

September 2018

# Washington State Board of Massage

The mandate of the Board of Massage is to protect the public's health and safety and to promote the welfare of the state by regulating the competency and quality of professional healthcare providers under its jurisdiction.

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## Board Members

### Chair

Meghann Lawrence, LMT

### Vice Chair

Anthony Sharpe,  
Public Member

Teresea Carson, LMT

Stephanie Dickey, LMT

Reynaldo Guajardo, LMT



## Welcome to the Board of Massage Newsletter

Our newsletter's purpose is to help inform the public and massage therapy community of issues related to Washington State licensed massage therapists, and the work of the Board of Massage.

### Message From the Chair – Meghann Lawrence, LMT

We would like to extend a sincere thank you to Reynaldo Guajardo, LMT for his 7½ years of service on the Washington State Board of Massage and to the citizens of Washington State. Rey was appointed in September 2011 and served as the board chair from January 2016 through December 2017. We will welcome a new member to the board at the November 9, 2018, business meeting.

As always, it is our pleasure to serve you in the state of Washington as we continue to uphold our mission and dedication to public protection.

## Rules Update

The board has been hard at work making updates to its chapter of rules. Some significant changes the board will propose are to the rules for training, continuing education, breast massage, recordkeeping, record retention, and adding new rules for massage of the floor of the perineal region. Draft language is on the board's [Rules in Progress](#) webpage.

The rules writing [process](#) is open to the public. The public is welcome to take part in helping us write rules. Rules workshops occur during open public board meetings.

### Stay Informed

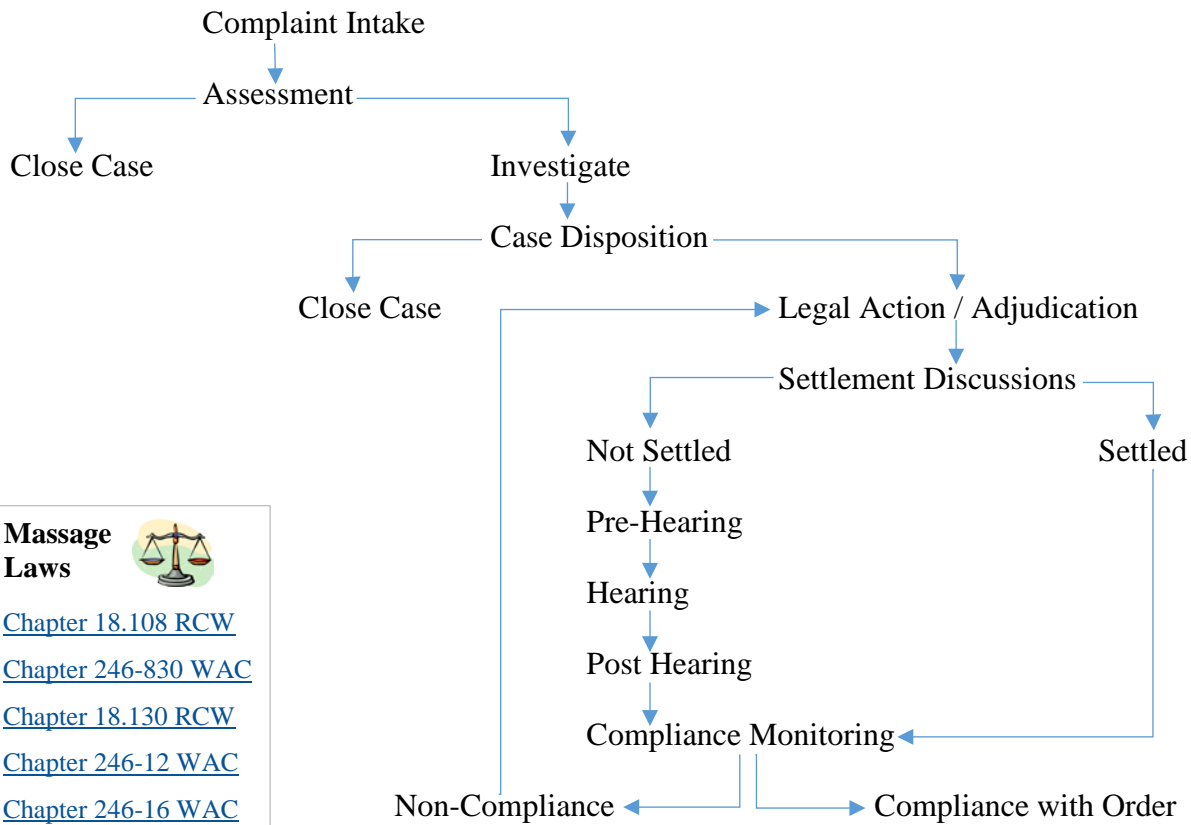
To stay up-to-date and receive email notifications about rulemaking and other board activities, subscribe and encourage others to subscribe to the Health Systems Quality Assurance, Health Professions, Massage List at [GovDelivery](#).


### Are You Interested in Applying to Serve on a Board?

Board profiles, upcoming opportunities to serve, and applications can be found on the [Governor's webpage](#).

## Disciplinary Process

The Department of Health works to protect the public by investigating reports of violations of laws, and by taking disciplinary action when there is enough evidence of unprofessional conduct. Disciplinary action can include remedial training, practice restrictions, or rehabilitation. In some cases, suspension or revocation of a practitioner’s license is necessary to protect the public. Below is a flowchart of the disciplinary process from the point of receiving a complaint to the conclusion. A glossary of the terms used below is on the department’s [website](#).



**Massage Laws** 

[Chapter 18.108 RCW](#)  
[Chapter 246-830 WAC](#)  
[Chapter 18.130 RCW](#)  
[Chapter 246-12 WAC](#)  
[Chapter 246-16 WAC](#)

### Tools

Massage is defined in statute at [RCW 18.108.010\(6\)](#) as the “external manipulation or pressure of soft tissue for therapeutic purposes.” While the board does not maintain a list of allowable tools or superficial aids, the definition of massage states that this external manipulation or pressure may be done “...with or without the aids of superficial heat, cold, water, lubricants, or salts.” If a therapist has questions or concerns about using a certain tool, they are encouraged to contact either program staff or to seek their own legal counsel.

**Do You Have an Idea for the Newsletter?**

Please share any input on topics you’d like to see included in the newsletter with Megan Maxey at [megan.maxey@doh.wa.gov](mailto:megan.maxey@doh.wa.gov).



### Reporting CE After Initial Licensure

Initial credentials issued within 90 days of the practitioner's birthday will not expire until their next birthday, at which point their first reporting period will start. CE hours earned before the initial reporting period cannot be carried forward. See [chapter 246-12 WAC](#) for more information.

## FAQs About Continuing Education

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Q: I am curious about taking a specific class for my continuing education (CE). Does the board have a list of acceptable or pre-approved courses?

A: The Board of Massage doesn't pre-approve specific CE courses, curriculum, or providers, nor does it maintain a list of available CE courses. LMTs have the responsibility to determine which courses and providers meet the CE rule requirements.

Q: Can college courses be counted toward my CE?

A: Yes, college courses can count toward your CE. One college quarter credit is equal to 10 hours of CE. One college semester credit is equal to 15 hours of CE.



Q: Can I take my ethics training online?

A: Yes. The requirement for professional ethics, communication, or Washington state massage laws and regulations does not mandate the course to be in person.

Q: I want to provide CE. What do I need to do?

A: We do not require CE providers to become approved by the Board of Massage; however, [WAC 246-830-475\(2\)\(f\)](#) requires people to have no less than three years of expertise in the area in which they are teaching.

## Endorsements

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Neither the board nor secretary of health has authority to create new endorsements to add to an existing massage license. The legislature must authorize creation of a new license or endorsement. The massage therapy program has two existing endorsements that were enacted by the legislature.

Animal massage: A massage therapist may apply for an endorsement as a small or large animal massage therapist upon completion of 100 hours of training determined by the board. For more information see [RCW 18.108.230](#) and [WAC 246-830-435](#).

Intraoral massage: A massage therapist may apply for an endorsement to perform intraoral massage upon completion of training determined by the board. For more information see [RCW 18.108.250](#) and [WAC 246-830-490](#).

### Apply Online

The Department of Health has rolled out an online application for initial massage therapist credentials. You can check out the features of the online application portal on [YouTube](#). Information about how to access the online application for massage therapists is located on the [Department's website](#).

### Renew Your Credential Online

The majority of health professionals whose license is within 90 days of their expiration date may renew their **active status** license, registration, or certification online.

You can find more information about how to renew your credential online at the [Renewals Online](#) webpage or contact our Customer Service Office at 360-236-4700 or

### Board Staff

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#### Executive Director

[Blake Maresh, MPA](#)

#### Program Managers

[Megan Maxey](#)

[Kris Waidely](#)

#### Program Manager Associate

[Brandon Williams](#)

#### Program Support

[Davis Hylkema](#)

## 2018 Board Meeting Dates

- **November 9**  
Department of Health  
111 Israel Road S.E., Room 158  
Tumwater, WA 98501



## 2019 Board Meeting Dates\*

- **January 11**  
Location: Kent
- **March 8**  
Location: Tumwater
- **May 3**  
Location: Everett
- **July 19**  
Location: Spokane
- **September 6**  
Location: Yakima
- **November 1**  
Location: Vancouver

\* Dates and locations are subject to change. For more information, please visit the board's [meeting webpage](#).

### Licensing Statistics Through August 2018



Licenses issued in 2018...	707
Active Licenses.....	13,849
Expired Licenses.....	22,399
Revoked Licenses.....	82
Suspended Licenses.....	121
Surrendered Licenses.....	28

### How Can I...?

- [File a Complaint](#)
- [Look Up a Healthcare Provider](#)
- [Update My Contact Information](#)



The history of massage therapy can be traced back more than 5,000 years, when men and women in many ancient countries used oils and herbs to massage muscle pain away. It is considered one of the earliest forms of pain relief, as well as a way to produce a sense of peace and well-being.

## Board Member Spotlight



Stephanie Dickey, LMT was appointed to the board in November 2015 and has been a licensed massage therapist in Washington State for nearly 10 years. Along with her full time practice, she owns IndiGlo Healing Arts, a Collaborative Healing Center in Port Townsend. She is an animal lover and, along with her 21-year-old daughter and her husband, has three dogs, four cats and a bunny. Stephanie's interests include gardening and DIY projects. She is currently working on a less-than-200-square-foot tiny home. Additionally, she loves hosting and teaching continuing education and community classes on health. She is in the process of getting her certified counseling credentials to work with people with chronic conditions and Internet hypervigilance. One of Stephanie's passions is working to propel the massage profession to a standard of medical care excellence. She finds her service on the board both fun and rewarding.

## Useful Resources

- ◆ [Massage Therapy Website](#)
- ◆ [Federation of State Massage Therapy Boards](#)
- ◆ [Associated Bodywork and Massage Professionals](#)
- ◆ [American Massage Therapy Association \(AMTA\)](#)
- ◆ [AMTA - Washington Chapter](#)
- ◆ [Washington State Massage Therapy Association](#)
- ◆ [National Certification Board for Therapeutic Massage and Bodywork](#)
- ◆ [National Human Trafficking Hotline](#)