

The 'M'Technique

Longfield Hospice was delighted to have one of our volunteer complementary therapist Philippa Hunter share her experience and knowledge, by running 'M' Technique training at the Hospice on the weekend of the 14th and 15th of October.

8 attended, 2 were there to become trainers themselves.

I, as an employee of Longfield, was one of the remaining 6, some attendees had travelled from South Wales, South Devon, and St Albans, to be able to learn the 'M' Technique which differs from massage in that it works only on the skin receptors that send signals to the brain.

The technique has been described as physical hypnotherapy, it produces a state of mindfulness and meditation.

It is a powerful way of bringing about the benefits of deep relaxation and has been shown through published research to have a measurable effect on stress, anxiety, chronic pain, and depression.

The weekend training was wonderful and worth the Investment, made even more affordable with the 50% discount for those who work or volunteer in a Hospice hosting the course.

Philippa is a natural tutor, who impressed me with how she managed to keep to both days'

schedules.

No one felt under pressure and time was allowed for her and her trainees to demonstrate and answer questions.

Also, plenty of time was given to us to give and receive this wonderful therapy, which I found so relaxing I may just have drifted off during the full treatment on the last day.

I would highly recommend attending this training as it is so gentle for the recipient who may be too poorly to access some other therapies.

As well as being a wonderful way of introducing touch therapy to those who have not experienced the benefits to include relaxation of the body and mind.

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*"Nothing is so healing as
the human touch"*

Bobby Fischer