

Other Somatic Therapies

COMPLETION: In the space(s) provided, write the word(s) that correctly complete(s) each statement.

1. A contemporary style of bodywork that uses a specially constructed massage chair was popularized in the 1980s by (David Palmer).
2. The art and science of stimulating certain points on the body (especially the hands and feet) that affect organs or functions in distant parts of the body is known as (reflexology).
3. Zone therapy, which preceded reflexology, was developed and popularized by (Dr. William Fitzgerald).
4. Reflexology that is practiced on the ears is called (auriculotherapy).

SHORT ANSWER: In the spaces provided, write short answers to the following questions.

1. Which type of lubricant is usually used for chair massage?

(Because chair massage is usually performed with the client clothed, no lubricant is used.)

2. Which areas of the body are usually included in a chair massage?

(The head, neck, back, shoulders, hips, arms, and hands)

3. List two techniques unique to foot reflexology that resemble the movement of an inchworm.

a. (thumb walking)

b. (finger walking)

4. What alerts a reflexologist to places to work on the foot?

a. (inconsistencies in the tissue)

b. (sensitivity or pain in the point)

COMPLETION: In the space(s) provided, write the word(s) that correctly complete(s) each statement.

1. A traditional Chinese medical practice whereby the skin is punctured with needles at specific points for therapeutic purposes is known as (acupuncture).

2. Religious philosophies of the Far East speak of (Tao) or “the way” or “that which is all there is.”

3. In Eastern philosophies, the opposing yet complementary aspects of existence are represented by (yin) and (yang).

4. In Eastern Asia, the vast web of invisible energy that intertwines all creation is known as (qi or ki).

5. In the following exercise, list the names of the twelve organ meridians, whether each organ is yin or yang, and the element related to it.

Organ/meridian	yin/yang	Element
a. <u>(lung)</u>	<u>(yin)</u>	<u>(metal)</u>
b. <u>(large intestine)</u>	<u>(yang)</u>	<u>(metal)</u>
c. <u>(stomach)</u>	<u>(yang)</u>	<u>(earth)</u>
d. <u>(spleen)</u>	<u>(yin)</u>	<u>(earth)</u>
e. <u>(heart)</u>	<u>(yin)</u>	<u>(fire)</u>
f. <u>(small intestine)</u>	<u>(yang)</u>	<u>(fire)</u>
g. <u>(bladder)</u>	<u>(yang)</u>	<u>(water)</u>
h. <u>(kidney)</u>	<u>(yin)</u>	<u>(water)</u>
i. <u>(pericardium)</u>	<u>(yin)</u>	<u>(fire)</u>
j. <u>(triple warmer)</u>	<u>(yang)</u>	<u>(fire)</u>
k. <u>(gallbladder)</u>	<u>(yang)</u>	<u>(wood)</u>
l. <u>(liver)</u>	<u>(yin)</u>	<u>(wood)</u>



MATCHING: Arrange the following words in two columns. In the first column, list words that correspond to *yin*. In the second column, write the words that correspond to *yang* adjacent to the contrasting word in the *yin* column.

active	back of the body	cold	contracting
dark	day	deficient	excessive
expanding	forceful	front of the body	high
hot	inner body	inside	light
low	lower body	night	outer body
outside	overactive	passive	underactive
upper body	weak		

YIN

YANG

(cold)(hot)(contracting)(expanding)(dark)(light)(deficient)(excessive)(front of the body)(back of the body)(inner body)(outer body)(inside)(outside)(low)(high)(lower body)(upper body)(night)(day)(passive)(active)(underactive)(overactive)(weak)(forceful)

COMPLETION: In the space(s) provided, write the word(s) that correctly complete(s) each statement.

- The interaction of yin and yang creates a vibratory force or energy called (qi or ki).
- In traditional Chinese medicine (TCM), two common methods of assessment are
 - (tongue diagnosis)
 - (pulse diagnosis)

3. According to ancient philosophy, this vital force manifests itself as five interrelated elements. They are
 - a. _____ *(fire)* _____
 - b. _____ *(earth)* _____
 - c. _____ *(metal)* _____
 - d. _____ *(water)* _____
 - e. _____ *(wood)* _____
4. Qi moves through the body in specific channels called _____ *(meridians)* _____.
5. There are _____ *(twelve)* _____ bilateral channels that relate to the organs.
6. Along these channels are small areas of high conductivity called _____ *(acupoints [acupuncture points])* _____.
7. Several treatment systems that incorporate various manipulations (not needles) on acupoints are collectively called _____ *(acupressure)* _____.
8. The Japanese system of finger pressure massage is called _____ *(shiatsu)* _____.
9. A technique in TCM of burning an herb, such as mugwort, over an acupoint or on an acupuncture needle is called _____ *(moxibustion)* _____.
10. A form of Chinese bodywork that is based in TCM and incorporates methods to move energy along the meridians is _____ *(tuina)* _____.
11. In the practice of Zen shiatsu, the primary assessment technique is _____ *(hara diagnosis)* _____.
12. A traditional medicine system that originated in India and that uses herbs, massage, and diet as treatment forms is called _____ *(Ayurveda or Ayurvedic medicine)* _____.
13. A form of energetic bodywork that originated in Japan, in which the practitioner uses mantras and intention to channel energy rather than actual touch is called _____ *(Reiki)* _____.
14. Polarity therapy was created by _____ *(Dr. Randolph Stone)* _____.
15. A form of energetic bodywork that is popular among nurses and is practiced in hospitals that seeks to balance the human energy field by the practitioner moving their hands near but not on the client's body is called _____ *(therapeutic touch)* _____.

10. Which element do the spleen, stomach, yellow, and worry correspond to? _____ (b)
 a) fire c) water
 b) earth d) metal
11. The _____ meridian starts on the face and ends on the little toe. _____ (a)
 a) bladder c) stomach
 b) gallbladder d) kidney
12. In TCM, there are _____ bilateral organ-related meridians. _____ (c)
 a) six c) twelve
 b) eight d) twenty-four
13. A primary form of assessment in Chinese medicine is _____. _____ (b)
 a) blood pressure c) posture
 b) pulse d) temperature
14. A form of Chinese bodywork that is grounded in traditional Chinese medicine is _____. _____ (a)
 a) tuina c) anma
 b) shaitso d) ayurveda
15. A Japanese form of bodywork that uses finger pressure to stimulate or balance qi flow is _____. _____ (c)
 a) tuina c) shiatsu
 b) anma d) Reiki
16. Energy vortexes aligned along front of the spine are called _____. _____ (b)
 a) acupoints c) marma points
 b) chakras d) all of the above

WORD REVIEW: The student is encouraged to write down the meaning of each of the following words and phrases. The list can be used as a study guide for this unit.

acupoint

(Acupoints are small areas of high conductivity located on meridians, where qi flows more superficially and can more easily be influenced by pressure, heat, or needles.)

acupressure

(Acupressure is based on traditional Chinese medical principles for assessing and treating the physical and energetic body, stimulating acupuncture points to regulate qi (life force) using touch and pressure rather than needles.)



Ayurveda

(Ayurveda or Ayurvedic medicine is one of the world's oldest medicine systems, which evolved in India.)

chair massage

(Chair massage takes place on a massage chair, which is a good choice for people unable to or not amenable to receiving full-body massage on a table.)

chakra

(Chakras are thought to be rotating energy vortices located along the central line of the body and are considered focal areas for the reabsorption and transmission of energy.)

ki

(Ki (qi or chi) is an Oriental term often translated to mean life force energy.)

moxibustion

(Moxibustion is a treatment in TCM in which the herb, mugwort, is burned over an acupoint or on a needle inserted in an acupoint, to add heat to the point.)

organ meridian

(Organ meridians or channels are pathways that course along the extremities, into the body, and through their related organs through which qi circulates.)

pulse diagnosis

(Pulse diagnosis is an assessment method used in TCM.)

reflexology

(Reflexology stimulates particular points on the surface of the body, which in turn affects other areas or organs of the body.)

Reiki

(Reiki is a form of energy work. Literally translated from Japanese, Reiki means “spiritually guided life energy.”)

shiatsu

(Shiatsu is a massage technique from Japan in which points of stimulation are pressed to effect the circulation of fluids and ki [life force energy].)

therapeutic touch

(Therapeutic touch, developed by Dora Kunz and Delores Kruger, is a form of energetic bodywork that uses compassionate touch.)

traditional Chinese medicine (TCM)

(TCM refers to traditional medical practices that originated in China and include acupuncture, herbal medicine, dietary practices, and tuina.)

tuina

(Tuina is a form of energetic bodywork that is a part of TCM.)

yang

(Yang is an Oriental term denoting one of the two opposite and interacting aspects of the Tao.)

yin

(Yin is an Oriental term denoting one of the two opposite and interacting aspects of the Tao.)