

## **Description of Therapies**

### **Rhythmical Massage Therapy**

Our natural rhythmical processes can easily be disrupted through stress and the pressures of modern life. Developed by Dr. Ita Wegman in Switzerland in the 1920s, Rhythmical Massage Therapy helps regulate these rhythms in the human being, thereby supporting the body back to natural balance. It also works to integrate and strengthen the warmth in the body.

Rhythmical Massage Therapy is a remedial form of massage that uses a gentle, rhythmical, breathing quality of touch, which can penetrate the tissue quite deeply. The movements are rounded with an element of suction rather than pressure. They enliven the fluids in the body, improving blood-flow and stimulating lymph drainage.

The oils and ointments used in treatments - made from natural organic ingredients and additive free - are carefully chosen to meet the particular needs of the individual. Rhythmical Massage Therapy is given in a warm room with the person wrapped in sheets or towels. Only the area of the body to be treated is left uncovered. Each session lasts approximately 40 minutes and is then followed by a rest period of about 20 minutes. The latter is considered an integral part of the treatment allowing the movements and oil to be fully absorbed into the body for optimum effect.

For more information go to:

<http://www.rhythmicalmassagetherapy.co.uk>

### **Therapeutic Oil Baths**

The therapy was developed by a German hydro therapist, Werner Junge, in 1937. The therapy uses a variety of high quality oils chosen specifically to address the child's individual needs and difficulties, and to stimulate the body's warmth processes. The bath itself lasts about 20 minutes; afterwards, the child or young person is wrapped in sheets and a blanket and asked to lie down on a bed in a dimly lit room. This rest period lasts at least 30 minutes and is integral to the therapy.

### **Eurythmy Therapy**

Eurythmy is an art of expressive movement that, in its therapeutic aspect, has an immense range of benefits. Repeated practice stimulates healing, restores balance, and supports the physical, emotional and intellectual health of the individual. In relation to those with special educational needs, Eurythmy therapy can address a wide variety of developmental problems. For instance, children or young people who are hyperactive or lack motivation, who have obsessive fixations or chaotic thinking patterns, who have speech difficulties, or problems of balance, mobility, dexterity, co-ordination or spatial orientation, can all benefit hugely from regular Eurythmy sessions.

For more information go to:

<http://www.eurythmy.org.uk>

### **Art Therapy**

Art therapy uses form and colour to provide not just an outlet for expression, but to educate or re-educate faculties, change old patterns, and develop new capacities. Equally, exercises in painting and clay modelling may be used to build communication skills in isolated individuals and awaken awareness and empathy for others. Art therapy is provided in groups or individually, depending on clients' needs. It is not a recreational activity or an art lesson, although the sessions can be enjoyable.

For more information go to:

<http://www.baat.org/>

### **Horse Riding / Equine Therapy**

The effect of climbing up on a horse's back – experiencing a creature of such magnificence and size, and sensing moreover that it has a will of its own – can have a remarkable effect on children with SEN. It is particularly striking where children are somewhat 'closed off' from their surroundings and from others, or else where they suffer with great anxiety: they are visibly more present and more assured once they have conquered an initial trepidation. The rhythmic aspect of the activity also has a hugely beneficial effect on the rhythmic centring of the child, working particularly upon the sense of balance.

For more information go to:

[Home \(tumpygreenequestrian.co.uk\)](http://Home(tumpygreenequestrian.co.uk))

### **Drama Therapy**

Drama therapy is a form of psychological therapy in which all of the performance arts are utilised within the therapeutic relationship. Drama therapists are both artists and clinicians and draw on their trainings in theatre/drama and therapy to create methods to engage clients in effecting psychological, emotional and social changes. Drama therapists are trained to enable clients to find the most suitable medium for them to engage in group or individual therapy to address a wide range of personal and emotional difficulties.

The therapy gives equal validity to body and mind within the dramatic context; stories, myths, play texts, puppetry, masks and improvisation are examples of the range of artistic interventions a drama therapist may employ. These will enable them to explore difficult and painful life experiences through an indirect approach.

**IF YOU NEED ANY FURTHER INFORMATION ABOUT ANY OF THESE THERAPIES PLEASE CONTACT OUR HEAD TEACHER OR A MEMBER OF ELT.**