

## **CCMT Re-commits to Massage Therapy Research Consortium**

Since 2005, CCMT has been a participating school in the Massage Therapy Research Consortium (MTRC). MTRC is a voluntary collaboration of ten massage schools that are interested in enhancing our understanding of and participation in research on therapeutic massage. We have banded together to provide mutual support and to pool resources for joint educational and research activities under the direction of Executive Director, Janet Kahn, PhD, EdM, Research Assistant Professor in the College of Medicine at the University of Vermont & former president of the AMTA Foundation). All participating schools meet the following criteria:

- mature and stable school that is capable of devoting substantial attention to this initiative;
- school or director has demonstrated leadership within the profession in the past;
- has a clear interest in furthering massage research awareness and activity at the school level;
- offers a professional massage training program of at least 600 hours.

Current MTRC activities include:

- **Clinic Client Study** - The consortium has completed data collection on a qualitative study of how clients describe the effects of massage. The study was conducted in the student clinics of ten consortium schools. Data analysis is now underway.

**A Taxonomy of Therapeutic Massage and Bodywork** - The consortium has drafted a taxonomy of therapeutic massage and bodywork designed especially to facilitate a range of research-related functions. The taxonomy will be made available on this web site after publication.

**Low Back Pain Study** - A committee from the consortium is working with Drs. Dan Cherkin and Karen Sherman of Group Health Center for Health Studies in Seattle on a study comparing two different forms of massage as treatments for chronic low back pain. The consortium is designing the two intervention protocols to be investigated. This study follows on the research done by Cherkin and Sherman some years ago that found massage to be beneficial in reducing pain and restoring functionality in people with chronic low back pain. The current study, by comparing two very different forms of massage, one more relaxation-oriented and one more structurally-oriented, will help us understand whether one type of massage is more helpful in this regard than another; and if so, what implications that has for understanding the mechanism(s) through which massage does help alleviate pain.

For additional information on MTRC and projects in which we are involved, visit our web site at <http://www.massagetherapyresearchconsortium.com/>.