

Tender Touch



Emotional trauma can leave scars that even the most highly attuned body therapist can't see. Enter Trauma Touch Therapy, taught at the Colorado School of Healing Arts in Lakewood, Colorado. Since 1992, the federally accredited school has been training massage therapists in the delicate art of recognizing and treating clients who've been affected by events such as abandonment, sexual abuse, violence, accidents, illness, surgery and more. The TTT program teaches therapists how to take basic massage principles and techniques, and tailor them for traumatized clients, par-



tially through an extensive client intake process. Training includes 100 hours of education in philosophy, technique and the neurophysiology of trauma, plus an externship program. It has been used by therapists and adjunct medical professionals all over the world, including Tel Aviv, Israel, where post-terrorism trauma is often seen.

"Many people who've been traumatized numb out everything—joy, pain, even their capacity to feel alive and safe in the world," explains Chris Smith, director of education and herself a survivor of abuse. "TTT uses a slow application of touch to help these clients heal." For more information, call 303/986-2320. ♦

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