

NTMC

Neonatal Touch & Massage Certification



Hosted by

University of Minnesota Masonic Children's
Hospital Minneapolis, MN

March 2 & 4 , 2016 for RNS

March 2 & 3, 2016 for Therapists



CREATIVE THERAPY
CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Neonatal Touch & Massage Certification (NTMC®) is an exclusively neonatal certification that combines a holistic, neonatal and systems theory approach to massage with an emphasis on families and nurturing opportunities, while elevating the standard of care that neonatal caregivers provide in their daily practice.

This certification is designed by and for neonatal healthcare providers. The purpose of NTMC is to optimize infant development and outcomes, maximize parent comfort and confidence, and further your knowledge and skill in neonatal caregiving and handling.

Benefits of Becoming Certified

- Earn credentials for your professional signature! NTMTC for Therapists and NTMNC for Nurses
- Raise your understanding of the latest research on touch and massage in the neonatal population
- Have the opportunity to learn from experts throughout the United States and Canada
- Learn from the experts who are actually completing and publishing research in neonatal care
- Increase your knowledge of neonatal and infant development
- Enhance your skill with daily caregiving and handling activities
- Learn specific touch and massage techniques to maximize growth, sleep and comfort
- Sharpen your observation and assessment skills
- Obtain an advance practice certification in the highly specialized field of neonatal care

NTMC® has three phases to minimize your time away from family and work, while maximizing your education from experts throughout the United States and Canada. You will hear these experts discuss their area of passion, research, and expertise from the comfort of your own home through our On-Line Education Portal. You will then attend the Hands-On Training portion of the certification process to incorporate this knowledge into hands-on caregiving skill and strategies for daily practice.

Who Can Become Certified

- Occupational Therapists
- Physical Therapists
- Speech Language Pathologists
- Registered Nurses
- Neonatal Nurse Practitioners

Participants must have a minimum of 1000 hours of neonatal bedside care experience and be in good standing with their licensing board in order to apply for certification. NTMC is an advanced level course with 15 hours of On-Line Education from experts around the country provided in Phase II. Phase III includes Hands-On Training through lecture, demonstration, video analysis, and a lab on Day 2 to practice specific techniques with a participant to faculty ratio of 15:1.

Learn more about NTMC at www.neonatalcertification.com

Phase I Application and Registration

Apply for NTMC at www.creativetherapyconsultants.com/ntmc beginning today! You must have completed a minimum of 1000 hours of bedside care in the NICU or SCN to apply. Once accepted, go to www.creativetherapyconsultants.com/ntmc to register. Spots are limited so register soon! Upon completion of registration and payment, you will receive an NTMC ID to use for Phase II. Use your NTMC ID to log into the On-Line Learning Portal to view webinars on a variety of topics from experts around the USA and Canada. After you complete each webinar, you must pass a short test. The best part is you can do this all from the comfort of your own home!

Phase II On-Line Education Objectives

At the end of Hands-On Training the participants will be able to:

- Name three benefits of massage identified in the research literature.
- Describe three changes in practice related to developmental care that you can implement based on the brain and sensory development, positioning, and sleep information obtained about premature infant.
- List two neonatal care practice changes you can make based on principles of intentional caregiving, going green, and partnering with parents.
- Identify the role of the lymphatic, respiratory, and metabolic system for the developing premature infant.

Phase II On-Line Education Topics

Intentional Caregiving	Infant-Driven Caregiving	Going Green in the NICU
Theories & Models	Brain & Sensory Development	Respiratory System
Anatomy	Neonatal Development	Lymphatic System
Partnering with Families	Therapeutic Positioning	Importance of Sleep
Research on Developmental Interventions	Massage: Growth, Development & Metabolism	Massage Literature Review

Phase III Hands-On Training

Nurses will participate in the 1 - Day Hands-On Training on EITHER March 2nd OR March 4th, 2016 and will obtain the credentials NTMNC (Neonatal Touch & Massage Nurse Certification) after passing the final test at the end of the day.

Therapists will participate in the 2 - Day Hands-On Training on March 2nd & 3rd, 2016 and will obtain the credentials NTMTC (Neonatal Touch & Massage Therapist Certification) after passing the final test at the end of day one and day two.

- 15.0 contact hours have applied for the On-Line Education through the Ohio Occupational Therapy Association, and 14.5 contact hours for the Hands-On Training.
- 18 contact hours for the On-Line Education and 8.4 contact hours for the Hands-On Training have been awarded by the California Board of Registered Nurses, provider number 15417.
- 15.5 contact hours have been approved through the California Physical Therapy Association of the On-Line Education and 15.0 contact hours for the Hands-On Training.

Hands-On Training Schedule

Phase III Hands-On Training Objectives

At the end of Hands-On Training the participants will be able to:

- Identify the neurobehavioral and neuromotor development of preterm and term infants.
- Demonstrate appropriate handling and caregiving activities to promote optimal neurobehavioral and neuromotor development of the high-risk neonate.
- List specific treatment techniques that promote optimal movement, alignment, and comfort of the infant without causing stress.
- Explain how to promote infant-parent attachment and bonding, through the use of touch and massage.

DAY ONE

7:30 AM to 8:00 AM	Registration
8:00 AM to 9:00 AM	Observation and Assessment of Neurobehavioral and Neuromotor Stress
9:00 AM to 10:30 AM	Touch, Handling, and Caregiving activities in the NICU; Fostering Optimal Development
10:30 AM to 10:45 AM	Break
10:45 AM to 12:00 PM	Touch and Massage Facts, Benefits and Literature Review
12:00 PM to 12:45 PM	Lunch
12:45 PM to 2:15 PM	Massage Techniques for Infants in the NICU and how to set up a program for success
2:15 PM to 2:30 PM	Break
2:30 PM to 3:15 PM	Touch and Massage related to specific conditions: Prematurity, NAS, CLD, Teen Parents
3:15 PM to 4:30 PM	Facilitating Parent and Infant Relationships through Touch and Massage
4:30 PM to 5:00 PM	Testing, Review, and Adjourn

DAY TWO

8:00 AM to 9:30 AM	Neuromotor, Behavioral, and Systems Development in the 1st Year of life
9:30 AM to 10:00 AM	Implications of NDT Principles: Alignment, Movement, and Tone
10:00 AM to 10:30 AM	Myofascial System and Myofascial Techniques to optimize neonatal development
10:30 AM to 10:45 AM	Break
10:45 AM to 11:30 PM	Myofascial System and Myofascial Techniques (Cont.)
11:30 PM to 12:00 PM	Myofascial Trigger Point Releases: Rational, Implications, and Techniques for NICU infants
12:00 PM to 12:45 PM	Lunch
12:45 PM to 2:15 PM	Myofascial Trigger Point Releases Continued
2:15 PM to 2:30 PM	Break
2:30 AM to 4:30 PM	Cranial Sacral and Lymphatic System Implications for handling, therapy and overall development
4:30 AM to 5:00 PM	Testing, Review, and Adjourn

Space is Limited – Apply and Register Today!

Become a Neonatal Expert through the Neonatal Touch & Massage Certification!

Register online at www.creativetherapyconsultants.com/ntmc

Registration Fees	1-2 Candidates	3 or More Candidates 10% Off*
Therapists	\$875	\$787
Nurses	\$650	\$585

*Discounts are available based on multiple candidates registering from one hospital.

Fee includes On-Line Education, Hands-On Training and course materials.

Therapists must complete the Two Day Certification while Nurses must only complete the One Day Certification.

Visa, MasterCard, and Discover Accepted. Make check payable to Creative Therapy Consultants.

University of Minnesota Masonic Children's Hospital

University of Minnesota Masonic Children's Hospital is affiliated with University of Minnesota Medical School and has a broad range of pediatric and neonatal services with 5 pediatric specialty areas recognized by U.S. News & World Report. The Hospital houses a 69 bed Level IV NICU.

Renaissance Minneapolis Hotel

The Depot

Approximately \$188 + tax /night*
~ 3 miles from Hospital
225 3rd Ave S.
Minneapolis, MN 55401
612-375-1700

Radisson Blu Minneapolis

Downtown

Approximately \$176 + tax /night*
~ 3 miles from Hospital
35 South Seventh St.
Minneapolis, MN 55401
612-339-4900

Courtyard Minneapolis

Downtown

Approximately \$223 + tax /night*
Less than 2 miles from Hospital
1500 Washington Ave S
Minneapolis, MN 55401
612-333-4646

Airport

The closest airport is Minneapolis International Airport (MSP) ~15 miles from hospital.

Questions

Feel free to contact us at karawaitzman@infantdriven.com or call us toll free at 855-CTC-NTMC (855-282-6862)

Location

NTMC Hands-On Training will occur in the Wilf Family Center Conference Room 1 & 2.

Parking

Ramp, valet and underground parking is available. adjacent to the hospital

Neonatal Touch & Massage Faculty

Jennifer Beaver, LMT
Miami Jacobs Career College
Englewood, Ohio
Human Anatomy

Mary Coughlin, RN, MS
Caregiving Essentials Collaborative
Boston, Massachusetts
Developmental Theories

Ann Davis, RRT-NPS
Miami Valley Hospital
Dayton, Ohio
Respiratory System

Liz Drake, RN, NNP, CNS
CHOC Childrens at Mission
Hospital
Los Angeles, California
Partnering with Families

Jan Hunter, OTR, MA
Assistant Professor, OT
Galveston, Texas
*Importance of Sleep for the
Developing Brain*

Aune Hjartarson Nunn, BHSc OT
McMaster Children's Hospital
Hamilton, Oregon
Brain & Sensory Development

Sue Ludwig, OTR/L
National Association of
Neonatal Therapists
Cincinnati, Ohio
Intentional Caregiving

Laurie J. Moyer-Mileur, PhD, RD
University of Utah, Dept of Pediatrics
Salt Lake City, Utah
*Massage Research: Growth
and Development*

Roberta Pineda, PhD, OTR/L
Washington University School of
Medicine
St. Louis, Missouri
Neonatal Development Research

**Kathi Randall, RNC, MSN, CNS,
NNP-BC**
Green NICU
Rancho Bellago, California
Going Green in the NICU

Chrysty Sturdivant, OTR
Neonatal Therapy Solutions
Dallas, Texas
Therapeutic Positioning

**Lydia Thomas, OTR/L,
MLD/CDT**
North Mississippi Medical
Tupelo, Mississippi
Lymphatic System

**Shannon Usher, MSOT, OTR/L,
NTMTC**
Miami Valley Hospital Dayton,
OH
Massage Literature Review

**Kara Ann Waitzman, OTR/L,
NTMTC**
Creative Therapy Consultants
Tipp City, Ohio
Infant-Driven Caregiving

**Dr. Rosemary White-Traut, PhD,
RN, FAAN**
UIC College of Nursing
Chicago, Illinois
Touch & Massage Research



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Kara Ann Waitzman, OTR/L, CIMI, NTMTC has been a neonatal therapist for over 28 years and serves as a developmental specialist in a level III NICU. Kara Ann is certified in Neonatal Touch & Massage as well as an Infant Stimulation Instructor and Infant Massage Instructor. She is Pediatric Neurodevelopmental Therapy (NDT) Trained, is certified in Newborn Individualized Developmental Care and Assessment Program (NIDCAP), and has obtained the Neonatal Developmental Care Specialist Designation through the National Association of Neonatal Nurses (NANN). She serves on the NANT Professional Collaborative Board and March of Dimes program Services Committee.

Kara Ann is President of Creative Therapy Consultants, Founder of the Neonatal Touch & Massage Certification, and Co-Owner of Infant-Driven Feeding, LLC. She has been an internationally sought after speaker, educator, and consultant for well over a decade. Kara Ann has published articles on positioning and feeding and written a chapter on Neuromotor Development and Massage. She has also received several professional awards.