

Counselor Education *Wellness Works* presents:

Massage Therapy & Self-Massage Techniques



Massage therapy is the practice of soft tissue manipulation with physical, functional, and in some cases psychological purposes and goals. Learn about both the physiological and psychological benefits of massage as well as self-massage and self-care techniques. You can also visit www.floridaschoolofmassage.com for more information.

Friday, March 27, 2009

11:45 – 12:45 pm

Norman 1327A

Presented by

Samantha Buth, LMT

Samantha is a licensed massage therapist who is also certified in psychosomatic therapy, which is the re-integration of the mind and body after a traumatic event. Her specializations include both scar tissue work and trauma therapy. She is also currently pursuing her M.Ed/Ed.S. in mental health counseling.

If you have any comments, questions or suggestions for future wellness activities, please contact:

Cheryl Pence Wolf, Principle Investigator, cpence@ufl.edu

Isabel Thompson, Co-investigator, ithompson@ufl.edu

Eric Thompson, Co-investigator, erict56@ufl.edu

This program is sponsored by CSI Beta Chapter
Partial funding for this research was provided by a grant from the
Chi Sigma Iota Counseling Academic and Professional Honor Society International