

Massage Therapists: Touch For Health is for You !

by Geraldine L. Rhoades

14593 Pine View Dr., Larkspur, CO 80118, (719) 488-0470

This year I completed a thousand hour course in anatomy and massage theory and practice which is the required schooling to obtain a massage therapist license in the state of Colorado. My goal was to become certified to work with people on a one to one basis using all the skills I have learned the past 15 years as a Touch for Health Instructor. While I was studying massage, I became known at school for very effective work, and I was quickly building a clientele (I was doing muscle and emotional balancing with swedish massage). Near the end of the 10-month course, my instructors asked me to teach a 4-hour session to my class (25 students), explaining and demonstrating Touch for Health. I happily accepted. In the 4 hour session I taught muscle testing, and we balanced each other in pairs, using the fourteen muscle tests and balancing techniques appropriate each person. As a result of this class and the enthusiasm for Touch for Health, I was asked to teach on a regular basis.

Within the past month, I was asked to teach an 8-hour course specifically for massage therapists who have been introduced to Touch for Health. Hence, I designed an eight hour course teaching what I practice as a massage therapist, emotional balancing, meridian massage, reactive muscle release and balancing, alarm point testing, and the Dewe's affirmation patterning.

An outline of the class is as follows:

1. Introduction

- A. Definition of Touch for Health and its blessings and results in my life and experiences
- B. Feedback from each therapist — what they want from the class.

2. Muscle Testing

- A. Explanation and Demonstration.
- B. Hydration testing.
- C. Governing and central meridian testing and balancing.
- D. Explanation, demonstration and practice of the 5 Finger Quick Fix.

3. Emotional Balancing

- A. Demonstrations.
- B. Explanation including muscles and meridians associated with the 5 emotions.
- C. Color therapy techniques for strengthening and maintaining balance.

4. Reactive muscle work.

- A. Explanation and Demonstration.
- B. Practice of spindle cell technique and range of motion.
- C. Review common reactives.
- D. Reactive Muscle relief — *Self-Help for Stress and Pain..*

5. Affirmations using alarm points as checks — *Stress Without Distress.*

6. Review and Practice.

This class can be taught in four 2-hour workshops, in two 4-hour workshops, or in one all day session. Use lots of visual aids and music that moves along (70 beats per minute.) I recommend a 5-minute break every hour with a 5-minute review. Most important, BE THERE with each class and with each person and teach being there by intention.

Continuously, I mentally (and sometimes I verbalize) thoughts of Love, Blessings and Gratitude for myself and the person or people I am with. I am truly blessed and grateful to share Touch for Health...God is Good.

References

1. Barhydt, Elizabeth, and Barhydt, Hamilton, *Self-Help for Stress and Pain*, Loving Life, 1989.
2. Dewe, Bruce, and Dewe, Joan, *Stress Without Distress*, Touch For Health Foundation, 1989.
3. Murray, Margaret, *Goals and Affirmations*, Touch For Health International Journal, 1988.
4. Harnack, Richard, *Reactive Muscles*, Touch For Health Newsletter, 1980 and 1981.
5. Topping, Wayne, *Stress Management Using Muscle Testing*, Touch For Health International Journal, 1988.