

Touching and perceiving Body awareness



Activity: massaging body parts

There are courses in which you learn to massage clients. See for example sherborneinternational.com.

Depending on privacy or the preference of the client, a massage can be done on the skin or on clothing.

Set-up of the activity

0-2

- Name the body part you are going to touch and make it clear you are going to massage it. That way you minimise shock reactions.
- Preferably, massage with firm pressure. For most clients this is important. This especially applies to clients with tactual defensiveness.
- Verify what the client prefers. Begin by firmly massaging the arms, shoulders and hands and then the legs and feet. Or begin the other way around, at the feet.

2-4

- Ask the client to stick out his arm/hand or leg/foot to massage it.

4-6

- Stimulate the client to indicate where he wants to be massaged. The client can name the body part or stick it out.

Points for observation and focus

- Be aware of the client's response. Build up the massage more gradually if he shows any defensiveness. This is recognisable by increased tension of the muscles, a tense grimace, pulling back of the body part or not moving.
- Observe whether the client prefers certain body parts to be massaged. Sometimes it is best to start with the legs and feet.
- Check whether the client likes the massage to be more ticklish or in an uneven rhythm.
- Observe whether the massage relaxes the client or makes him very active.

Alternative materials

- Vary between scents and observe whether the client has a preference.
- Use different massage gloves. Observe whether the client has a preference for hard or soft.

Can also be used in the categories

- Noticing (NT)
- Touch sensitivity (TST)