

# From the Heart Through the Hands

THE POWER OF TOUCH IN CAREGIVING



**DAWN NELSON**

*author of Making Friends with Cancer*

# From The Heart Through The Hands The Power Of Touch In Caregiving

**Christine Sutherland**



## **From The Heart Through The Hands The Power Of Touch In Caregiving:**

**From the Heart Through the Hands** Dawn Nelson,2001 This book is for people who feel comfortable communicating through their hands and for those who wish to feel more ease in transmitting care through touch It is for people whose responsibility or job or gift is to oversee or to help take care of the elderly and ill members of our society **Home Massage** Chuck Fata,Suzette Hodnett,2011-12-01 Focusing on its therapeutic properties and capacity to enhance health and intimacy in all relationships this book demystifies the medium of massage and makes it accessible for everyone in the family Designed for the nonprofessional with simple step by step instructions it teaches the three principles that make learning massage easy and fun Also included are ideas for bringing home massage into daily life and how to use these principles to share massage with infants children adolescents spouses and the elderly By emphasizing the innate healing power of touch to reduce stress and improve the immune system this practical manual provides the tools for achieving health relaxation and connection with loved ones *The Touch Taboo in Psychotherapy and Everyday Life* Tamar Swade,2020-06-03 Touch has been a taboo in mainstream Western talking therapies since their inception This book examines the effects on us of touch and of touch deprivation what we feel when we are touched what it means to us and the fact that some individuals and cultures are more tactile than others The author traces the development and perpetuation of the touch taboo puts forward counterarguments to it outlines criteria for the safe and effective use of touch in therapy and suggests ways of dismantling the touch taboo should we wish to do so Through moving interviews with clients who have experienced life changing benefits of physical contact at the hands of their therapists the place of touch in therapy practice is re evaluated and the therapy profession urged to re examine its attitudes towards this important therapeutic tool This book will be essential reading for therapists counsellors social workers educators health professionals and for any general reader interested in the crucial issue of touch in everyday life *Massage Therapy - E-Book* Susan G. Salvo,2015-03-25 Covering massage fundamentals techniques and anatomy and physiology Susan Salvo's *Massage Therapy Principles and Practice* 5th Edition brings a whole new meaning to the word comprehensive This student friendly text boasts more than 700 illustrations and expanded sections on neuroscience research and special populations plus new line drawings in the kinesiology chapter of origins and insertions that match the painted skeletons found in most classrooms It makes the essential principles of massage therapy more approachable and prepares you for success in class on licensing and board certification exams and in a wide range of therapeutic practice settings Clear straightforward approach simplifies complex content for easier understanding Complete anatomy and physiology section in addition to material on techniques and foundations gives you all the information you need in just one book Certification Practice Exam on Evolve mimics the major certification exams in format and content builds confidence and helps increase pass rates Over 700 high quality illustrations including line drawings and halftones clarify difficult concepts in vibrant detail Case studies challenge you to think critically and apply your understanding to realistic scenarios foster open mindedness and

stimulate dialogue Profile boxes provide an inspirational real world perspective on massage practice from some of the most respected authorities in massage and bodywork Clinical Massage chapter focuses on massage in clinical settings like hospitals nursing homes and medical offices to broaden your career potential Two business chapters loaded with skills to make you more marketable and better prepared for today's competitive job market Video icons refer you to the Evolve site featuring about 120 minutes of video covering techniques routines client interaction sequences and case studies that facilitate the learning process and the practical application of the material Evolve icons listed in each chapter encourage you to go beyond the lecture and reading assignments and learn more on the Evolve site Evolve boxes at the end of each chapter list Chapter Extras found on Evolve that reinforce concepts learned in the chapter

*Palliative Touch: Massage for People at the End of Life* Cynthia Spence, 2022-12-16 With the support of palliative care and hospice a growing number of people are choosing the kinds of experiences they want at the end of life Massage can offer moments of comfort wellbeing and beauty at a challenging time for patients and their loved ones yet most of us are not prepared with the right skills or knowledge to offer this help Palliative Touch Massage for People at the End of Life is written for healthcare providers and complementary therapists who wish to provide safe comforting touch for people with life limiting illness as well as anyone who might wish to support a dying client or loved one to live life to the fullest right up until the end Based on more than two decades of field and inpatient hospice experience this book addresses topics from common end of life symptoms and the stages of dying to cultural issues and how these can impact end of life care Readers are guided to engage with the material at whatever level might be appropriate for their needs with practical tips in every chapter Beautiful color photographs actual case studies and stories from therapists caregivers and patients bring this information to life

*Medicine Hands* Gayle MacDonald, 2014-03-03 The field of oncology massage is maturing into a discipline with a deeper and deeper body of knowledge The 3rd edition of Medicine Hands reflects this maturation Every chapter contains updated information and insights into massaging people affected by cancer New chapters have been added to cover each stage of the cancer experience treatment recovery survivorship side effects from the disease and end of life These new chapters and organizational structure will make it easier for the reader to find the information needed to plan the massage session for a given client In addition a new chapter has been added that focuses on the Pressure Site Positioning framework This is the clinical framework around which the massage session is planned

*Hands in Health Care* Gayle MacDonald, Carolyn Tague, 2021-02-15 This is the second edition of a highly successful book the only one available on this topic The first edition was written by a well known massage therapist and author Gayle MacDonald For the second edition Gayle has brought in a co author Carolyn Tague Both are well known and highly respected in the field of hospital massage therapy The second edition focuses solely on the adult patient and has new chapters on aromatherapy massage end of life care cultural sensitivity and understanding the therapeutic relationship between patient and practitioner It also incorporates new sections on

addiction and neurological disorders as well as the most recent research from around the world The new edition is highly illustrated with full color photographs and drawings including many new illustrations      *Massage Therapy* Susan G. Salvo, 2015-04-13 Covering massage fundamentals techniques and anatomy and physiology Susan Salvo's *Massage Therapy Principles and Practice* 5th Edition brings a whole new meaning to the word comprehensive This student friendly text boasts more than 700 illustrations and expanded sections on neuroscience research and special populations plus new line drawings in the kinesiology chapter of origins and insertions that match the painted skeletons found in most classrooms It makes the essential principles of massage therapy more approachable and prepares you for success in class on licensing and board certification exams and in a wide range of therapeutic practice settings Clear straightforward approach simplifies complex content for easier understanding Complete anatomy and physiology section in addition to material on techniques and foundations gives you all the information you need in just one book Certification Practice Exam on Evolve mimics the major certification exams in format and content builds confidence and helps increase pass rates Over 700 high quality illustrations including line drawings and halftones clarify difficult concepts in vibrant detail Case studies challenge you to think critically and apply your understanding to realistic scenarios foster open mindedness and stimulate dialogue Profile boxes provide an inspirational real world perspective on massage practice from some of the most respected authorities in massage and bodywork Clinical Massage chapter focuses on massage in clinical settings like hospitals nursing homes and medical offices to broaden your career potential Two business chapters loaded with skills to make you more marketable and better prepared for today's competitive job market Video icons refer you to the Evolve site featuring about 120 minutes of video covering techniques routines client interaction sequences and case studies that facilitate the learning process and the practical application of the material Evolve icons listed in each chapter encourage you to go beyond the lecture and reading assignments and learn more on the Evolve site Evolve boxes at the end of each chapter list Chapter Extras found on Evolve that reinforce concepts learned in the chapter NEW Revised line drawing color scheme for origin and insertion matches the painted skeleton found in most classrooms maintains consistency and prevents confusion in learning origin and insertion points on the body NEW Coverage of Thai massage provides up to date content on the most useful in demand modalities that are most often requested by clients and better prepares you for what you will encounter during training and practice NEW Updated text reflects changes to the new board certification exam so you have the most up to date relevant information and are fully prepared to pass the current exams NEW Brand new Think About It Webquest and Discussion features in each chapter's Test Your Knowledge section build your vocabulary usage and critical thinking skills necessary for day to day work with clients EXPANDED More content on pain theories the neuromatrix model and pain management plus updated guidelines for massage after surgery and injury equips you with essential information when working in rehab NEW Updated instructor resources featuring more TEACH lesson plan classroom activities and an additional 500 test questions provide instructors

with more ways to interact with and test students      *In touch with the future* Alberto Gallace, Charles Spence, 2014-01-30

Out of all the human senses touch is the one that is most often unappreciated and undervalued Yet the surface of the human body the skin is actually one huge sheet of tactile receptors It provides us with the means to connect with our surroundings Despite the important role that vision plays in our everyday lives it is the skin that constitutes both the oldest and by far the largest of our sense organs The skin protects our body from the external world and at the same time informs us about what occurs on its surface In *Touch With The Future* explores the science of touch bringing together the latest findings from cognitive neuroscience about the processing of tactile information in humans The book provides a comprehensive overview of scientific knowledge regarding themes such as tactile memory tactile awareness consciousness tactile attention the role of touch in interpersonal and sexual interactions and the neurological substrates of touch It highlights the many ways in which our growing understanding of the world of touch can and in some cases already are being applied in the real world in everything from the development of virtual reality VR environments tablet PCs mobile phones and even teledildonics the ultimate frontier in terms of adult entertainment In addition the book shows how the cognitive neuroscience approach to the study of touch can be applied to help improve the design of many real world applications products as well as to many of our everyday experiences such as those related to the appreciation of food marketing packaging design the development of enhanced sensory substitution systems art and man machine interfaces Crucially the authors make a convincing argument for the view that one cannot really understand touch especially not in a real world context without placing it in a multisensory context That is the senses interact to influence tactile perception in everything from changing the feel of a surface or product by changing the sound it makes or the fragrance it has For students and researchers in the brain sciences this book presents a valuable and fascinating exploration into one of our least understood senses      **To Touch Is To live**

Mariana Caplan, Ph.D., 2014-09-29 For babies to develop normally they must be touched Adults too thrive when touch is a normal part of their each day a reassuring handshake a sympathetic hug a healing massage But how often do we permit ourselves or others these simple forms of contact physical touch our emotional presence spiritual communion We need to get more in touch closer to who we really are as a species and in ways that support our highest human potential Touching can be communication friendship kindness service or love for God Topics include The highest human need The roots of violence and abuse Acquisitions a substitute for touch Healing through touch A healthy model of sexuality Touch as a context for our lives Foreword by Ashley Montagu      **Palliative Care Nursing** Marianne Matzo, Marianne L. Matzo, Deborah Witt Sherman, 2018-06-28 This 5th edition is an important achievement it is a symbol of commitment to the field of palliative nursing where we have been and where we are going Betty Rolling Ferrell PhD MA FAAN FPCN CHPN From the Foreword The aging population has only grown since the first edition of this comprehensive and seminal publication nearly 20 years ago Based on the need to humanize rather than medicalize the illness experience for patients this text delves into palliative

care beyond the specific diseases affecting the patient. Instead, content focuses on the whole person and family. Palliative patients struggle with chronic debilitating and painful conditions and grapple with the fact that life as they knew it has already passed away. Families and friends reciprocally suffer not knowing how to help and therefore become the secondary victims of the disease. This is not the challenge of a lone nurse or a single physician, therapist, or social worker. Rather, palliative and hospice care requires the expertise and unique roles of an interprofessional team to help the patient and family strengthen their resilience, continue to find meaning and purpose in life, and cure what can be cured. Palliative Care Nursing, Fifth Edition, delivers advanced empirical, aesthetic, ethical, and personal knowledge. This new edition brings an increased focus on outcomes, benchmarking progress and goals of care. It expounds upon the importance of the cross-disciplinary collaboration introduced in the previous edition. Every chapter in Sections I, II, and III includes content written by a non-nursing member of the interprofessional team. Based on best evidence and clinical practice guidelines, this text presents comprehensive, targeted interventions responsive to the needs of palliative and hospice patients and family. Each chapter contains compassionate, timely, appropriate, and cost-effective care for diverse populations across the illness trajectory. Key Features: The expanded new edition offers current, comprehensive, one-stop source of highly relevant clinical information on palliative care. Life span approach: age appropriate nursing considerations e.g. geriatric, pediatric, and family. Includes disease-specific and symptom-specific nursing management chapters. Promotes a holistic and interdisciplinary approach to palliative care. Offers important legal, ethical, and cultural considerations related to death and dying. Case Studies with Case Study Conclusion in each clinical chapter. New to The Fifth Edition: An expanded chapter on Palliative Care incorporates most up-to-date scope and standards information on Basic and Advanced HPNA certification, self-reflection, and self-care for nurses. A chapter on Interprofessional Collaboration. Instructor Resources: Power points and Test bank.

**Consciousness, Bioenergy and Healing** Daniel J. Benor, 2004-10. People have the potential to heal themselves and each other. Dr. Daniel Benor, a holistic psychiatrist, explains how mind-body and body-mind interactions promote health or cause illness. Clear and concise explanations of a large body of research, clinical examples, and a variety of theory explain healing through complementary alternative medicine. Dr. Benor reviews research supporting claims that complementary alternative therapies and bioenergy therapies are potent and effective treatments. *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     Massage for the Hospital Patient and Medically Frail Client Gayle MacDonald,2005 This is an essential resource for learning massage in the acute care setting As the need for massage in hospitals has grown many massage therapists and massage students are developing their skills in this environment to broaden their practice and meet market demand The text explores pressure adjustments site restrictions and positioning needs for hospital patients and medically frail clients An easy to use conceptual format covers common medical devices and procedures standard precautions the relationship between pharmaceuticals and massage charting and collecting patient data Illustrations demonstrate body mechanics draping room preparation and more     **The Alchemy of Caregiving: A Guide to Nurturing the Caregiver's Heart** Pasquale De Marco,2025-07-10 In The Alchemy of Caregiving we present a comprehensive guide to nurturing the caregiver s heart and fostering resilience in the face of adversity Through insightful exploration of the complexities and rewards of the caregiving experience this book offers invaluable support and guidance to those who dedicate themselves to caring for others With empathy and understanding we delve into the essence of caregiving examining the unique challenges and profound rewards that come with this demanding role We explore the power of presence emphasizing the importance of active listening empathy and creating a safe and supportive environment for the care receiver We also address the challenges of navigating difficult emotions such as grief anger guilt and fear providing strategies for coping and finding inner peace Effective communication and the establishment of healthy boundaries are crucial aspects of caregiving that we explore in depth We discuss the art of communicating effectively with care receivers family members and healthcare professionals as well as the importance of setting boundaries to maintain self care and prevent burnout Honoring the care receiver s autonomy and respecting their wishes is paramount and we provide guidance on how to strike a balance between autonomy and safety particularly in end of life care situations Self care is a vital component of the caregiving journey and we dedicate a chapter to exploring the importance of recognizing signs of caregiver burnout and practicing self compassion We offer practical strategies for nurturing physical and emotional well being seeking support and respite and finding joy and meaning in the caregiving role Additionally we delve into the spirituality of caregiving examining the role of faith prayer gratitude and acceptance in finding solace and strength during challenging times The role of community in supporting caregivers is often overlooked and we dedicate a chapter to exploring the importance of social support building a community of caregivers and accessing community resources and services We discuss the need for advocating for caregiver friendly policies and creating a culture of care that values and supports caregivers Finally we look to the future of caregiving examining emerging trends innovations and the role of technology in transforming the caregiving landscape We address the challenges of an aging population and discuss strategies for creating a more



supportive caregiving environment The Alchemy of Caregiving is an indispensable resource for caregivers offering a wealth of knowledge practical guidance and emotional support With compassion and wisdom this book empowers caregivers to navigate the complexities of their role nurture their own well being and find fulfillment in their journey of caregiving If you like this book write a review **Tappan's Handbook of Healing Massage Techniques** Frances M. Tappan, Patricia J. Benjamin, 2005 The 4th edition of Tappan's Handbook of Healing Massage Techniques continues to be an authoritative and comprehensive resource for massage therapy courses This book lays the theoretical groundwork and provides detailed descriptions of techniques for Western and contemporary massage Asian bodywork therapy and applications for special populations Whether you are a licensed massage therapy practitioner another health related professional or simply interested in basic massage therapy techniques this is the book for you New to this Edition Accompanying CD ROM provides instructional video of the most common massage techniques to provide readers with a visual aid to accompany chapter content Includes the Wellness Massage Pyramid which introduces a new model for the understanding the broad scope of massage therapy based on the wellness perspective End of chapter Study Outlines provide students and instructors with useful tools for identifying understanding and learning the content of each chapter Chapters on the effects of massage and clinical applications of massage provide extensive documentation of research New chapters on Hydrotherapy and Thermal Therapy and Asian Bodywork Therapy are included 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

*Library Journal*, 2006 *The Publishers Weekly*, 2001 **Dying in Good Hands** Christine Sutherland, 2021-01-15 Massage has many physical and emotional benefits for patients in palliative care from preventing pressure sores and lessening physical pain to creating a tangible connection between the massager and the massaged In Dying in Good Hands massage therapists and trainees will find the tools they need for massage at every stage of dying with stroke sequences adjusted for the unique needs of palliative bodies Medical professionals will learn how to use massage techniques on their patients and how to teach basic techniques to others And family and friends even those who have never massaged before will discover tips to provide hands on care and support for loved ones in their final moments Topics include Basic massage strokes and full body massage routines Massage treatments to aid the key areas of the respiratory system digestion and circulation How to deal with the last moments of life and make the last breath more comfortable Massage ideas for the physical and emotional needs of family friends and caregivers Options on where to die including hospitals hospices and home Featuring real patient stories that showcase the power of massage in making the process of dying more comfortable

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