

## KURSUSTILBUD



# Healing Touch for Children



GÅ IKKE GLIP AF DENNE FANTASTISKE MULIGHED!

- Lørdag den 17/11-12: *“Introduction to Indian Head Massage - for family and friends”*
- Søndag den 18/11-12: *“Positive Touch for Children – massage, reflexology and acupuncture”*

**Tidspunkt:** To endagskurser á 8 timer, fra kl. 9.00 til 17.00 – Det er en rigtig god idé at deltage begge dage.

**Kursuspris:** DKR 2.900,- DKR 1.900,- for én dag. **Ved tilmelding inden 1. august 2012 -10 % rabat!**

**Forplejning:** Der er fuld forplejning. Mulighed for overnatning på [www.bagatellen.dk](http://www.bagatellen.dk).

**Kursussted:** Herstedøstergade 22, 1 sal, 2620 Albertslund. Blot 15 km fra Københavns Centrum & lufthavn.

**Yderligere oplysning:** Ring/sms på telefon (+45) 26 18 95 90, eller send en mail til [jklmn@eriksen.mail.dk](mailto:jklmn@eriksen.mail.dk).

**Baggrund for kurset:** Kursusleder Leila Eriksen - [www.carecam.dk](http://www.carecam.dk) - har i en årrække haft tæt kontakt til FCB Foreningen Cancerramte Børn, hvor RAB Registrerede Behandlere\* tilbyder zoneterapi på de årlige familieweekender. >500 cancerbørn/familier har besøgt ”zonerummet” og været på briksene. Vi ønsker at yde det bedste af det bedste for de familier, vi møder i virket. Er derfor glade for at fagkapaciteter, som her Mary Atkinson, ønsker at komme til Danmark for at dele viden, ekspertise og erfaringer med os. Mary er en varm personlighed, der blandt andet har været i Japan og arbejdet med børnefamilier, berørt af Tsunamien.

Vi vil gerne **invitere dig** til at dele denne fantastiske weekend med os. ALLE kan deltage, uanset faglig og personlig baggrund. Kurset er åbent for såvel sundhedspersonale, behandlere, pædagoger, skolelærer som forældre der ønsker at gøre en forskel. **RAB registrerede behandlere** opnår 8/16 RAB point ved deltagelse.

**Sprog:** Undervisningen foregår på et let forståeligt engelsk, med oversættelse til dansk efter ønske og behov. Er man ikke en ørn til engelsk, er det ingen hindring. Alle kan være med, uanset sprogøre.

**Tilmelding** er gældende, når beløb for deltagelse er indsat på Reg.nr. 2275 – konto nr. 6276489761.

## The teacher - Mary Atkinson

**Mary** is a UK based complementary therapist, tutor and author of *“The Art of Indian Head Massage”* and *“Hand and Foot Massage”*. Her latest book *“Healing Touch for Children – Massage, reflexology and acupuncture for children from 4 – 12 years”* has been translated into 14 languages including Danish. In 2010, she won the Camexpo Outstanding Achievement Award for her contribution to complementary therapies.

**Mary** runs her own training school, Mary Atkinson Holistic Therapy Courses specializing in **Indian Head Massage** and **Positive Touch for Children**. She is a Massage in Schools Instructor and a member of the MISA (Massage in Schools Association) committee. Mary has been a regular speaker at national conferences since 2002 and is often asked to talk at local therapy group meetings. She is a volunteer therapist at her local hospice in Chichester, West Sussex, and also **teaches in the hospice education department on the use of complementary therapies in palliative care**.

**Mary** is a member of the Federation of Holistic Therapists and Association of Reflexologists. You can find out more about her work from her website [www.maryatkinson.com](http://www.maryatkinson.com).

# Introduction to Indian Head Massage

This ancient therapy includes massage to your **head, upper back, shoulders, neck, arms and face** – with or without aromatic oils. It can be adapted to suit all ages – from the young to the elderly. Indian Head Massage is a versatile therapy that encourages a sense of calm and relaxation that is so necessary in our stress-filled lives. Mothers in India traditionally give their babies massage from their birth to aid healthy growth and development. As young **children, are given regular head massage** and the practice continues into adulthood. Women incorporate head massage into their beauty routines to keep hair lustrous and healthy.

This day course offers an opportunity to explore the benefits of this ancient therapy and practice some of the techniques and a simple routine covered in Mary's book "*The Art of Indian Head Massage*" (Carlton Books, 2000, 2010). You will be given instructions and a DVD to help you continue to use your skills at home on your family and friends. Mary will also share her experiences and photographs of learning Ayurvedic head massage in India in February 2011. We will look at giving an Indian Head Massage with and without oils.

**Who Should Attend?** This Indian Head Massage course is open to everyone – beginners and therapists. You will be expected to practice on fellow students so please wear suitable clothes.

**Handouts:** Curriculum and DVD

The book "*The Art of Indian Head Massage*" will be able to buy at the course for a special price.

## Positive Touch for Children

Research has shown that children who enjoy regular positive touch are able to concentrate better, are calmer in stressful situations and gain self-confidence. This day course will cover the essential practical and theoretical knowledge necessary to introduce the benefits of positive touch to children in a safe, creative and caring way.

We will also spend time discussing and using 'tried and tested' safe and appropriate techniques (simple **massage, reflexology and acupressure**) that Mary has included in her book "*Healing Touch for Children*". These techniques are offered to help ease common childhood situations including getting a **child to sleep, relieving headaches, and coping better with anxiety, stress and exam nerves**. (These techniques are not a substitute for conventional medical advice and treatment). There will be a balance of theory and practical hands-on work so come prepared to **enjoy** sharing and refreshing your skills.

Mary will also talk about the ways in which she used Positive Touch for Children with the victims of the **Tsunami in Japan**.

**Who Should Attend?** The course is suitable for therapists wishing to work with children and/or support parents by offering simple and appropriate suggestions for ways in introducing the benefits of positive touch into the family home. It is also suitable for parents wishing to know more about using basic touch techniques with their children.

**Handouts:** Curriculum

The book "*Healing Touch for Children – Massage, reflexology and acupressure for children from 4 – 12 years*" will be able to buy at the course for a special price. Can also be ordered in bookstore.