



Scottish Massage Therapists Organisation  
presents  
**CPD ~ Advanced Bodywork Series**  
**Fibromyalgia: Clinical Approaches for**  
**Manual Therapists**  
**Steven Goldstein**

**Edinburgh ~ 26 & 27 March 2011**

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Fibromyalgia is a chronic syndrome, characterized by widespread body pain and pain at specific tender points. Clients can exhibit a range of symptoms including fatigue, sleep disturbance, muscle soreness and headaches.

Join Steven Goldstein BHSc MST Musculoskeletal Therapy who will review current evidence based research that links the benefit of massage with people suffering from fibromyalgia.

This will be followed by the hands-on component where Steven will demonstrate and instruct on possible treatment protocols that can be integrated into your practice.

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**Steven Goldstein**, an American émigré to Australia in 1999, resides in Melbourne, Australia, where he holds a Bachelor of Health Science in Musculoskeletal Therapy and Bachelor of Arts in Education. He is an innovative massage educator instructing his unique blend of direct myofascial, indirect osteopathic releasing methods and somatic approaches known as *Integrative Fascial Release* internationally since 1995. [www.fascialrelease.com](http://www.fascialrelease.com)

Steven has blended global lines of myofascial tension (Myers) (Schleip) (Paoletti), with articular receptor facilitation to unwrap and unwind soft-tissue with little or no force. He has drawn from the work of Michael Shea for Autonomic Nervous System approach and expression as the foundation of any soft-tissue work, and Craniosacral therapy to facilitate change to transverse planes.

Techniques include the 'Two Point', the 'Fulcrum', Static & Leverage Compressions which are introduced simply and one dimensionally, then combined by 'osteopathic stacking' to introduce more complex releasing patterns with constant autonomic nervous system awareness, expression and response. Sound structural underpinning knowledge with an indirect approach, allows the practitioner to work more quietly and effectively.

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**Title:** Fibromyalgia

**Venue:** Edinburgh Academy Junior School, 10 Arboretum Road, **EDINBURGH** EH3 5PL

**Investment:** £200 (SMTO member) / £250 (non-member)

10% discount if **paid in full** by 31<sup>st</sup> December 2009: £180 (SMTO member) / £225 (non-member)

Special offer to SMS and affiliated schools students with massage qualification: £50 if paid in full by 31<sup>st</sup> December 2009 thereafter 50% discount (£100)

Fees include **£80 non-refundable deposit**. Enrolment is strictly limited on a first-come-first-served basis. However, preference will be given to those who pay in full.

**BOOK NOW** to secure your place!

**Dates:** **26/27 March 2011**; 9am – 5pm

**Contact:** SMTO, 70 Lochside Road, Aberdeen AB23 8QW [info@scotmass.co.uk](mailto:info@scotmass.co.uk) or +44 (0)1224 822960



# Scottish Massage Therapists Organisation Ltd.

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## SMT O CONFERENCE 2011 BOOKING FORM

I wish to book a place for the SMT O Conference 2011 with Steven Goldstein:

Date	Workshops to be attended	Cost
26/27 Mar 2011	SMT O Conference 2011  [Non-refundable deposit £80]	<input type="checkbox"/> £50 SMS & Affiliated Early Bird pre 31/12/10
		<input type="checkbox"/> £100 SMS & Affiliated post 31/12/10
		<input type="checkbox"/> £180 SMT O Early Bird pre 31/12/10
		<input type="checkbox"/> £200 SMT O post 31/12/10
		<input type="checkbox"/> £225 Non-SMT O Early Bird pre 31/12/10
		<input type="checkbox"/> £250 Non-SMT O post 31/12/10
		<input type="checkbox"/> £_____ Other









**Please note:**  I am bringing a couch.  
 I am bringing pillows and towels.  
 I am vegetarian.  
 I wish to attend the meal on the Saturday night.  
 I require B&B information

*(please ✓ all that apply)*

Name: \_\_\_\_\_ Signature: \_\_\_\_\_  
Address: \_\_\_\_\_  
Postcode: \_\_\_\_\_  
Tel No.: \_\_\_\_\_ Email: \_\_\_\_\_  
Amount enclosed £ \_\_\_\_\_ SMT O Member: Yes  No

Please make cheques payable to Scottish Massage Therapists Organisation (SMT O)

### To make payment by credit/debit card:

Please debit my card (circle) with the sum of £ \_\_\_\_\_

Card number

Expiry date: \_\_\_\_\_ Start date: \_\_\_\_\_ Issue No.: \_\_\_\_\_

3-digit CVV (reverse): \_\_\_\_\_ Signature: \_\_\_\_\_

To make payment over the telephone, please call Scottish Massage Therapists Organisation on 01224 822956