

Colleen Steele—

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Colleen's E-Words



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Welcoming Possibilities

MASSAGE SPECIALS

Celebrate your February BIRTHDAY in my studio—\$10 off any massage of your choice. Mention this

Coupon when you call or e-mail. NOT TO BE USED IN CONJUNCTION WITH ANY OTHER OFFER.

CELEBRATE VALENTINE'S DAY All month!

\$15 off any massage of your choice in my studio. Mention this coupon when you call or e-mail

Expires 2/28/09 Not to be used in conjunction with any other offers.

WHY COACHING?

We have five basic needs, which, for most of us are never met all in one place:

- Need to be seen
- Need to be heard
- Need to be respected
- Need to be safe
- Need to belong

COACHING

Provides a safe environment in which you are *listened to, seen, respected, and welcomed.*

Enables you to accomplish your highest aspirations and sustain the results long term.

ABOUT THAT MESSAGE, Colleen Steele

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When I graduated from *Indianapolis College of Bodywork Modalities*, I felt strongly that I could positively affect the whole world. As a graduating class, we even sang words to that effect to the tune of the Pepsi® song, "I'd like to heal the world with massage. . ."

Over the past 8 years, I have seen massage positively affect everyone who has come into my massage room. I have seen chronic [long-term] pains be relieved in one session or in several focused sessions; I have seen acute [sudden] pains be released and relieved.

I have experienced people coming to accept their bodies; I have also experienced people developing awareness of their bodies.

I have been propounding that stress is relieved by massage. I have also been writing that there is a chemical-hormonal change that happens in the body when it is therapeutically massaged.

Recently, I was asked, "How?" How does that happen?

As *synchronicity* would have it, a client sent me a website that led me to another website with a report that I am

attaching to the same e-mail that brought you this newsletter. It is about some research that is being done to answer that very question. You may download and peruse the article. Here are a few highlights.

Beginning at the end of the article, the summary, I find what I expected to be true overall: "Massage Therapy [MT] may provide benefit in a way that parallels the common-factors model of psychotherapy. Substantial evidence suggests that the considerable efficaciousness of psychotherapy results not from any specific ingredient of treatment, but rather from the factors that all forms of psychotherapy share (Wampold, 2001). In this model, factors such as a client who has positive expectations for treatment, a therapist who is warm and has positive regard for the client, and the development of an alliance between the therapist and client are considered to be more important than adherence to a specific modality of psychotherapy. **The same model can be extended to MT**, given the possibility that benefits arising from it may come about more from factors such as the recipient's attitude toward MT, the therapist's personal characteris-

tics and expectations, and the interpersonal contact and communication that take place during treatment, as opposed to the specific form of MT used or the site to which it is applied." **Having said that**, I must also tell you that there have been people who come to my studio as a "last resort." A friend coerced them in "to give massage a try." The outcome of the majority of these incidences in my experience has been that they were fully relieved of the situation or the situation was so positively affected that they opted to continue treatment until they were fully relieved. When I read the report that I am offering you, I couldn't help but wonder how they could do a completely objective test. You see, my experience is that every MT has a different "touch" comprised of pressure, warmth, energy coming through hands, intention and his/her own psychological state. *What a dynamic and living process!*

ABOUT THE AUTHOR: Colleen is a Stress Relief "artist" functioning as a Professional Massage Therapist and Certified Empowerment Coach, with 8 and 30 year's, respectively, experience. 317-865-8179 / mtcoach@comcast.net

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ABOUT THAT MASSAGE, CONTINUED

BODYWORK MODALITIES are designed and taught with specific movements, functions, and intentions and that is what we begin to learn in massage school and which is the foundation for all continued education. Therefore, **there is uniformity among practitioners in the skills they have learned.** It is that *physical therapy* that is being researched and that I will now address from the report.

MASSAGE THERAPY is now getting the attention of the scientific community. It is one of the fastest-growing sectors of the expanding complementary and alternative medical therapy movements. Consumers are now spending between \$4 and \$6 billion annually for MT (Eisenberg et al., 1998).

WHY? The most notable benefits are:

- Improved circulation
- Relaxation
- Feelings of well-being
- Reductions in anxiety and pain.

IN ADDITION, MT is *effective* in the treatment of symptoms associated with a host of clinical conditions, including:*

- Pregnancy
- Labor
- Burn treatment
- Postoperative pain
- Juvenile rheumatoid arthritis
- Fibromyalgia
- Back pain
- Migraine Headache
- Multiple sclerosis
- Spinal cord injury
- Autism
- Attention-deficit/hyperactivity disorder
- Posttraumatic stress disorder
- Eating disorders
- Chronic fatigue
- Depression
- Diabetes
- Asthma
- HIV
- Breast cancer

(Field 1998)

NOW, massage therapy is a “therapy of interest” to a variety of fields. One can imagine its use expanding beyond the private

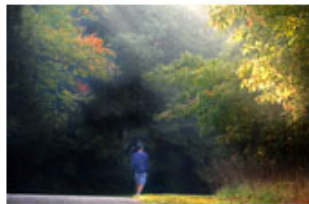
practices of massage therapists, and extending to places such as hospitals, nursing homes, psychological treatment centers, sports performance clinics, and workplaces. In addition, *MT could establish itself as a treatment supported by insurance carriers and health maintenance organizations.* These are, in fact, trends that are already occurring in a limited way.

There are five theories propounded in the research article as to why massage is effective in the treatment of the above-mentioned. They are:

1. **Gate Control Theory of Pain Reduction**—the experience of pain can be reduced by competing stimuli such as pressure or cold, because of the fact that these stimuli travel along faster nervous system pathways than pain. Massage Therapy produces an “analgesic effect”.
2. **Promotion of Parasympathetic Activity** — MT may shift the autonomic nervous system from a state of sympathetic {fight or flight} to a state of parasympathetic {relaxation}, which may promote reductions in anxiety, depression, and pain that are consistent with a state of calmness.
3. **Influence on Body Chemistry**—MT is linked with increased levels of serotonin (Field, Grizzle, Scafidi, & Schanbert, 1996) Others have suggested MT stimulates a release of endorphins into the blood stream. In these ways, MT may provide pain relief by influencing the body chemistry.
4. **Mechanical Effects** — Re sports performance, exercise recovery, and injury management, the manipulations and pressure of MT may break down subcutaneous adhesions and prevent fibrosis, as well as promote circulation of blood and lymph.
5. **Promotion of Restorative Sleep**—sleep deprivation changes body chemistry: substance P increases and somatostatin decrease. Both of these are linked with experience of pain. MT may promote restorative sleep thereby decreasing pain.

There is a website, www.TheBodyWorker.com, where you can find every physiological/pathological situation from A-Z that massage is known to assist. Be amazed!

Massage is subjective & experiential. Massage is also physically and emotionally effective as proven over time. My recommendation is a maintenance massage every 4 to 6 weeks; acute or focused attention for specific situations, once or twice a week and then every other week. Please speak to me personally about your particular situation and circumstances.



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