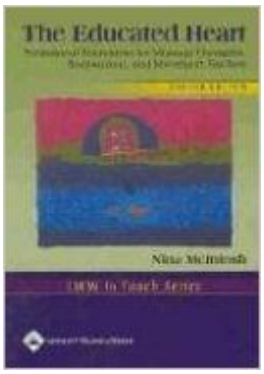
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The Educated Heart: Professional Boundaries For Massage Therapists, Bodyworkers, And Movement Teachers (LWW In Touch Series)



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Synopsis

This handbook offers much-needed guidance on professional and ethical boundaries in client-therapist interactions. Replete with real-life examples, the book presents practical solutions to dilemmas, judgment calls, and sensitive situations including confidentiality, sexual attraction, socializing with clients, negotiating fees, and deciding when to stop working with a client. This edition's new communication chapter gives specific suggestions for what to say in various situations, emphasizing the importance of tone and intention. A new section explains how to set limits and why setting limits is crucial. This edition offers a clearer explanation of transference and countertransference with more real-life examples. Each chapter includes new Questions for Reflection.

Book Information

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Customer Reviews

"This long-needed work is a companion for the journey...fascinating and lively." Illustrations by Mari Gayatri Stein are "witty and charming...artful little gems." -- Clarissa Pinkola Estes, Ph.D.; Author of "Women Who Run With the Wolves," "The Gift of Story," and "The Faithful Gardener."This long-needed work is a companion for the journey . . . fascinating and lively. Illustrations by Mari Gayatri Stein are witty and charming . . . artful little gems. -- Clarissa Pinkola Ests, Ph.D.-Author of "Women Who Run With the Wolves", "The Gift of Story" and "The Faithful Gardener". --This text refers to an out of print or unavailable edition of this title.

The Educated Heart is a delightful, indispensable guide for every practitioner and student of the manual therapies. For the first time, this groundbreaking work demystifies the crucial but under-examined issue of professional boundaries-bringing both humanity and humor to the intricacies of shaping an integrity-bases practice. The Educated Heart includes: "red flags" that signal potential boundary problems, compassionate insights into everyday professional challenges, real-life examples illustrating common pitfalls and helpful strategies, step-by-step guidelines for making ethical decisions. --This text refers to an out of print or unavailable edition of this title.

I can’t put it down! Even after years of having a successful practice - it is a must read for any healer and practitioner!

Great product - Awesome Price!

It was very informative with many case scenarios. The author did a great job addressing the slippery situations practitioners often encounter without being judgmental and suggestions on how to ethically handle those situations. It is filled with warmth and humor with many cute little cartoons.

Eventhough I have been a practitioner for years, I have enjoyed this book. Her approach to ethics is a great reminder to fine tune how onetreats their clients and how to set boundaries.

Must buy for body workers, to get a sense of ethical boundaries. Although,I feel this book is just the beginning of things.

This is an easy read book and a wonderful tool for Massage Therapists. I still have it and refer to it.

This book was helpful for me in some ways. There were a few sections that dealt with materials I did not even think about, but was very glad I was confronted with in a book rather than in my practice. The downside of this book is that it uses language that it created and so if you read it out of order, you will get lost. Short, quick read!

Ironically, this book’s focus on boundaries ends up being both its strength and weakness. Understanding boundaries is unquestionably important for manual therapists of all kinds, and The Educated Heart does a pretty good job of explaining boundaries. However, boundaries are only a

part of the even more important bigger picture, namely the psychological dimensions of the work -- the crucial roles played by the client-therapist relationship, strong relationship skills, the interconnection of the body and mind, and the psychological dynamics of the therapeutic process itself, in massage therapy and other manual therapies. Furthermore, The Educated Heart has become somewhat outdated, failing to address newer concepts regarding boundaries discussed in more recent publications, e.g., boundary crossings and other ideas, or update many of the book's references, despite having been revised.It has been largely surpassed by another book,Ã Â The Psychology of the Body (LWW Massage Therapy and Bodywork Educational Series), by Elliot Greene and Barbara Goodrich-Dunn. The Psychology of the Body is much more comprehensive because it not only looks capably at boundaries and ethics, but also at many more elements that form or influence the psychological dynamics of the therapeutic process. Some examples are the importance of touch in growth and development, social interactions, and emotional healing; understanding and dealing with emotional release; why and how relationships are central to healing; psychological defenses and dynamics; the difference between massage therapy and psychotherapy and how you can be effective with psychological issues without acting like a psychologist or psychotherapist; the relationship between the mind and body and the neuroscience behind it; explanations of mental health conditions and how these relate to massage therapy; and working with mental health professionals. In comparison, The Educated Heart just touches on a few of these topics. For example, while The Educated Heart has only a few paragraphs on the dividing line between psychotherapy and massage therapy, The Psychology of the Body devotes many pages. The Educated Heart barely touches on emotional release, while The Psychology of the Body has an entire chapter on it, delving into the how and why it happens, dealing with emotional release, and how emotional release effects the massage process ... a significant issue because just as boundary issues sooner or later confront massage therapists, so do issues involving emotional release.A reason this is important to me is that a major hole or blind spot in massage training is inadequate curriculum coverage of the psychological dynamics of the work (perhaps this will change if the push to add more hours to required training succeeds). As a result, too many therapists in the field are missing skills related to dealing with the psychological and emotional elements that arise in hands on therapies. In turn, this hurts the profession and its potential to help people. Because hands on therapies affect the mind AND body, primarily through touch, they can be ideally suited to deal with the problems many people in modern society face today. However, therapists need the proper skills for this to happen.

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