



Therapeutic Bodywork for our Transgender Community CE Course Description 9 NCBTMB approved CE credits

\$180
Classes are 9AM-7PM

Dates @ www.echohealingga.com/register-here-1

"In the late 90's I volunteered with AID Atlanta and offered healing & human touch to our family members who had a (+) status of HIV / AIDS. Sadly, at that time in history, we were still being told that rubber gloves were advisable to use with our (HIV+) clients.

I never used gloves on any patient at AID Atlanta or elsewhere. Intuitively I knew that they all needed loving, non-sexual human affection. Skin to skin contact was necessary; they needed to NOT be treated as untouchable or unclean freaks." I'm glad I followed my intuition. We now know HIV / AIDS cannot be contracted through human touch.

This course has been born of the same level of compassion we need in this world for those of us who are on a journey of transition.

Special thanks to the research, connections, professional guidance & personal experience of Sean King, LMT, Terri Nelson & other partners in this vision. Many thanks to the multiple partners within our community who have allowed us to learn from their own experience of how to best serve our family of trans brothers and sisters.

If you are a therapist who has a heart for ALL people on ALL journeys & want to serve our trans community within the LGBTQIA+ community, this continuing ed course is for you! This course will be focused, hands-on therapy practices tailored to those in our community thriving through gender-affirming surgical, medical, emotional & psychological transition.

The course offering will include:

- Pre-op Soft tissue prep
- Scar Tissue Massage
- Post-op loss of sensation / numbness
- Back pain from binding & corset use
- Facial and anterior neck massage for post facial-feminization surgery
- Facial and anterior neck massage for post facial masculinization surgery - Pectoral massage and the importance of pre-op & post-op for both implantation /radical mastectomy and tissue atrophy and breathing restriction from chest binding.
- Lateral Thoracic region massage with attention to increased ROM in the arms & decreasing loss of sensation
- Lateral scar tissue massage from Phalloplasty donor site(s)
- Sensitivity, Inclusivity & diversity training and use of preferred pronouns - Mindfulness & breath work training to increase lung capacity from post-binding or corset use.
- Breath work specific to anxiety, depression and self-acceptance.
- Ho'Oponopono approach and why unconditional acceptance is key to relationship building