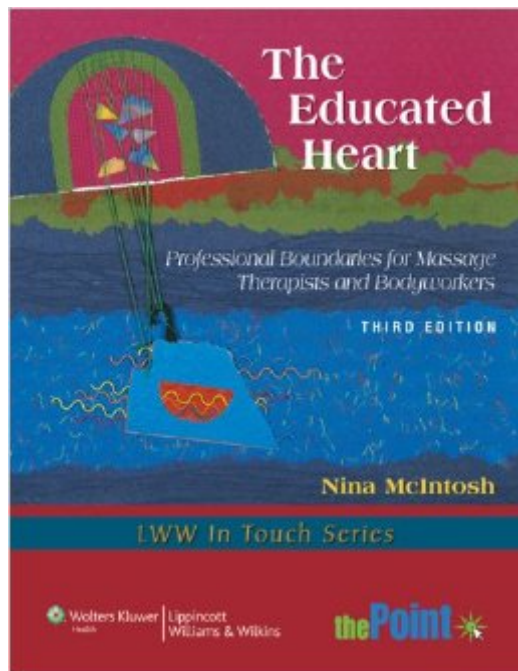


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# The Educated Heart: Professional Boundaries For Massage Therapists And Bodyworkers (LWW In Touch Series)



## Synopsis

The Educated Heart demystifies the important issues of establishing professional relationships in the manual therapies. The author uses humor, compassion, and humanity to present this complicated content in terms that are highly readable and engaging. The book includes real-life examples and practical solutions to dilemmas and sensitive situations that all bodyworkers face in their everyday practice. A companion website includes downloadable video clips depicting problematic boundary situations commonly experienced by bodyworkers and massage therapists.

## Book Information

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## Customer Reviews

I currently use this book in my Therapeutic Relations class and it is very informative in teaching and guiding students on how to properly obtain good relations with their clients. It talks about many of the important aspects of it like what to do when someone asks for a happy ending (or inappropriate sexual touch), when someone cries, when someone puts up walls that halt the therapeutic properties of their massage, etc. Great reference for anyone building a massage business and excellent for LMT students.

required reading for Therapeutic Relationships class. Its and easy read and has some cute personal experience stories. its a worthwhile purchase for those entering the massage field. I think everyone should have at least a little training in boundaries and therapeutic relationships.

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 Furthermore, *The Educated Heart* has become somewhat outdated, failing to address newer concepts regarding boundaries discussed in more recent publications, e.g., boundary crossings and other ideas, or update many of the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 being in its third revision. It has been largely surpassed by another book, *The Psychology of the Body*, 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.

LWW managed to have page number on the Kindle edition this time. I guess someone in their company can do that. They need to fix the rest of their Kindle books that don't have page numbers! Page numbers are essential for students regardless of format - any textbook publisher should have page numbering functional in EVERY textbook regardless of the format. I found the book an easy read and I learned valuable things from it. I did find it a bit repetitive, hence my 4 star rating. The case observations and questions at the end of the chapters were the best practice and reviews for tests.

Wonderful book for all bodywork therapists - focuses on client (customer) service whilst ensuring the therapist/practitioner remains safe, happy and healthy. Many handy hints and responses to potentially awkward situations. Book also had website details and access code to access videos pertaining to sections in the book. I have read this book, used the website access code and recommend this book to all. A+

I like this book. It is clear and direct and will get its point across to you whether or not you're paying a whole lot of attention. Might seem like "duh" to some people. Repeats itself sometimes and that's when you know the book wants you to really understand. This book will either reassure you of your professionalism or make you go "huh, I guess I have some things to work on". Easy read, but not pointless.

This is a great book for professional boundaries. It is the same as the addition before it. The only difference is the size of the font.

Supports anyone in the health field to become sensitized to how 'touch' is received from a client (massage, physical therapist, doctor, nurse, etc.) It is thorough and I feel should be read by anyone in the 'touching' professions. It 'explains' trauma and how people might respond and equally as important 'the why'. I feel that ALL massage schools (and PT, occupational therapy, etc.) 'should' have this book on their required reading list.

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