



GLENN M. HYMEL

MOSEBY'S MESSAGE CAREER DEVELOPMENT SERIES

# RESEARCH METHODS FOR MASSAGE AND HOLISTIC THERAPIES



WITH ILLUSTRATIONS BY JEFFREY L. HAYES

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# Research Methods For Massage And Holistic Therapies

**Gayle MacDonald**



## **Research Methods For Massage And Holistic Therapies:**

*Research Methods for Massage and Holistic Therapies* Glenn Hymel, 2005-09-23 This comprehensive resource covers a broad array of research strategies available to massage therapists to give them the tools they need to be knowledgeable readers of research literature as well as active researchers The primary focus of the book is on the quantitative aspect of research that encompasses the principal types of studies most extensively used in the various health care professions specifically massage therapy Extensive coverage is also given to the qualitative and integrative research categories that are progressively gaining recognition among researchers in various health science disciplines and professions Accommodates the March 2003 mandate from the Commission on Massage Therapy Accreditation COMTA that massage therapy schools incorporate into their curricula provisions to ensure a research literate profession Examples and techniques for interpreting research guide practitioners and students to be knowledgeable readers of massage therapy research allowing application to practice Relies heavily on concept maps flowcharts tables and illustrations and excerpts of published studies to augment the book's narrative development of topics by providing pictorial displays and summaries of the material Literature based and hypothetical research examples illustrations from several manual therapy professions employing therapeutic massage make the material pertinent to real life settings An introductory section at the beginning of each chapter reviews the material covered in the previous chapter and how it relates to the new material Chapter coverage spans the quantitative qualitative and integrative research categories and affiliated research strategies and methods are considered in detail Review summary tables give an overview of the narrative development of topics Boxes provide the essential features of a given topic Relies on multiple examples of possible research scenarios and illustrative excerpts from the published research literature Content is cross referenced for use with the Massage Therapy Foundation's Massage Therapy Research Curriculum Kit to provide both instructors and students in the 6 15 and 24 hour options levels an extensively developed resource in one place Each chapter includes recommended web sites and software application packages for further information

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New Appendix A 25 Forms of Therapeutic Massage and Bodywork provides students a survey of the 25 most important forms of massage and bodywork with sources of additional information      *Massage Therapy* Susan G. Salvo, 2007 The 3rd ed of this text gives you everything you need to learn and apply the basic principles of massage therapy with ease It contains a DVD that brings techniques and procedures to life complete coverage of the latest emerging therapy options and target groups and new materials to help prepare for exams      Medicine Hands Gayle MacDonald, 2007 Introduces the rapidly growing specialty of oncology massage      **Deep Tissue Massage Treatment** Enrique Fabian Fernandez, 2006 Focusing on practical application of deep tissue therapy Deep Tissue Massage Treatment provides clear how to instructions for assessment and treatment The most commonly used techniques are covered including trigger point therapy friction techniques myofascial techniques and stretching back cover      **Complementary Medicine and Health Psychology** Anna van Wersch, Mark Forshaw, Tina Cartwright, 2009-10 This unique book is the first to bring together the world of health psychology with that of complementary and alternative medicine CAM The authors draw on their wealth of experience as health psychologists to explore the relationship between health psychology and CAM and look at how an understanding of one can be used to inform the other Through an open minded but rigorous approach to CAM the authors identify where psychology can help to answer some crucial questions such as why CAM sometimes appears to work why sometimes it does not and why some people are drawn to it and others not Key topics covered include models of the person health beliefs and experimental psychology placebo research methods in CAM stress coping and stress management pain and chronic illness communications and interactions between client and therapist While CAM has often been dismissed out of hand by scientists the authors maintain that it deserves attention as a psychological phenomenon alone regardless of the actual efficacy as understood by existing research This book s insightful observations on contemporary meanings of health and illness and the future of CAM and health psychology make it important reading for all psychologists and health professionals      **The Nurses' Handbook of Complementary Therapies** Denise F. Rankin-Box, Victoria E. Slater, 1996      **Complementary Therapies and Wellness** Jodi L. Carlson, 2003 Carlson Putnam Hospital Center Carmel NY an occupational therapist introduces the paradigm concepts and therapeutic options of complementary and alternative medicine CAM The other contributors discuss specific therapies and applications Chapters include case studies focus boxes on key issues study questions and resources Appends National Institute of Health classifications of CAM therapies descriptions of other therapies and answers to study questions Annotation copyrighted by Book News Inc Portland OR      Tappan's Handbook of Healing Massage Techniques Patricia J. Benjamin, Frances M. Tappan, 2010 This pioneering book in massage therapy provides basic information on the art and science of effective healing massage techniques in quick learn easy to understand terms Whether you re a licensed massage therapy practitioner health related professional or just interested in basic massage therapy techniques this is the book for you The authors carefully examine the foundations of healing massage western massage

techniques contemporary massage including myofascial techniques trigger points lymphatic drainage massage foot reflexology Asian bodywork therapy and applications of massage New to the fifth edition are Practice Sequences that are step by step suggested example applications of the techniques described in the book Each Practice Sequence is demonstrated in full vibrant detail on the DVD that accompanies this text So that readers can track their progress the DVD as well as Appendix D provides Performance Evaluation Forms for every Practice Sequence British Qualifications ,1999

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## Whispering the Secrets of Language: An Emotional Quest through **Research Methods For Massage And Holistic Therapies**

In a digitally-driven world where monitors reign supreme and immediate communication drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within phrases frequently get unheard. Yet, located within the pages of **Research Methods For Massage And Holistic Therapies** a fascinating literary prize blinking with organic feelings, lies a fantastic quest waiting to be undertaken. Written by a skilled wordsmith, that charming opus invites visitors on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the cloth of each word. Within the emotional depths with this touching evaluation, we can embark upon a genuine exploration of the book is primary styles, dissect its fascinating writing model, and succumb to the powerful resonance it evokes serious within the recesses of readers hearts.

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