



FREE one-hour group training of Compassionate Touch Therapy



... for hospice volunteers or staff
... for caregivers
... for those wanting to support their loved ones during health, as well as in illness

Learn...

The importance of touch, especially during illness.

Gentle light massage can decrease pain and anxiety and increased serotonin and dopamine levels, the "good" hormones. (Depression can amplify the perception of pain.)
Long periods of stress raises cortisol levels which (1) slows healing (2) increase susceptibility to infections (3) interrupts sleep patterns (4) increases depression and (5) disrupts eating and elimination patterns. Massage is often considered a "luxury". This discussion will explain why it's a necessity in health as well as illness.

Light massage for the hands, feet, and scalp.

You will learn hands-on techniques!

Precautions for touch therapy.

Often people want to support and comfort their loved ones but are afraid to touch them for fear of hurting them. Some basic precautions will be discussed so that you can nurture and support without fear.

Tips!

Tips that will make the experience good for everyone.

Please call to set up an appointment.

805.807.9496

SWEDISH
DEEP TISSUE
GOLF BALL
SCRUB
PRENATAL
REIKI
FACE RENEWAL (TMJ Release)
CHAIR MASSAGE
COMPASSIONATE TOUCH THERAPY (Hospice)



Heather Karr is a licensed massage therapist with a practice in Thousand Oaks. She has over two years experience in Compassionate Touch Therapy for hospice and has been trained through *The Heart Touch™ Project*, which is focused on compassionate and healing touch designed to teach bodywork practitioners, caregivers and others appropriate ways to work with seriously ill clients.