TABLE 4. Postural Exercises Used in the Degriefing Process

Treatment	Primary Goal(s)	Practical Information
Yoga - corpse pose	To balance all chakras. To induce total release and relaxation.	Lie on floor with all limbs extended alongside body (palms up, feet out).
Yoga - child's pose	To open (3rd) chakra and invoke basic human comfort response. To self-massage internal organs.	Body folded into fetal position (forehead touching floor) while sitting on heels. Arms draped, palms open on each side of body.
Yoga - fish pose	To open heart and throat (4th and 5th) chakras. To elongate neck.	Lying face up, arch spine, lift sternum and chin towards ceiling. Roll back on head.
Yoga - lion pose	To open throat (5th) chakra. To release tension in neck, jaw and throat.	Sitting straight up, hands on thighs, inhale deeply. On forceful exhale, protrude tongue towards chin.
Yoga - cobra	To open heart and throat (4th and 5th) chakras.	To create backward flexibility. Lying face down, place hands alongside shoulders, arch spine backward leading with head.

Treatment	Primary Goal(s)	Practical Information
Yoga - standing forward bend	To create forward flexibility.	Feet flat on ground, bend torso allowing head and arms to hang forward.
Yoga - cat pose	To massage the spine, softly alert the nervous system.	While on all fours, arch and flatten back, leading with head.
Yoga - triangle pose	To promote lateral flexibility of spine.	Stand feet spread apart, arms outstretched, bend torso sideways (not forward) to foot.
Yoga - lotus	To open 1st chakra. To induce emotional and physical stability.	Sitting cross-legged with erect spine.
Yoga - crocodile pose	To elongate spine and create contact pressure with floor on 2nd and 3rd chakras.	Lying face down, prop chin on palms of hands, with elbows resting on floor. Allow legs to relax. Focus on breath.
Yoga - bee pose	To enclose midsection of body in one's own protective sphere. Focus inward.	Sit with soles of feet together and allow head to hang forward. Slide hands under ankles for circuit closure.

Using Sound Therapies

Sound therapies can be categorized in two sub-groups:

- self-generated sounds (sounds you make yourself)
- externally-generated sounds (sounds you hear)

Self-generated sounds. Though crying, singing, chanting or moaning aloud may seem awkward to do (one may feel embarrassed), these actions do provide the grieving individual with relief. Making gibberish or animal sounds may seem very silly, but these vocalization activities seem to provide a release from pent up feelings that are otherwise indescribable. There are, in fact, behavioral modification therapies that revolve around self-generated vocalizations (for instance, Primal Scream). To avoid having the grieving individual feel too self-conscious to try them, these exercises should first be performed with a counselor, then when alone or in an emotionally secure environment.

TABLE 5a. Sound therapies Used in The Degriefing Process		
Treatment	**Primary Goal(s)**	**Practical Information**
Crying and sobbing	To release emotional tension. To promote a chemical rebalancing of the body. To allow the grief-stricken to witness their own grief audibly.	Perform in a secure environment.
Screaming and wailing	To release emotional tension To reduce muscle tension. To allow the grief-stricken to witness their own grief audibly.	Perform in a secure environment.
Singing	To allow emotional expression. To reconnect with self and others in a supportive setting.	Sing alone or in a supportive social environment (for example, a church, synagogue or temple).
Devotional chanting and/or mantra repetition	To allow emotional expression. To increase spiritual awareness.	Chant alone or in a supportive social environment (for example, a church synagogue, temple, ashram, etc.)

Treatment	Primary Goal(s)	Practical Information
Making gibberish sounds	To release emotional tensions. To temporarily change mental state.	A nonsensical verbal expression of feelings. Perform in a secure environment.
Making animal noises	To release emotional tensions. To connect with Primal state.	Involves growling or roaring while "on all fours" or crawling on the floor. Perform in secure environment.

Externally Generated Sounds

It may seem like common sense to say that music can make a person feel good, since nearly everyone has experienced the effects of hearing pleasing music. It is apparent to the layperson that music can be stimulating, or it can be relaxing. Physiological studies have demonstrated that music can speed or slow respiration, increase or decrease brain activity and increase the production of hormones and our neurochemistry (such as adrenaline and endorphins).

In a more esoteric vein, it can be argued that at the molecular, atomic and subatomic level humans are in essence, collections of vibrating particles or oscillating energies. Various schools of thought elaborate on this premise. Certain tones and harmonics are believed to produce specific healing responses in the body. In other words, auditory vibrations outside us can effect the vibrations and energies within us. It may be no accident that the word harmony is used as a acoustic term as well as a term indicating balance and good health.

On either the gross or microscopic scale, it is important for the Degriefer to know that certain sounds can provide a grieving individual with a feeling of overall comfort and instigate beneficial physical changes.

I often open and close each session by striking a handheld brass bell as the client sits or lies prone. Sounding the bell provides a recognizable signal of the beginning and end of the session. Listening to the tone focuses the client's attention. As the sound dissipates, the listener is led to a quiet space or a quiet moment.

(In a treatment room you might ring the bell as you walk around the massage table [to encompass the client's energy field]. In a hospital room – where you can't walk around the head of the bed – it is more appropriate to stand beside the patient or at the foot of the bed.)

Here are some other tone generators

- Tibetan bells. A pair of thick cymbal-like brass discs (3 inches in diameter) suspended on a string. A length of rawhide attaches the bells to each other.
- Tibetan bowl (or singing bowl). A metal bowl (ranging in size from 6 - 18 inches) and a wand with a rubber or a felt tip. The quality of the tone produced reflects the quality of the bowl. Traditionally, the most finely crafted metal bowls were made of brass. Tibetan brass bowls are famous for their multi-tonal and long lasting resonance. They have been used in healing rituals since ancient times.
- Chime. A single cylindrical metal tube and a rubber-tipped striker on a wand. Sometimes I strike a chime instead of ringing a bell to open and close the treatment session.

Music (including arrangements specifically composed for healing) and nature sounds are useful and easy to integrate into the grief therapy session.

TABLE 5b. Sound therapies Used in The Degriefing Process

Treatment	Primary Goal(s)	Practical Information
Music	To promote relaxation. To induce a feeling of rejuvenation. To establish a comforting environment.	Soothing music includes classical, "celestial" or "New Age." Also, music containing "theta" sounds (believed to calm brainwaves) and music containing 50-60 beats/min (to synch with heart and breath rate).
Nature sounds	To promote relaxation. To induce a feeling of rejuvenation. To establish a comforting environment. To establish a connection with nature.	Use real or recorded sounds.
Bell with clapper (handheld brass bell with wooden or brass handle)	To provide a sound to focus on. To induce a state of attentive serenity.	Ask permission to use bells beforehand. Inform patient they will hear tones and they should inhale gently 3 times in conjunction with the ringing. Ring 1-3 times. Available at New Age shops, Tibetan shops, Eastern importers.

Treatment	Primary Goal(s)	Practical Information
Tibetan bells (suspended on a string)	To provide a sound to focus on. To induce a state of attentive serenity.	Hold the string with two hands; one hand suspending each disc. Ask permission to use bells beforehand. Inform patient they will hear tone and they should inhale gently 3 times in conjunction with the ringing. Available at New Age shops, Tibetan shops, Eastern importers. Plan on paying $30-$50 or more for quality bells.
Tibetan bowl (singing bowl) and a wooden striker wand.	To bring awareness to specific site. To increase circulation. To stimulate nerve endings. To increase mind/body integration.	Strike close to patient. Strike side of bowl while bowl is held in flat palm of opposite hand. You can also generate a constant tone by rubbing the wand around the rim of the bowl. Available at New Age shops, Tibetan shops, Eastern importers, and musical instrument stores for $40 and up.
Chime	To provide a sound to focus on. To induce a state of attentive serenity.	Ask permission to use chime beforehand. Inform patient they will hear tone and they should inhale gently 3 times in conjunction with the ringing. Strike 1-3 times.

Using Aromatherapy

Many plants have beneficial properties besides nutritional value. Although it is possible to burn these plants to release the desired active ingredients (burning dry sage is popular), most practitioners of aromatherapy employ essential oils that have been distilled from specific plants. The resulting fragrant oils can be applied directly to the body (diluted in massage lotion or diluted in bath water) or inhaled as a vapor. It is believed that once the oils penetrate the skin (or other membranes), they enter the circulatory system and affect specific organs and musculature. Because our olfactory sense is closely linked to the limbic system, mental and emotional states are also altered.

Aromatherapeutic massage is the most practical way for a grief counselor to introduce essential oils into a Degriefing session. After a discussion with the client regarding existing allergies, skin conditions and fragrance preferences; choose an appropriate essential oil. Have the client test the fragrance before using it on him or her. First, let the client smell it out of the bottle (at room temperature) and see how he or she responds. If they like it, put a few drops on your palms and add massage oil or cream to make a mix (or, have it pre-mixed). Mix just a couple of drops of oil per ounce of massage oil. Massage them using the mix. Prepare more if needed. (Many professional massage therapists prefer to use creams rather than oils in their practice [creams don't stain, oils can; creams don't go bad as fast; creams are easier to handle]. Never use petroleum-based oils or mineral oils – they don't penetrate the skin.)

Note: When using essential oils, be conservative with the amounts used. They are relatively potent. The immediate physical effects last for hours and the emotional effect can last for days. Although some essential oils can be ingested, it is recommended that they be used topically for Degriefing work. Pregnant women should consult with their physician before using them.

In the home, essential oils can be added to bathwater (3-4 drops in a tub is enough – you will smell it) or spread into the air (using a diffuser with a fan designed for this purpose).

Anne Vemilye, a certified aromatherapist and body worker explains about some of the essential oils that she incorporates in her practice when dealing with grieving individuals, "Smell is a potent means of communicating with the brain. Essential oils address the enormous spectrum of feelings that arise with a broken heart, helping to transform them into clarity, self-love, and strength of spirit. Neroli oil (orange blossom) is the ultimate stress reducer. It fits into our neuroreceptor sites for opium, but unlike the narcotic, Neroli does not alter motor skills or make you feel high; it just makes you feel happy and relaxed. Your heart becomes joyful and you can even keep a sense of humor about shocking occurrences in your life. It is perfect to add to your bath, diffuse into the air, dab on your body like a perfume (mixed with a little jojoba oil), or added to a spray bottle for a

spirit-lifting spritzer. Neroli is expensive and often diluted in other oil when it is sold. Read the ingredients and buy the pure oil. Fortunately, a little goes a very long way."

"Spikenard speeds up transformation and gives clarity into knowing exactly what changes you need to make for yourself....(It) is great in the bath, body lotions or oils, diffused in the air, and dabbed on the bottom of the feet. Helichrysum mixed with jojoba oil, rubbed on the chest heals the emotions of the heart...Frankincense is uplifting and soothing emotionally.... (It) is lovely in the bath, diffused, or put in body lotions and oils. Ginger...helps you overcome painful emotions when they surface... It is a warming oil and when diffused into the air or placed in the bath, it feels like a giant hug! Lavender is pleasing and soothing. It nutralizes emotional stress (and) brings lightness.... Perfect for the bath diffuser, lotions, body oils and sprays." [Alternative Medicine, Issue 34, March 2000]

Vemilye offers the following recipe for a diffuser spray called the "Ultimate Diffuser Blend to Heal a Broken Heart":

3 drops ginger
3 drops frankincense
2 drops spikenard
5 drops lavender
2 drops helichrysum

An aromatherapist's arsenal might also include rosemary (to combat mental fatigue), bergamot (to induce euphoria), Ylang/Ylang and ginger (for grounding), peppermint (to alleviate headaches, increase mental clarity), grapefruit (to alleviate various stomach ailments and reduce swelling), cedar (for grounding and centering), birch (for spinal tension), geranium and orange (to ease shock and reduce sadness), and black pepper oil (for warm feet).

TABLE 6. Aromatherapies Used in The Degriefing Process

Treatment	Primary Goal(s)	Practical Information
Lavender	To calm the whole physical system. To calm volatile and intense emotions. To reduce nervous energy and the resulting mental fatigue. To combat insomnia. To equilibrate both central and autonomic nervous systems.	Can alleviate headache. Can reduce high blood pressure. Used to treat heart palpitations and related nervous heart conditions. Used to treat laryngitis. Massage on neck, shoulders, forehead and temples. A 1/2 oz bottle costs approximately $15.
Neroli	To combat shock. To reduce stress. To combat insomnia. To diminish the intensity of heart muscle contractions. To calm mind/body/ spirit.	Potent psychological effects. Especially effective for grief. An antidepressant, sedative, and tranquilizer. Can alleviate headache. Used to calm hysteria. Use with massage, in a bath, or in a diffuser. A 1/2 oz. bottle costs approximately $200. Use very sparingly.

Treatment	Primary Goal(s)	Practical Information
Sandalwood	To promote relaxation. To reduce aggression and irritation. To promote self-awareness. To quiet emotional turmoil. To promote deep sleep.	Very calming. Employed during yoga and meditation practice. Use with massage or in a diffuser. A 1/2 oz bottle costs approximately $50.
Clary sage	To reduce muscular tension, aches and pains. To reduce mental tension, anxiety and stress. To promote tranquility and transform anger. To combat melancholy and depression.	Can alleviate migraine headaches. Can relieve cramping. Use with massage, in a bath, or in a diffuser. A 1/2 oz bottle costs approximately $20. Note - Never use with people that have epilepsy. Never use with medication that contains iron.
Ginger	For release of pressure and tension. To relieve emotional pain in heart and chest.	Two drops on the soles of the feet. One drop on crown chakra.

Treatment	Primary Goal(s)	Practical Information
Lemongrass	To relieve muscle pain. To instigate lymphatic drainage. To improve mental clarity. Used to promote logical thinking, alertness.	A refreshing, stimulating restorative agent. Use with massage, in a bath, or in a diffuser. A 1/2 oz bottle costs approximately $10.
Roman Chamomile	To calm central nervous system. To encourage spiritual movement. To promote deep relaxation.	Use with massage, in a bath, or in a diffuser. A 1/2 oz bottle costs approximately $75.
Helicrysum	To relieve emotional pain in the chest. Normalize heart rate and respiration. To soften traumatic or cathartic emotional release.	Use with massage, in a bath, or in a diffuser. A 1/2 oz bottle costs approximately $45.
Frankincense	Balances hypothalmus master gland in body. Balances endocrine system.	Use with massage, in a bath, or in a diffuser. A 1/2 oz bottle costs approximately $35.

Using Flower Essences

Flower essences (sometimes referred to as vibrational essences) are different from the essential oils used in aromatherapy. They are usually produced in the form of a liquid, typically mixed with pure water or alcohol; however flower essences are unscented. Flower essences are concoctions (frequently) made from plants, however they are used for their intangible properties, not their biochemical ones. A bottle of flower essences is a "bottle of spiritual energy."

Deborah Bier, a holistic health care practitioner and manufacturer of a line of flower essences explains, "If we assume the universe has been made by an intelligent, wise and loving Creator, then each thing is imbued with a portion of Spirit in a way that makes it unique. Essences capture the spiritual presence from the substance it is made from, be it flower, mineral, the light of the moon, or the spirit of a mountain. Through the use of essences, we can access these energies, reminding us of our own innate intelligence, wisdom and love, moving us to a greater state of health and balance in the process....In that they are energenic in nature, vibrational essences can more directly act upon our non-physical rather than our physical bodies. Essences are, therefore, especially adept at addressing our emotional/mental aspect, facilitating change in our feelings, thoughts, consciousness levels, beliefs, and unresolved emotional traumas. And, since changes in these areas can impact our physical health, users of vibrational essences may find that their physical symptoms also shift as their self-healing powers come on line." [Massage and Bodywork, Spring 1998]

Patricia Kaminski, founder of the Flower Essence Society (based in Nevada City, California) elaborates, "Unlike pharmaceutical drugs which treat mental and emotional dysfunction by controlling or manipulating physical brain chemistry, flower essences are a form of vibrational or etheric medicine. Recognizing that the human being is comprised of more than a dense physical body, vibrational medicines like flower essences are formulated to treat the subtle mental and emotional fields that surround the physical form. The positive archetypes from the flowers stimulate consciousness rather than blood chemistry, and by doing so help the individual to recognize harmful and dysfunctional behaviors that need to change."

Catherine Abbey Rich of Marin County, California–whose flower essence tinctures are sought after for many reasons, including stress, addiction, recovery, pre-natal and postpartum–calls her company what she says the plants are doing naturally, "Combining Forces."

The most well known flower essences were popularized by an English physician, Dr. Edward Bach in the 1930's. His 38 Bach Flower Remedies, have been produced and used since. His potions, like others can be taken orally, applied topically, diffused in the air or added to a bath. A few small sips or a few drops suffice.

Choosing the appropriate flower essence often relies on the intuition of the healer who administers it. There are many to choose from. In her

book, "Flower Essence Repertory," author Kaminski lists over 3,000 formulations. She writes," Although the number of flower essences may seem daunting, it is possible to gradually familiarize ourselves with those to which we are most attracted. We can read about the psychological profiles associated with the essences, and reflect on these descriptions in terms of what we know of ourselves and others."

"In addition, it can be quite helpful to learn something of the plants themselves, which are the sources of the essences. Looking at a picture of the flower, growing it in a garden or finding it in the wild, can greatly deepen our relationship with the soul message of that plant. It is very beneficial to use pictures of the essence plants to aid in the selection process. Often, the plants to which we are drawn have special significance."

Kaminski further relates, "Our own empirical evidence – through case studies and various tests – has verified that vibrational selection techniques are subjective methods, whose accuracy very much reflects the knowledge, skill, experience, inner clarity, and empathetic attunement which the practitioner brings to the selection process." Based on her own extensive experiences with a variety of clients, Kaminsky suggests that the following flower essences be incorporated in grief-related treatments.

TABLE 8. Flower Essences Used in The Degriefing Process		
Treatment	***Primary Goal(s)***	***Practical Information***
Bleeding Heart	To release a relationship which has ended, or death of a loved one.	Used topically or internally. Consult a qualified practitioner.
Borage	To uplift and renew the heart.	Used topically or internally. Consult a qualified practitioner.
Dandelion	To release feelings of grief or emotional pain which are stuck in the body.	Used topically or internally. Consult a qualified practitioner.
Fuchia	To contact grief that has been emotionally repressed.	Used topically or internally. Consult a qualified practitioner.
Honeysuckle	To promote letting go of the past and promote coming into the here-and-now so that life can go on after death or loss.	Used topically or internally. Consult a qualified practitioner.
Sagebrush	To promote acceptance of the pain and emptiness of loss.	Used topically or internally. Consult a qualified practitioner.
Star of Bethlehem	To calm and soothe after the shock of death or other tragedy.	Used topically or internally. Consult a qualified practitioner.
Sweet Chestnut	To calm mental anguish and isolation within the soul: a feeling of being disconnected from God.	Used topically or internally. Consult a qualified practitioner.

Using Vibration Therapies (or Tone Therapies)

It is believed that certain vibrations (or tones) have healing properties when they travel through the body. Somatic treatments include placing a vibrating instrument directly on the client's bony prominences (i.e., ankles, sternum, sacrum, vertebrae, occiput) in order to achieve soothing and pleasurable effects. Sonic massage reaches deep tissues, body cavities, organs and bones. There are two main instruments used to produce healing vibrations.

- Tibetan bowls (or singing bowl). A metal bowl (ranging in size from 6 - 18 inches) and a wand with a rubber or a felt tip. The quality of the tone produced reflects the quality of the bowl. Traditionally, the most finely crafted metal bowls were made of brass in Tibet. Tibetan bowls are famous for their multi-tonal and long lasting resonance. They have been used in healing rituals since ancient times.

- Tuning forks – the "medical" version. This type of tuning fork looks like a conventional tuning fork with a ball or roller on each prong. The rollers prolong the feel of the vibration. The tuning fork, unlike the Tibetan bowl, can be focused more precisely. Tuning forks come in different keys; I most often use low "C" as it works well on a wide range of clients. I sometimes use the standard tuning forks for sound therapy.

TABLE 8. Vibration Therapies Used in The Degriefing Process		
Treatment	***Primary Goal(s)***	***Practical Information***
Tibetan bowl (singing bowl) and a wooden striker wand	To bring awareness to specific site. To increase circulation. To stimulate nerve endings. To increase mind/body integration.	Place bowl directly on areas of the body that need treatment. Strike bowl. Leave bowl on body as vibration travels through tissues and bone. Available at New Age shops, Tibetan shops, Eastern importers, and musical instrument stores for $40 and up.
Tuning fork	To bring awareness to a specific site. To increase circulation. To stimulate nerve endings. To increase mind/body integration. To reduce muscle spasms.	Holding stem, strike one fork against the heel of your hand or a rubber surface. Put the stem on a bony body part. Hold until vibration subsides. You can use two forks simultaneously (for instance putting a fork next to each ear). Available at medical supply houses and teaching hospitals that sell medical supplies for $15 and up.
Percussive massage (cupping, slapping, pounding)	To energize muscles and nerves. To increase blood supply to localized areas. To reduce muscle tension.	Different body parts require different hand usage (for instance, along spinal column, cup, for soles of feet, slap, for chest pound.)

Using Complementary Physical Activities

In conjunction with the "in-house" somatic treatments I perform, I recommend that my clients perform certain physical activities outside the therapy session in order to fully promote and maintain healing. Here are some complementary treatments I recommend to them which entail physical activity.

TABLE 9. Physical Therapies Used in The Degriefing Process

Treatment	*Primary Goal(s)*	*Practical Information*
Walking (strolling, and/or hiking)	To promote overall aerobic physical condition. To stimulate all systems. To improve circulation. To improve respiration. To improve elimination. To improve muscle tone.	Regularly scheduled walking is inherently therapeutic, whether it is indoors on a treadmill or outdoors. It can be relaxing and invigorating. Daily nature walks lasting 20-plus minutes are highly recommended. Walk with hands and jaw unclenched, arms swinging. Pace and distance should correspond with physical condition.
Gardening	To combine light physical activity with calming positive experiences.	Planting a memory garden is very therapeutic. Not only does it provide a memorial to the lost, the act of tending a plant provides insight into the natural life cycle.

Treatment	*Primary Goal(s)*	*Practical Information*
Aerobic workout	To promote overall physical condition. To stimulate all systems. To improve circulation. To improve respiration. To improve elimination. To improve muscle tone. To provide emotion release.	Pace and activity should correspond with physical condition.
Physioball		
Sports (team or partner)	To re-stimulate social activity.	Activity in team environment promotes social integration.
Skipping	To combine physical activity with self-expression. To induce a childlike feeling of "not having worries."	Skip outdoors, or in an unfurnished room or hallway if inhibited or self-conscious.
Dance classes	To combine physical activity with creative expression. To promote enjoyment.	Reintegrate social skills. Allows self-expression in safe environment.
Tai Chi	A meditative martial art.	
ChiQung		

Using Complementary Mental and Spiritual Activities

In addition to specific somatic treatments, there are a wide variety of other activities that the grieving individual is encouraged to participate in. The following activities are particularly effective in promoting mental health and spiritual comfort. Sometimes I assign "homework" for clients during the course of treatment. Other times I suggest these activities follow the Degriefing treatment regime.

Additional Complementary Therapies

- Dance therapy
- Drama therapy
- Sand tray therapy
- Dream therapy

TABLE 10a. Mental Therapies Used in The Degriefing Process

Treatment	Primary Goal(s)	Practical Information
Reading	To provide information or an "escape."	Reading grief related literature is educational. Reading unrelated subject matter offers diversion and relaxation.
Writing – journaling	To provide an opportunity for self-exploration.	Writing relieves the brain from having to hold thoughts. Journaling can help one objectify personal behavior.
Dream journaling and discussion	To provide an opportunity for self-exploration.	Grief has unseen subconscious ramifications that may be revealed in dreams. Journaling can uncover valuable insights.
Story telling	To provide an opportunity for self-exploration.	Client shares important experiences as monologue.
Tape recording memories (audio or video)	To provide an opportunity for self-exploration.	Cathartic form of expression that can be performed privately. Can be stored and reviewed.
Hypno-therapy	To provide an opportunity for self-exploration.	Consult a certified practitioner.
Creative Visualization/ guided imagery	To provide an opportunity for self-exploration.	Consult a certified practitioner.

TABLE 10b. Spiritual-related Therapies Used in The Degriefing Process

Treatment	*Primary Goal(s)*	*Practical Information*
Organized religion	To gain support from spiritual community.	Talking to a clergy or attending services.
Meditation (solitary or group)	To balance mind, body, emotions and spirit.	Focus on breath or mantra, experience "state of being."
Create an altar	To honor a loss.	Personal effects and significant items can be gathered in one place.
Organized retreats	To gain spiritual nourishment. To find a calming environment.	Contact local organization for available resources.
Spiritual readings (Tarot, Astrology, etc.)	To gain personal insight.	Consult a highly regarded reader.

TABLE 11. Other Somatic Treatments		
Treatment	***Primary Goal(s)***	***Practical Information***
Chiropractic– manipulates the spine	To restructure the body. To restore flexibility. To reduce pain.	
Hospital-based therapy (physical, speech, occupational)	To address any physical systems not functioning properly.	Licensed practitioner.
Homeopathy		
Osteopathy	To align bones of the body.	
Acupuncture	To balance bodily systems.	
Feldenkrais– movement education	To help client become aware of unhealthy patterns of movement. To teach new and better ones.	
Alexander Technique– body awareness	To help client become aware of poor posture, unhealthy patterns of movement.	Client fully clothed, seated, standing or prone.
Rolfing– manipulates the myofascial system	To restructure the body. To restore flexibility.	Client on massage table, partially clothed. Multiple sessions.