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Editor's Message

Dear MISA family,

Once upon a time a little girl and her grandfather were watching 2 wolves fight each other. The wolves represented the good and evil forces. The little girl asked her grandfather which one would win, and the grandfather replied: "The one you focus upon."

While we cannot ignore the situation we are faced with, we are, within our association, focusing on the positive. We are seeing instructors finding creative ways to bring this program to the children - as we do know the children are the ones who suffer most.

During these uncertain times in our planet's evolution, we are more certain of the value of the MISP. It brings **contact**, in times where we all need to consciously work very hard to make sure that we can continue to touch the body and heart of one another. It is wonderful to see this in the pictures and stories from the Branch/Forming Branch Reps, within the newsletter.

Respectfully,

Mia Elmsäter



Inspiration from the Co-Founders

Dear MISP™ Instructors and Trainers,

We have recently been reminded that it is now 21 years since we first dared to present the idea of “Massage in Schools”. Someone once asked two questions: Looking back 15 years ago, what did you think this association would look like today? Has the global mission changed?



Great questions! 15 years ago, this association was a “young child”. We remain grateful to those in the UK who pushed us in creating a structure. After initial waves, we decided that the association had to be solely dedicated to the MISP. We created the global guidelines, bylaws, and Policies & Procedures and decided how we would move forward as an association that we called MISA. We had to “grow up” fast and with a conviction that if we worked together under one specific vision and a common mission, we could change the world.

We dared to dream big and envisioned the MISP being used in every school on the planet. We saw the benefits of the programme in inner-city schools in London and knew what was possible. At times there were roadblocks in countries because of touch and cultural backgrounds. Studying the effects of positive touch from the fields of psychology, sociology, and neuroscience, we were convinced that the MISP had to exist and evolve, and we were dedicated to make it happen. More countries were asking for this programme and our association grew by leaps and bounds. We watched with sadness how other people “took” our ideas and had to let that go. We continued to believe that to change the world’s global culture around touch we needed a recognizable and extensively complete programme that would bring a feeling of safety and professionalism. Today, the MISP is being recognized by governmental authorities in the world of education.

At 21 years of age, MISA has become a “young adult”, having its place in the world. We have found a bit of maturity which brought on stability. Our board is and has always been a fantastic group of MISA Instructors who volunteer to constantly work to bring new and fresh ideas to our members. Today, when challenges come to meet us, we have developed resilience and collaborative approaches to overcome them. We feel we now have a solid ground under our feet. What was apparent early on, is that we could not do this alone...and we had some amazing Instructors in the early days who gave support, dedicated their time and energy, and helped build the foundation that we now stand upon. While our global mission has never changed, without you, the Instructors, this mission would have burned out many years ago. We applaud each of you for everything you have brought and continue to bring for the well-being of the children of our planet.

With love, respect and gratitude, Sylvie and Mia – Co-founders

MISA President's Letter

Dear MISP International members, Trainers, Branches and Instructors,

Almost a year and a half has elapsed since life on earth experienced a major shift and all human beings have been affected. Countless articles, opinions and debates emerged from it all, sadly often creating polarization between people. One searches truth, and doubt has even triggered the sense of truth.

For us with the MISP™, we are in union with one truth: children need it and children love it. My letter today is a call for all of us to always remember that truth, that is a unifying principle within MISA International. I do not need to describe here the benefits of the MISP™, you can check your instructor manual as well as look at the wonderful photos in this newsletter.



One point that I would like to highlight in our present circumstances is how, with the regular practice of the MISP™, children slowly develop awareness about their own body, the body of others and the subtle space in between that includes awareness and respect. These qualities are an absolute necessity in our troubled times, as much as the right to say yes or no.

With the MISP™ we help children, the adults of tomorrow, to start to experience freedom of choice. Let us continue with our head held high.

My thoughts of courage to you all.

Claudio Natale
MISA International President

Historical Timeline of MISP and MISA

We are often asked how MISA/MISP started and when the different aspects of the association happened. Below is a brief timeline of our global program and association.

1994 –1998 The co-founders, who were Trainer colleagues with the International Association of Infant Massage, were working in their individual countries with massage and touch and movement in school and day care settings. By 1998, they had developed a pilot-project. They were nervous about the global reactions to massage for children and made strict guidelines about who could give the massage, as well as the respect required to keep the children, instructors, and the program safe.

1999 In May, Mia was asked to present a talk about Massage in Schools at a conference in London, England. This resulted in requests for Massage in Schools to be brought to the UK, mainly for prevention of bullying. The first “pilot” instructor’s course was in London, 7 months later.

2000 In March it was decided that there would be a “proper training” and not just a pilot project. We worked on a more elaborated instructor manual. After this training, the instructors of the two courses came together and built a committee.

2002 “Growing pains” presented itself to the 2-year-old association. Because of the circumstances combined with our realization that the MISP was becoming international, we created MISA, which would become global with branches in the world. MISA would bring together and support instructors and trainers dedicated to the MISP. Bylaws and global guidelines were established.



MISA's very first logo was an "old fashioned" school building with the letters MISP forming the roof. The teacher is leading the children in touch. The logo was sketched by Sylvie on a napkin in a café in Scotland.

2003 In May, the first intensive Training of Trainers was held with 7 instructors from Scotland, England, and Sweden. MISA EWN (England-Wales-Northern Ireland) and MISA Scotland were created with a small yet dedicated group of instructors and became the first two “MISA Branches”.



2004 MISA became a legal non-profit association with its bylaws with its seat in Montréal, Canada. The first set of Policies and Procedures for global functioning were written.

2005 A new and comprehensive Instructors Manual was written. Ur Publications and Programmes became the legal owner of the MISP and all its published material. All trainings of trainers were now organised under Ur.



2006 The first satellite programme for teaching the MISP to Parents and Children was developed. This gave instructors the possibilities to not only bring this into schools, but also in the children's homes as well as within community and sport centres.

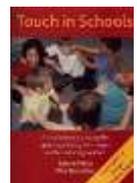
2007 Branch/Forming Branch contracts were written, linking the countries to the international organization. The Trainers agreements/contracts were introduced for all MISP Trainers. The logo, which was a picture of an "old fashioned schoolhouse" became digital.



2008 Ur developed agreements for the manual and materials to facilitate distribution and protection of our material. Each Branch was encouraged to have their own warehouse to support the members. Ur also encouraged each country to have their own manual distributor with the rights to print the manuals. Requests for translating the manual in various languages emerged.

2009 The MISA international website came on-line.

2010 The book: *Touch in Schools* by Sylvie Héту and Mia Elmsäter was published by Ur.



2011 After a successful pilot project in Liverpool, England, Mini-MISP, the second satellite programme was developed to implement a shorter version of the MISP with children who are 2-3 years old.

2013 The logo underwent major changes. The present-day logo needed an entirely different look. The MISA logo pictorial element consists of five cut-out figures, which are joined through massaging each other and linked to the MISA acronym: hands-on respect. The four MISA letters are intentionally touching each other by the "M" touching the "I", which leans into the "S". A heart is formed with the upper part of the "S" and "A". This interaction symbolises the mutual nature of the MISA Programme.



2014 Within 12 years of the first course, instructors from 30 countries brought the MISP into their respective schools/centers/and homes.

2015 The 50th MISP Trainer was trained, helping to meet the need for requests for the MISP to be implemented in new countries. This has made the MISP to quickly become the world's largest international programme bringing massage into schools, before/after school programmes, community centres, etc. The first edition of the MISA Newsletter was published.

2016 Touch & Move to Learn became the 3rd satellite program and was developed in August. This gave instructors new avenues and fostered the creation of massage stories and movement activities. An international flow chart was created showing how all parts of MISA/MISP/Ur are interwoven.

2017 MISA's first International Conference was held in the UK in May with the intent of having this international gathering every three years. The Instructors Manual and Trainer's Manual continued to go through revisions and updates. Today there is a policy is that any instructor can create activities and run them by Ur to be approved and become an official MISP activity.

2020 A global pandemic hit our planet leaving no one untouched. The 2nd International Conference was postponed and will happen online in October 2021. The pandemic never stopped the MISA board with their goal of keeping its members connected. They organised a Trainer ZOOM meeting as well as a ZOOM meeting Representatives for Branches/Forming Branches. Ur created the Rainbow Massage to freely distribute on the planet. It can be found on the international website. The Music Group activity was also created for situations where children were not allowed to touch. Documents for Trainers and Instructors with ideas of how to keep the MISP alive with some online possibilities were created.

2021 Because of the situation many instructors have not been allowed to physically go into schools or promote the MISP for more than one year. Ur, along with the support of the MISA international board, created guidelines and policies to allow for temporary online MISP trainings, as well as guidelines for MISP instructors to be able to implement online with groups of children.

The program is now present in the following 48 countries:

Argentina, Australia, Belarus, Belgium, Canada (Québec, British Colombia and Ontario provinces), Chile, China, Croatia, Czech Republic, Cyprus, England, France, Germany, Greece, Guadeloupe, Hong Kong, India, Indonesia, Ireland, Israel, India, Italy, Japan, Reunion Island, Malaysia, Mexico, Netherlands, New Zealand, Northern Ireland, Portugal, Puerto Rico, Russia, Scotland, Serbia, Singapore, Slovenia, Slovakia, South Africa, South Korea, Spain, Sweden, Switzerland, Taiwan, Tasmania, USA, Venezuela, Vietnam, Wales

What's Happening?

Building International Connections

With each newsletter, the Representatives of Branches and Forming Branches are asked to submit something inspiring from their Branch. The request this time was to send in a picture of the MISP being done in a school, with families, outside, etc. and a couple of sentences explaining the picture. Of the 34 Representatives, 14 responded. Thank you. We are all inspired!!

CHINA: Amy Zhang – Forming Branch Rep.



This beautiful picture from China came with no information.

SERBIA: Hristina Andrasevic – Forming Branch Rep.



We captured a moment during our MISP class. With a soft voice I explain how to do a stroke. While talking and showing, I'm checking their faces...think how they enjoy and how this wonderful program will affect their life. And I'm grateful, too. Dragana Sumonja, MISP instructor from Serbia

BOSNIA : Nikolina Grabež - Forming Branch Rep.



This picture is from the workshop I conducted in a Montessori kindergarten. I did that workshop the year before the last year. I went to MONTERSORI kindergarten for a month and a half and did the MISP there without any problems. I asked for the consent of children's parents for everything. The joy and happiness was at our mutual satisfaction.

UNITED STATES: Melissa Enter – Branch Rep.



This is a picture of a young child doing bunny hops in a classmate's palm. I love the gentle innocence of her holding her partner's hand.

PORTUGAL: Silvia Conde – Branch Rep.



I want to share a fantastic photo from a Portuguese MISP instructor teaching the massage in schools routine at a camping area. It is a really gorgeous moment that reminds us that our programme can be used everywhere there are children.

CHILE: Valentin Guiloff – Forming Branch Rep.



The picture I am sending you is from my first and only MISP activity performed in a day care center (because of COVID situation of course!!). We all (kids, teachers and I) really enjoy the activities, and what is most important is that I could see the benefits of nurturing touch in kids. I wish with all my heart that more and more kids could experience the benefits of the MISP and the power of touch.

HONG KONG: Betty Chow – Forming Branch Rep.



This was taken in Jan 2020. My team and I participated in a public event and we did weather massage with children aged 3-10. It was our first ever event and we felt extremely grateful with this opportunity.

SCOTLAND: Isabel Fraser – Branch Rep.



In June 2019, MISP Instructor, Gemma O'Neil, ran five weekly Parent & Child Classes in a primary school in South Ayrshire. Read her full report on the MISA Scotland website, www.misascotland.org.uk, under pilot studies. The parents and children benefited so much from the family massage, with one mother reporting that she couldn't believe the change in her daughter's mood, confidence, and anxiety levels and felt the sessions had given her an understanding of her daughter's anxiety, in addition to a tool that she can use to help her in managing it.

EWNI (ENGLAND, WALES, NORTHERN IRELAND): Anne Crease – Branch Rep.



This photo was taken 8 years ago when I started teaching Massage in Schools at my current school in England. I wanted to introduce the programme to a school that had never heard of it before. The National Newspaper 'the Daily Mail' did an article on the programme and this photo was published by them. I have been teaching the programme at the school ever since. They are SO excited about being able to use positive touch again soon as we come out of lock down. –Mary Spink, Instructor

ITALY: Lucia Moltrasio – Branch Rep.



As an MISP Instructor I have been able to experience the benefits the programme offers to children; among the numerous benefits, they showed greater relaxation and better awareness of oneself and others. In my experience, many parents told me outside the school how their children were eager to experience MISP in family. - Laura Nardini

BELGIUM: Florence Laloy – Branch Rep.



Children in Belgium doing the routine.

FRANCE: Aurélie Lecointre – Branch Rep.



We have chosen to share this with the other branches, because it represents MISP™ in France on all our official documents. Its history is special, because in reality the two women are MISP™ instructors, we lacked photos with image rights, so we organized a family workshop in a closed class (with permission). 5 instructors were present to supervise the event. Our choice is certainly special but that is what makes MISP™ grow in France

CZECH REPUBLIC: Miriam Lašáková – Branch Rep.



A teacher wrote: I work in the kindergarten Čtyřlístek in Mělník and took part in an amazing MISP massage training course for teachers. Since then, I add regular massages into the daily programme. I happy to see how the children are calmer, we are enjoying positive moods and gentle touch. Thank you very much for fantastic and sophisticated methodology. I recommend this to other school establishments. Hana Soukupová – Instructor

SWEDEN: Mia Elmsäter – Forming Branch Rep.



A 5 year old girl is asking her little sister if she wants the Rainbow Massage or the Unicorn Massage. The 2-year old simply replied “yes” and got both! The girls attend a daycare center where the children are encouraged to make up their own massage stories.

ON THE LIGHTER SIDE :



An instructor from the United States Branch writes:
It feels like this might have been my last photo! 😊

Information for Branches

A year ago, when we realized there would be no meeting for the Representatives from Branches and Forming Branches, we held the first ZOOM meeting for the Reps. One of the questions that was asked was “what does your Branch need”?

In a follow-up with this question, the board presents the questions that were asked. The steps the board has taken to respond to those needs are in **bold print**. This is an on-going process in which we hope to continue to do our best to support the MISA Branches on a global platform.

- Possibilities for adjusting the MISP™ routine into self-massage for the children, as some places are not allowing children to touch each other **Addressed in new Guidelines**
- Having mental health issues being raised from school children during this challenging period **Be fully aware of safeguarding policies and directly communicate with school staff**
- Advice for working as self-employed MISP™ instructor if not working as a teacher in the school **Contact Trainer/Branch as this differs for each country**
- Is the MISA Board employed or volunteers (Editors comment: everyone is a volunteer) **Newsletter/website info**
- Suggest to publish a book of stories, poems, rhymes that can be used as touch activities. A competition could be held to encourage children to develop their creativity in such stories. **Ur is coming up with guidelines along this line.**
- For marketing promotion, organize online webinars or meetings with related topics of the advantages of the MISP™ **For Branches?**
- Reading research on TV and having positive comments on social media **We are doing this - how can we do more - who will get involved?**
- Making an international video **There are several useful recordings within the MISA community - can these be centralised on the website?**
- Having online resources for children and parents **Addressed in new Guidelines**
- Having Rainbow massage done within the family **Addressed in new Guidelines**

- Advice on how to promote interesting of fun way, via social media **Invite more collaboration from Branches?**
- Create a simple online platform or drop-box for Branches to access updated research and teaching resources to give to their members **Nice idea - website development**
- MISA International to provide guidelines on how to take suitable resources that recommend how instructors can use specific on-line teaching activities. **Addressed in new Guidelines**
- Request for MISA International to develop a foyer with government connections **We are not sure what, exactly, is being asked.**

TBA means To Be Arranged

- More active communication such as on-line face-to-face with each other **TBA**
- MISA International Board hold regular meetings with Branches on focusing specific topics **TBA**
- Practical resources such as activities and movement that can support school children during Touch and Move to Learn **TBA**
- Collaborate with other Branches, sharing mutual cultural diversity and gaining interest for MISP™ promotion. This can be done in different regions **TBA**

Introducing MISP Trainers

In 2008, an MISP Trainers training was held with 9 Instructors in London. We would like to introduce one of those Trainers in this newsletter. Pierre Blais from Canada.

Until recently, Pierre has been a member of the MISA International board from the beginning, and always a big supporter of the MISP.

MISP Trainer: Pierre Blais – St. Bruno, Quebec, Canada



Interview with Pierre Blais

- **What year did you become an Instructor?**
February 2006, in this participant apartment where Sylvie taught 3 of us.
- **What attracted you to the MISP?**
At first, to be able to carry on my relationship with my newly school age daughter. I wanted to introduce massage in Ariane's class. My first attempt was unsuccessful, so I looked up the internet and found MISP. You would have then told me that MISP would carry me around the world, and I would surely have laughed about it!

- **How many years have you been a Trainer?**

Since 2008

- **What has been your greatest feeling of achievement with the MISP?**

There are so many. Alone, one goes faster but together, we go further. I have been very happy to transmit as well as I could the founder's mission. It is in me as well. Never would I have thought to be able to meet so many dedicated people in so many countries. On a funny side, I will NEVER forget a training I did in Switzerland where after being really sick the evening of the first day, I had to give the second day with no energy at all. I think people never realized the state I was in and yet, I had to do a 100 km motorcycle ride from Neuchatel to Interlaken after the last day. I shivered all evening long because of exhaustion. And still, I was happy man.

- **What has been your greatest challenge with the MISP?**

As a professional massage therapist, I did train many colleagues so we could proudly spread the beauty of our work with touch. Not being part of the educational system made it harder for us to get to the children whom we know love touch. Many Heart people find it difficult to sell something even if they thoroughly believe in it. We had great fun going through this part of the training finding out how we would get to the children.

- **Share one of your most beautiful moments during your work as an MISP Trainer**

Well, once again, there are so many but one I will not forget is when I invited an Instructor (who became President of our Branch) to a special needs children school I was introducing MISP. In this class of about 12 students where 3 teachers were with us, a really special moment of bliss happened with a little autistic boy. As he was asking the other boy if could offer him a massage, the 3 teachers looked at one another and said at the same time "the kid can talk!!!" They were amazed as they had never seen the boy talking and interacting "normally" like he was. Not understanding what had just happened, I went to one teacher after the class and asked him what was their surprise all about. He told me that they had never heard this boy talking and that boy was almost to be sent to another institution for his to big difficulties to follow the class.

I can only wish every Instructor the chance to gather so many touching moments. Thank you for your work and dedication and again (I will never say it enough) ... thanks to our Founders who really did change the life of so so many children... and adults. I can only say it did change mine.

International Interests

MISA International Conference

Because of our global situation, the MISA International Board has decided that we will have the MISA International Conference via ZOOM. The dates are 9-10 October and will reinforce the importance of the MISP for all children in the world. A more complete schedule, along with the speakers, will be confirmed by summer, so watch your inbox in the coming months for more information.

Research and Articles

If any readers have articles on touch or massage that they feel would be good to publish in this newsletter, please send the link and it will be posted here. Katie Norfolk suggests this one:

<https://www.weforum.org/.../2020/11/touching-less-heres-why-that-matters>

Below is an interview from 2019 with one of the speakers from our conference.

https://drchatterjee.com/touch-forgotten-sense-professor-francis-mcglone/?fbclid=IwAR2RsvDkpxL6FVpNv9MdzxxPGLNFYb6bED_IJwNqSx_RVm3weeviPAmeE4ew

Face to Face Training under Restrictions

Sylvie Héту was able to do a face-to-face training under restrictions. Below she shares her experiences, challenges and success story.

The MISP in various forms in the province of Québec, Canada

Despite the pandemic situation, including curfew and high restrictions in our province that are starting to ease up just this week, I was determined to continue to share about the MISP.

I have succeeded in doing workshops for families online with the weather massage, then teaching all teachers of a school the music group activity (that was in a school where teachers were already trained with the MISP), also on zoom. It has big a major step for me to tame this way of reaching out, and I was very nervous, On the other hand, I have been allowed to teach 3 trainings face to face, between October 2020 and May 2021, sponsored by our educational system as continuing education for teachers. The reason we had been allowed to conduct the trainings was that within the restrictions, official courses (which this one was as it was under a government authority), were allowed if the course had practical aspects to it that required in presence learning.

A big thank you to Paule Desrochers, who has put a lot of energy in making that possible with our local authorities. Of course, it has been a joy to be able to train new instructors in face to face, it literally took me the three trainings to find out how to “sail” with all the sanitary measures requested at this time and feel my joy as an MISP trainer.

It was my experience that people needed to feel safe. Our training, as you know, involves touch, group activities, ball games, etc. This is what made people feel safe and very happy with the training:

Group work was limited to only two people. The two persons working together to learn the massage were the same throughout the 2 two days for all activities: ball games, massage routine, other massages, group work, etc.

Each participant had their “personal” wood stick and balls for activities that allowed me to not have to disinfect all those in between sessions.

The room was big.

We did huge circles, where each participant was at 2 meters distance each and did some massage in the air pretending that we were touching one another.

There were tables where the participants had their assigned place, at two meters distance. They kept the same place all the way through the training.



People were allowed, if wanted, to remove their masks when sitting and not moving. As soon as they got up and moved around for any reason, the mask had to be worn.

Although this had limits about the full experience that we wish people to have in our trainings, I was always very clear with everyone about what the activities could be when allowed to touch. They were sad of not being about to “do it all” they fully understood that they were privileged to be able to participate in person. Above all, they all wanted to start implementing the first day they were back in school with the children, and all felt that the MISP was needed even more in the actual circumstances.

My motto: I will always continue to spread the MISP and hope everyone reading this will do as well!

Love to all - Sylvie

News from UR

MISP™ TRAINERS TRAINING ONLINE!

There will be a training for trainers held online in November 2021. Doing the training via ZOOM will give Ur the opportunity to reach the whole world with new Trainers teaching more instructors. Ultimately that will reach more children.

Branch Reps. please pass this information on to all the Instructors in your Branch.

Join the international team!

For more information contact:

Sylvie Hétu: shetu@securenet.net and
Claudio Natale: claudionatal@yahoo.com

LIVESTREAMING MISP SERVICES

We are happy to announce that the co-founders, along with Ur Publications & Programmes Inc. have reviewed the possibilities to be able to livestream the MISP services. All Trainers and Branches have been informed and sent the guidelines. Please pass these onto all instructors.

Summary from MISA Board Meeting

Below is a summary over the minutes of the board for the past 4 months of the board and the discussions/decisions that were made on your behalf and of the association the board represents.

2021

February:

- The unresolved issues around the International website are now completed.
- Board discussion around the MISA International Conference and proposals for speakers, schedule, other suggestions etc will be collected by next meeting.
- Guidelines on MISP on-line trainings and online implementing that had been previously sent to board members was discussed at length and during two separate meetings.

March:

- Confirming the keynote speakers agree to have recordings during their session and **registered participants** who can't join the live sessions there will be a recording available.
- Purchasing upgraded professional package for hosting all online meetings and conferences
- Agreed that Trainers and Instructors will be able to do livestream courses - with specific guidelines when the country is in lockdown or restricted. Guidelines were sent to Trainers.
- Instructors will also be offered an online meeting via their Branch Rep, to have their initial feedback.
- For Trainers who are unfamiliar with holding live online courses, a course via ZOOM was held.

April:

- Discussions about having international membership of MISP instructors in Branches where it is impossible to form legal non-profit associations including how to manage, legalities within MISA, structure, boundaries, managing logistics, etc.
- Suggested to have regular branch meetings at certain periods with Reps.
- Developing a "blast system" dealing with emails to sync MISA international e-mail system.
- Organizing the logistics around the MISA International Conference to be held in October.

May:

- Details of conference took most of board meeting ie cost, speakers, etc.
- Official MISA board address has been set up admin@massageinschools.com and all information going out to all Branch/Forming Branch Reps will be sent from this address
- Discuss website management and a new website that has more functions
- Newsletter coming out in June and input is asked from board members to the newsletter



Your contribution is vital

Send an email to mia@smaliv.com and share:

1. Your stories and experiences with MISP™.
2. Projects that you've done with MISP™.
3. Photos of MISP™ implementations that can be viewed publicly.
4. Case studies, research and articles done with MISP™.
5. Letters to the Editor

Let's build international connections!