferences
- Self-study

Review the full CMTNL CEU Policy for April 1st, 2021 to March 31st, 2024 [here](#).

FOR THE MEMBERS: CEU PORTFOLIO

It is the responsibility of the RMT members to keep a professional portfolio containing a detailed log of participation in continuing education activities using one of the following forms as appropriate:

Shadowing Form

Used when a massage therapist observes or shadows the practice of another health professional, to obtain a better understanding of other modalities, or to learn new techniques. A summary of this information must be transferred to the CEU Activity Recording Form.

CEU Activity Recording Form

Sign, date and submit with the completed activity report. On the final page of the report, record the total primary and secondary CEUs obtained. Attach copies of diplomas, receipts, etc. as proof of completion. Photocopy the form and keep copies up to date in a file labelled "Professional Portfolio". Keep photocopies of receipts, course brochures, and diplomas.

Self-directed Learning Form

Used for activities of independent study of professionally related journal articles, videos, monographs, texts and other materials, or a peer study group, in which two or more registrant's meet, to discuss and study the same. A summary of this information must be transferred to the CEU Activity Recording Form.



Portfolios are due January 31st, 2024



FOR THE PUBLIC: CLIENT-CENTERED CARE

Client-centered care is a fundamental principle in various healthcare practices, including massage therapy. It emphasizes tailoring treatment to meet the unique needs and preferences of each individual client. Registered Massage Therapists in Newfoundland and Labrador are required to abide by Standards of Practice that model safe, client-centered care.



The Standards of Practice form the backbone for massage therapy practice, certification examinations and complaints investigations.

The Standards of Practice outline the minimum requirements for massage therapists to perform various tasks related to their practice, but provide the latitude for massage therapists to perform these tasks as they see fit.

**Learn more
about the
Standards of
Practice [here](#).**



UPCOMING EVENTS

- * RMT Member CEU portfolios due January 31st, 2024

Portfolios can be submitted via email to the Registrar or Quality Assurance, Education and Scope of Practice Committee.

- * Like and follow the CMTNL on Social Media!



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www.facebook.com/cmtnlboard

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