

# How Can Touch Therapy Help PTSD?

01

Implement massage therapy sessions to reduce PTSD symptoms, particularly focusing on improving sleep quality. Schedule regular sessions with a trained massage therapist who specializes in trauma-informed care.

Integrate Havening techniques into daily self-care routines by gently stroking your arms, face, and palms for 5-10 minutes when feeling anxious or triggered. Practice this technique under the guidance of a trained professional initially.

02

03

Create a safe, calming environment for touch therapy sessions by using soft lighting, comfortable seating, and neutral colors. Ensure privacy and minimize distractions to maximize the therapeutic benefits of the session.

# Touch Therapy

**AW Rasmussen**



## **Touch Therapy:**

Delve into the emotional tapestry woven by in Experience **Touch Therapy** . This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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