

GLOSSARY

Alexander technique: A re-education of the mind and body that intends to change movement habits in everyday activities. It aims to release tension and improve ease and freedom of movement, balance, support, and coordination. Developed by F. M. Alexander.

Altered state: A state of consciousness in which we are more deeply relaxed, less aware of our thinking minds, and more open and vulnerable than we are in our day-to-day functioning.

Bartering: Used here to mean exchanging a manual therapy session for goods or services other than another manual therapy session.

Boundaries: In this context, a boundary is like a protective circle around the professional relationship that separates what is appropriate between practitioner and client from what is not. Keeping appropriate boundaries includes such behavior as not engaging a client in another kind of relationship, such as a social one, and honoring what is appropriate within the professional relationship, such as confidentiality.

Consultation: A meeting with a professional trained in psychological dynamics to obtain advice and insight about a particular client or issue.

Contract: An agreement between practitioner and client that is often implied rather than explicit about what each will or will not do. An ethical contract must be within the bounds of the practitioner's training and the ethical standards of her or his profession. The client agrees to give specific fees, goods, or services in return and agrees to be respectful of the practitioner's guidelines for appropriate behavior.

Countertransference: When a practitioner allows unresolved feelings and personal issues to influence his relationship with a client.

Dual relationship: Having a relationship with a client other than the contractual therapeutic one, such as having a client who is also a friend, family member, or business associate.

Emotionally oriented bodywork: Manual therapy that is based on the idea that physical tension and restriction are related to unconscious patterns of holding that the client has adopted, often early in life, to cope with his or her emotional environment. The practitioner facilitates the client in releasing these tension patterns for the greater emotional and physical well-being of the client. Also called *psychologically oriented bodywork*.

Feldenkrais method: A movement therapy that seeks to re-educate the body and mind through movements that tap into the nervous system's own innate processes to change and refine functioning. Developed by Moshe Feldenkrais.

Framework: The logistics by which practitioners define themselves as professional and create a safe atmosphere for clients. Framework includes the ways that we present ourselves in advertising, the preparation of the physical setting, policies on fees and time, and such ground rules as keeping the focus on the client.

Healing Touch: A holistic energy therapy that uses gentle, noninvasive touch to influence and support the human energy system within and surrounding the body. The goal of Healing Touch is to restore harmony, energy, and balance within the human energy system.

Informed consent: The client's authorization for services to be performed by the practitioner. The client or the client's guardian must be fully advised of what the service will entail and its benefits and any contraindications and must be competent to give consent.

Manual therapists: Trained professionals who touch the physical or energetic body of the client using a method of movement to affect the body of a client for the purpose of facilitating awareness, health, and well-being. The term as used here is interchangeable with *somatic practitioners* and includes massage therapists, bodyworkers, movement educators, practitioners of Asian methods, and practitioners who work primarily with energy fields.

Mentor: A trusted colleague who provides guidance and education. Mentors are usually helpful in advising on both the details of establishing oneself as a professional and the broader general aspects of taking on a professional role or of taking on the role of a particular kind of bodywork or massage practitioner.

Peer group: A group of colleagues who meet regularly to discuss common issues related to their professional lives, to share information and strategies, and to receive emotional support.

Polarity therapy: In the bodywork part of this therapy, the practitioner works with the client's energy field—electromagnetic patterns expressed in mental, emotional, and physical experience—to facilitate greater health. Developed by Dr. Randolph Stone.

Posttraumatic stress disorder (PTSD): A type of anxiety disorder that can develop after experiencing a very traumatic or life-threatening event. It can cause flashbacks; sleep problems; nightmares; hypervigilance; feelings of isolation, guilt, and paranoia; and sometimes panic attacks.

- Professional therapeutic relationship:** A relationship between client and practitioner that is focused on the well-being of the client and is contractual.
- Reiki:** A form of energy healing. Reiki involves gentle touch that directs chi for the purpose of strengthening the client's energy system. *Chi* is the term used by Chinese mystics and martial artists for universal life energy.
- Right of refusal:** The entitlement of both the client and the practitioner to end a session or to decline to receive or give a particular kind of manipulation or technique.
- Role-playing:** Usually a structured exercise in which students or colleagues take a role—for instance, as client or practitioner—and act out a specific situation as a way of becoming more comfortable with handling the situation in real life.
- Rolfing:** Manipulation of the myofascial system to integrate the physical structure toward greater balance, ease, and centeredness by releasing tension patterns in the connective tissue. Developed by Dr. Ida P. Rolf.
- Rosen method bodywork:** A method that uses gentle touch coupled with verbal communication to help clients become aware of and release unconscious physical and emotional tension. The practitioner notices changes in muscle tension and shifts in breathing patterns and uses them as a guide to enhance clients' awareness of their internal experience. Developed by Marion Rosen.
- Rubinfeld Synergy Method:** A holistic therapy that uses gentle touch along with verbal dialogue, active listening, Gestalt Process, imagery, metaphor, movement, and humor. It is based on the belief that unacknowledged feelings from past experiences are stored in our bodies and unconsciously affect our behavior, attitudes, and self-image. This method has the intention of allowing buried feelings and memories to surface, freeing clients from old patterns and energy blocks. Developed by Ilana Rubinfeld.
- Sliding scale:** Using a sliding scale to determine fees means that you offer a range of fees based on the client's income. For instance, someone who has a low salary would pay your lowest rate of \$40 per hour and a wealthier person would pay your standard rate of \$90 an hour, with gradations in between.
- Somatic practitioners:** Trained professionals who touch the physical or energetic body of the client or who use a method of movement to affect the body of a client for the purpose of facilitating awareness, health, and well-being. The term as used here is interchangeable with *manual therapists* and includes massage therapists, bodyworkers, movement educators,

practitioners of Asian methods, and practitioners who work primarily with energy fields.

Supervision: An ongoing arrangement made with a professional trained in psychological dynamics for help with the relationship aspects of a practitioner's work. Supervision includes clarifying the client's transference issues and the practitioner's countertransference issues, suggesting effective interventions and identifying the practitioner's vulnerabilities and areas of strength.

Trager approach: Hands-on movement education that uses gentle movements to release physical and emotional tension patterns and facilitate relaxation, increased physical mobility, and mental clarity. Created and developed by Dr. Milton Trager.

Transference: When a client unconsciously projects (transfers) unresolved feelings, needs, and issues—usually from childhood and usually related to parent or other authority figures—onto a practitioner.