

Intro to Integrative Segment

Learning Outcomes

- Show an understanding of the basic concepts and vocabulary of Deep Massage – develop sense of how to work more effectively with structure (myofascia) as well as energy (e.g. neuroendocrine systems).
- Demonstrate the ability to do a clear and effective Deep Massage protocol with solid anatomical clarity and grasp of touch fulcrums.
- Cultivate a higher level of observations skills and response to verbal and non-verbal feedback.

Learning Outcomes – cont'd

- Develop more clarity about the anatomy, kinesiology and palpation relevant especially to the axial system.
- Be prepared to begin internship (integrating at first Swedish, Sports and Deep Tissue as called for). Working slower or faster, deeper or less deep as called for. As Part II proceeds integrate Deep Massage, new Deep Tissue techniques and your other modalities as called for.
- Learn more about special populations and relevance of life stages to session design: seniors, amputees, HIV/AIDS, Hospice/end of life, Cancer & massage, PTSD/emotional release

Learning Outcomes – cont'd

- Learn and demonstrate new skills re interviewing, assessment, note-taking, anatomy, palpation, theory and clinical/integrative techniques relevant to the 10 most commonly encountered clinical problems.
- Learn more about pathologies of the new systems to be covered and review the part one systems.
- Continue building the knowledge and skills to have a exciting plan for your business done by the end of the 450 hours.
- Be well-prepared for Licensing Exam and Licensing Process with MBLEX and State of Texas.

Key Definitions of Modalities

- Deep Massage (the Lauterstein Method) – A unique soft tissue therapy which works consciously and simultaneously to enhance energy flow as well as structural integrity. Deep Massage combines myofascial release and neurological release.
- Deep Tissue - Soft tissue work usually employing more pressure and slower work into problem areas - may include: trigger points, cross-fiber, myofascial release, facilitated stretches, active release techniques, and Deep Massage (without the energetic intent).
- Clinical – Integrative Bodywork – soft tissue work which focuses on relief of specific musculoskeletal problems as well as on amplifying overall health.

Levels of Healthcare

- Wellness
- Orthopedic (includes wellness)
- Holistic (includes wellness and orthopedic – and results in more structural and energetic balance.)

- Working with
 - Dis-ease – presenting problem(s)
 - Dis-position – related structural and/or energetic habits
 - Destiny – actualization of body, mind, spirit potential; self-growth

Orientation to Classes Assignments, Quizzes and Exams

- Guided tour of Packet sections for Part II

Introduction to Higher Level Feedback

- Builds trust
- Improves our work in fastest way
- Acknowledges and honors excellence
- Lets people know where they can improve
- Alleviates fear of the unknown
- Archetypal emotions – surprise, anger, rationalization, acceptance

Suggestions for Giving Feedback

- Begin with positive comment
- State experience – be clear, simple, specific.
- Be clear if big or small deal?
- Don't overload.
- Pause.
- Give feedback without judgment
- Focus on actions/behavior, not the person.
- Observe and, if needed, ask how they are receiving it.
- Clean, clear disconnect – don't review or re-state what you've said.

Suggestions for Receiving Feedback

- Ask for specific feedback you want
 - Listen
 - Stay grounded. Don't get defensive.
 - If you get into difficulty, ask for help, or pause or ask that it be given a bit differently.
 - Say thank you!
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- If useful, give feedback on the feedback. What and how was this most helpful?

Deep Massage definition & history

- Deep Massage, The Lauterstein Method - a unique soft tissue therapy which works consciously and simultaneously to enhance energy flow as well as structural integrity.
- Early studies in music and philosophy
- Chicago School of Massage Therapy with Bob Kin;, Rolfer, Daniel Blake, Cranio-sacral study and teaching; Zero Balancing study with Dr. Fritz Smith and teaching

Deep Massage – important concepts

- Thixotrophy
- Tensegrity
- Nervous System
- ...to be continued in 53b