



# Medicine Hands Therapists Workbook and Journal: Activities to Deepen Oncology Massage Practice

*Gayle MacDonald*

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The Original Self-paced Learning System

Education is undergoing a vast transformation through the creation of new technologies. While the workbook/journal format might seem low tech by comparison, it has an important place in acquiring knowledge and skills. A workbook is the original self-paced learning system.

Whether a practitioner is beginning to study massage for people affected by cancer or is deepening their practice, learning occurs through a number of directions: self-study, guided clinical lessons with an experienced teacher, supervised hands-on practice with clients, mentoring, and peer support via group interactions.

*Medicine Hands*, the textbook, addresses the knowledge needed to work safely with these clients. *Medicine Hands Therapist Workbook and Journal* focuses on practicing with the information so that it becomes more ingrained. The workbook and journal uses the following types of activities to build practitioner knowledge:

- quizzes
- supplemental activities
- awareness exercises
- reflective questions
- ethical dilemmas
- touch exercises
- case studies

Like *Medicine Hands*, the workbook and journal continues the use of the pressure, site and position framework as a core tenet.

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#### **William Bellard:**

Spent a free the perfect time to be fun activity to do! A lot of people spent their free time with their family, or their very own friends. Usually they performing activity like watching television, planning to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Might be reading a book may be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the publication untitled Medicine Hands Therapists Workbook and Journal: Activities to Deepen Oncology Massage Practice can be good book to read. May be it can be best activity to you.

#### **Shane Dagostino:**

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