

35TH Annual National Wellness Conference
“Wellness Solutions that Work NOW: Best Outcomes Through Innovation, Caring, and Collaboration”
University of Wisconsin-Stevens Point, July 17-22, 2010

Online Proposals

LEAD PRESENTER

Name: Lisa W Medley, MA, CMT
Title: Wellness Coach
Organization: Soulistic Arts
Address: 37 Arthur Street
City, State, Zip: West Warwick, RI 02893
Phone: 401-826-2020
Email: lisa@soulisticarts.com

Comprehensive List of Conference Presentations for LEAD Presenter:

RI Association for Women in Education, “Body Wisdom,” April 2003
YMCA Women’s Wellness Day, “Remember How to ‘Dance,’” May 2005
National Wellness Conference, “Joy is in Every Step: Remember How to ‘Dance,’” July 2005
National Wellness Conference, “Getting to Know You: Your Body’s Supportive Architecture,” July 2006
Littleton Regional Hospital Women’s Health Conference, “Remember How to Move,” September 2006
Winter Wellness Forum, “How to Sustain Your Intention,” February 2007
National Wellness Conference, “Embodying Compassion: The Cultural Connection,” July 2007
Winter Wellness Forum, “Surfing the Flow of Life,” February 2008
Positive Psychology Forum, “Embodying Flow,” February 2009
National Wellness Conference, “Exercise Your Birthright to Dance,” July 2009

Presentation Title:

Feel better NOW! Simple Self-Massage Techniques for Everybody

Track: Mind-Body Wellness

Target Audience: Health Educators

Program Level: beginner

Program Type: Breakout Session

Have you presented or are you planning to present this program at other wellness-related conferences?

Versions of this have been presented at various wellness centers as well as with individual massage clients.

Abstract:

You hold the power of healing touch in your hands. The act of rubbing when you bang a knee or have a headache is instinctual. Hippocrates wrote about the necessity of massage and it is an effective wellness approach available to all. In this session, learn about how massage works, why it feels so good, and the range of benefits including, enhanced relaxation, improved flexibility, increased circulation, and pain management. You will leave this session with an array of easy-to-use self-massage techniques for the whole body that can be done at home, work, and anywhere.

Measurable Objectives:

1. Participants will be able to discuss the brief history of therapeutic massage.
2. Participants will be able to discuss the multi-dimensional benefits of massage therapy.
3. Participants will be able to explain and teach a range of self-massage techniques for the whole body.

Program Outline:

- I. Brief History of Massage
- Hippocrates and “Old Age”

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- Past centuries
- Present day

- 2. Benefits of Massage
 - Breathes life into cells, literally
 - Increases circulation of blood and lymph
 - Reduces stress and pain
 - Improves flexibility, strength, range of motion
 - Increases body awareness
 - Promotes deeper breathing
 - Enhances post-op rehab and sports performance

- 3. Self-Massage Techniques
 - Head & Face
 - Neck & Shoulders
 - Chest & Upper Back
 - Belly & Low Back
 - Hips
 - Legs
 - Feet

- 4. Solo journaling & partner sharing
 - How do you feel in your body?
 - What are you learning?
 - How can you integrate self-massage techniques into life?

- 5. Closure
 - Debrief in large group
 - Brainstorm ideas for integrating self-massage techniques into daily life and/or workplace

Program Bibliography:

Benjamin, B. (1978). *Are You Tense? The Benjamin System of Muscular Therapy*. Cambridge: Pantheon Books.

Capellini, S. & Van Welden, M. (1999). *Massage for Dummies*. New York: Hungry Minds, Inc.

Fagley, H. (2007). *Massage Therapy Insights: What You Need To Know: Practical Applications from Hands-on Experience*. Lincoln, NE: iUniverse.

Lidell, L., Cooke, C., Porter, A., and Thomas. S. (2001). *The Book Of Massage: The Complete Step-by-Step Guide To Eastern And Western Technique*. New York: Fireside.

Soloman, E. & Philips, G. (1987). *Understanding Human Anatomy and Physiology*. Philadelphia: W.B. Saunders Company.

Program Relevance to Conference Theme:

Massage therapy is a centuries old healing approach. Although certification training to use this modality on others is quite extensive, anyone can learn basic self-massage to instantly implement with a little guidance. One of the benefits of self-massage is increased body awareness, a powerful key in promoting self-responsibility for health and wellness. Empowering others with an array of simple healing tools that can bring instant relief is an effective, easy, and accessible wellness program requiring no other investment than one's own two hands.