

## Integrating Touch for Health Techniques

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Integrating Touch for Health techniques into a massage session can present a challenge, especially when a new client is involved. The person may already feel apprehensive about having a new therapist. Then again, the person may be perfectly open to new techniques. In my 12 years of experience, all I have learned is there are no set rules regarding how much Touch for Health work you can do with a new client

### Give the Client control

One sure fire way to reduce apprehension is to give the client a feeling of control over the situation. I have found that a client questionnaire helps accomplish this. In addition to standard information such as medical history, I ask them how I can best meet their needs. For example:

1. Why are you interested in massage therapy? Circle any below.

Relaxation

Stress Management

Injury Therapy

Other

2. What is your estimated stress level on a scale of 1 - 10 ?

1 2 3 4 5 6 7 8 9 10

3. What changes would help you meet your health goals ?

Change Weight

Change Diet

Change Exercise Habits

Improve Stress Management  
Techniques

In addition, I ask what kinds of massage they have already experienced. Whatever questions you decide to ask, keep them simple with possible answers ready to be checked or circled.

### Discuss the Client's Needs

What skills do you have to help the client meet their expressed needs? Now you have an opening for dialogue about muscle testing and other balancing work. Give the client a range of possible therapies. For example, you might say "We can do some muscle testing on that knee and possibly do some balancing. There are some things you can do later to help it heal, and your full body massage will certainly give you relief." In my experience, clients will pick out a combination of my suggestions.

### Introduce Touch for Health

I introduce the new techniques lightly. For example, I might teach the person how to muscle test that knee first. Most people get very excited at this point and want it all, but I still hold back and limit the muscle testing to something like switching the muscle on and off or testing the diaphragm. Clear what is possible, quickly, then go on with the massage. The client feels better, gets the massage they expected plus a bonus. ESR is the technique I use most in these situations. It takes only 5 minutes and gives lasting results.

### The Results Sell the Techniques

Most clients will soon be back, asking for more of "that stuff" and giving you a report on what worked and what didn't. Your problem now may be finding time for the body massage!