Touch Therapy Techniques...

This list contains brief descriptions of some of the major types of touch therapies. To get more information on any of these techniques, contact the presenter, your health care provider or refer to books such as *BodyWork* by Thomas Claire and *Discovering the Body's Wisdom* by Mirka Knaster.

Acupuncture:	5,000-year-old Chinese system of inserting fine needles into meridians to prevent illness, reduce pain and restore balance.
Applied Kinesiology:	Assessment technique using muscle testing and postural analysis to evaluate elements that may contribute to dysfunction.
Aromatherapy:	Use of essential oils from plants and flowers to facilitate healing.
Bioenergetics:	Combination of psychotherapy, breathing and bodywork to free trapped energy and relieve tension.
Bonnie Prudden Myotherapy:	Relieves pain and dysfunction through pressure to trigger points and corrective exercise.
Chair Massage:	Workplace massage for stress reduction and rejuvenation. Special features are that it requires no oil, the client is fully clothed and typical treatments last 10-15 minutes.
CranioSacral Therapy:	Gentle, non-invasive pressure to the bones and soft tissue of the skull and pelvis to release tension and create balance.
Hakomi Integrative Somatics:	A synthesis of psychotherapy and touch therapy to heal the effect of trauma.
Holotropic Breathwork:	Frees blocked energies through breathing, music and bodywork.
Hydrotherapy:	Application of water in various forms and temperatures to enhance other therapeutic treatments.
Jin Shin Jyutsu:	Gentle application of the hands along energy pathways to promote well-being.
Kurashova Method:	Russian medical massage used to treat physical dysfunction, enhance athletic performance and increase relaxation.
Manual Lymph Drainage:	Light, slow, repetitive strokes to boost circulation of lymphatic system and facilitate removal of excess water, wastes and toxins.
Movement Therapy:	Encompasses modalities such as the Alexander Technique and the Feldenkrais Method. Use of movement to re-educate the body/mind.
Myofascial Release:	Removes constriction in fascia through long sustained pressure.
Neuromuscular Therapy:	Soft-tissue manipulation to relieve pain and dysfunction by balancing the nervous system with the musculoskeletal system.

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Ortho-Bionomy:	Enhance balance and well-being through gentle, non-invasive touch, dialogue and movement education.
Pfrimmer Deep Muscle Therapy:	Corrective treatment designed to aid in the restoration of damaged muscles.
Pilates Method:	Movement exercises to stretch and strengthen muscles, open joints and release tension.
Polarity Therapy:	Restore energetic balance to the mind and body through gentle touch, nutrition, exercise and counseling.
Rebirthing:	Use of conscious breathing to release stored trauma and increase well-being.
Reflexology:	Improve circulation, ease pain and increase relaxation through the manipulation of reflex areas in the feet and hands.
Reiki:	Balance and amplify energy through light hands-on touch and visualization.
Rosen Method:	Induces relaxation and prevents illness through gentle touch and verbal support.
Rubenfeld Synergy Method:	An educational approach that combines touch with verbal expression.
Shiatsu:	Oriental method of balancing the body through applying pressure to specific points.
Sports Massage:	Massage and stretching to enhance athletic performance, remove lactic acid and increase range of motion.
Structural Integration:	Encompasses modalities such as Rolf treatments, Hellerwork and Aston-Patterning. Aligns the body through the myofascial system and retraining through movement.
Swedish:	The most commonly practiced form of massage in the U.S. Benefits include general relaxation, increased circulation, stress reduction and increased range of motion.
Therapeutic Touch:	Corrects imbalances by modulating the energy field which surrounds the body.
Touch for Health:	Muscle testing to locate blockages followed by the application of acupressure and massage to improve postural balance and reduce tension.
Trager:	Non-intrusive, pain-free, hands-on touch and exercises to release deep-seated psycho-physiological areas of holding.