



# A.R.T or Touch workshop

## Traditional Therapy Training

**Support programme - 2 days**

**Pre requisites:** None

**Price:** £280 per day (maximum 4 learners attending)

Booking is secured on completion of application form and on receipt of deposit.

Learner profiles for each person attending should be completed at time of booking



**Onsite workshops for 6-12 learners - £70 per learner per day for first 4 then £40 per learner per day there after**

A.R.T of Touch sessions explore how illness, familiarity and technology has influenced the way we communicate and the impact of touch as a form of wordless communication that can aid reconnection.

Sessions are suitable for Therapists, Carers, Mothers, Daughters, Fathers, Sons, Partners and Friends.

This 2 day workshop explores this subject deeper. You will learn various massage and gentle touch techniques that can be applied as a therapy, or be incorporated into a care regime. Techniques taught encourage a deeper connection of care and empathy.

### Theories:

- Communication - the lost art
- The impact of touch
- Traditional support systems
- The Role of applied therapies as wordless communication
- Considerations
- Contraindications
- Massage techniques
- Acupressure points
- Qi and the emotions
- Holding points on the body in relation to the meridians

### Outcome:

By the end of the session you will have explored the concept of wordless communication and its impact on wellbeing.

You will have studied and put into practise gentle massage, acupressure and gentle holding techniques that can be applied to support another.

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