

# WORKING WITH PTSD AS A MASSAGE THERAPIST

Gloria C. Mathiesen MA, LMT, LPC

# **Working With Ptsd As A Massage Therapist**

**Gloria Mathiesen** 

# **Working With Ptsd As A Massage Therapist:**

Working with Ptsd as a Massage Therapist Gloria Mathiesen,2015-10-18 This book is part of my home study continuing education course titled Working with PTSD as a Bodyworker 3 CEU For more information and registration go to http therapyintheborough vpweb com **Becoming a Massage Therapist at Age 70** Samuel Wong,2015-02-28 Why does a man who is well into his retirement take up a new career as a massage therapist What can massage offer to society How does one go about learning it Sam Wong deals with these and other intriguing questions in this book He provides an authentic account of learning and blending Western massage and Chinese tui na highlights the role of inspiring teachers in helping him to become a massage therapist and documents the effectiveness of massage as an alternative treatment for fibromyalgia and other chronic pains Sams insights on tui na in traditional Chinese medicine are fascinating and unique

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Massage Therapy Trish Dryden, Christopher A. Moyer, 2012-04-10 Massage Therapy Integrating Research and Practice presents the latest research examining the evidence for the use of various massage therapy techniques in treating pathological conditions and special populations In this resource readers will find a synthesis of information from the diverse fields of kinesiology medicine nursing physical therapy and psychology Authored by experts carefully selected for their specific knowledge experience and research acumen Massage Therapy Integrating Research and Practice will assist both students and practitioners in these areas Learning the benefits of evidence based massage therapy practice Understanding various research methods Developing research skills by learning guidelines for writing case reports and journal articles Understanding how to integrate massage therapy research into education and clinical practice This text presents a seamless integration of research and practice in four parts providing readers first with a background to the field of massage therapy followed by discussion of research methods Next is an evidence based presentation of the efficacy of massage therapy for conditions and populations often encountered in massage therapy practice. This clinicial section presents three patient populations pediatric athletic and elderly three pain related types headache neck and shoulder pain and low back pain and six conditions that massage therapists may encounter pregnancy and labor scar treatment cancer fibromyalgia anxiety and depression and clients who have experienced sexual trauma Recommendations and evidence based treatment guidelines are clearly defined for each condition Case reports developed from real life cases are included in this section offering readers a real world context for the clinical content presented The final section illustrates specific ways to integrate research into the educational and professional development of current and future massage therapists It provides readers with the fundamental tools for a research based approach in clinical practice especially as it relates to special populations A running glossary chapter summaries and critical thinking questions assist students in learning the content and act as self study tools for practitioners Massage Therapy Integrating Research and Practice offers both students and practitioners of massage therapy the most current evidence based information guidelines and recommendations for the treatment of conditions often seen in massage therapy practice This essential reference will assist practitioners in understanding the scientific literature and its application in enhancing the practice of this safe and effective health intervention The Ketamine Therapy Workbook for Complex PTSD Albrecht Nicolas Nordgren, Transform Complex PTSD Through Innovative Ketamine Assisted Therapy A Complete Patient Workbook Complex PTSD affects millions who survived childhood trauma creating symptoms that traditional therapy often struggles to reach This groundbreaking workbook provides the first comprehensive guide

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indispensable resource for individuals families and mental health professionals alike The book begins by demystifying Post Traumatic Stress Disorder breaking down its psychological and physiological roots in clear accessible language James explains how trauma reshapes the brain and body helping readers understand why symptoms such as hypervigilance flashbacks and emotional numbness occur This foundational knowledge empowers readers to see PTSD not as a personal failing but as a natural response to overwhelming experiences a perspective that fosters self compassion and hope What sets this guide apart is its holistic approach James integrates evidence based therapies including Cognitive Behavioural Therapy CBT Eye Movement Desensitisation and Reprocessing EMDR and mindfulness practices into a cohesive framework Each technique is presented with practical exercises reflective prompts and real life examples enabling readers to actively engage in their healing process The emphasis on actionable steps ensures that the book is not merely theoretical but a hands on companion for recovery Beyond symptom management James delves into the emotional and relational dimensions of trauma Chapters on rebuilding trust cultivating emotional regulation and restoring a sense of safety highlight the importance of connection in healing The author's compassionate tone reassures readers that recovery is possible even when progress feels slow or setbacks occur By normalising these challenges James creates a supportive environment that mirrors the therapeutic alliance found in clinical settings The guide also addresses the broader context of PTSD including its impact on families and communities Practical advice for loved ones strategies for navigating stigma and guidance on seeking professional help make this book a comprehensive resource for anyone touched by trauma James's commitment to inclusivity ensures that diverse experiences whether stemming from combat abuse accidents or systemic violence are acknowledged and validated Ultimately A Comprehensive Guide for Overcoming PTSD is more than a manual it is a beacon of hope James combines scientific rigour with heartfelt empathy offering readers not only tools for recovery but a vision of life beyond trauma a life characterised by resilience meaning and renewed purpose For anyone seeking clarity support and empowerment on the path to healing this book stands as a trusted guide and a testament to the strength of the human spirit Soul of the Soldier; Alternative Therapies for Stress, Trauma and PTSD Dawn Hutkowski, **Treating PTSD** Shirley Porter, 2018-05-23 Treating PTSD presents a comprehensive compassion focused cognitive behavioral therapy CBT approach that provides therapists with the evidence based information they need to understand trauma s effects on the mind and body as well as the phases of healing Chapters offer discussion practical tools and interventions that therapists can use with clients suffering from post traumatic stress disorder PTSD to reduce feelings of distress and increase their sense of safety Readers are introduced to the metaphor of the valley of the shadow of death to explain the experience of PTSD they re also shown how to identify the work they ll need to do as therapists to accompany clients on their healing journey Two new compassion focused CBT interventions for trauma processing are also introduced

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