



Lesson 30:

Exploring the Boundaries Between Psychotherapy and Massage

Being a safe container

In this lesson, we review four principles that help support the boundary between massage and psychotherapy.

- 1) The body remains the primary focus
- 2) What emerges on the psychological level is in service to the body's healing
- 3) Maintain a position of a supportive psychological role (vs a primary role)
- 4) Psychological material is spontaneous

What does it mean to have the body as *foreground* and the psychology as *background*?

What does it mean to go *trauma hunting*?

What are three warning signs you may be outside of your skillset and/or scope of practice?

Imagine three sensations that might arise in your body if you have stepped outside of your boundary.





What are the benefits of supervision?

Why might supervision be particularly important if you are providing transformational bodywork?

