



Tappan's Handbook of Healing Massage Techniques (5th Edition)

By Patricia J. Benjamin Ph.D.

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This pioneering book in massage therapy provides basic information on the art and science of effective healing massage techniques in quick-learn, easy-to-understand terms. Whether you're a licensed massage therapy practitioner, health related professional, or just interested in basic massage therapy techniques, this is the book for you! The authors carefully examine the foundations of healing massage, western massage techniques, contemporary massage including myofascial techniques, trigger points, lymphatic drainage massage, foot reflexology, Asian bodywork therapy and applications of massage. New to the fifth edition are Practice Sequences that are step-by-step suggested example applications of the techniques described in the book. Each Practice Sequence is demonstrated in full, vibrant detail on the DVD that accompanies this text. So that readers can track their progress, the DVD, as well as Appendix D, provides Performance Evaluation Forms for every Practice Sequence.

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Editorial Review

From the Back Cover

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About the Author

Patricia J. Benjamin, PhD, NCTMB, is a licensed massage therapist, educator, author, and appreciative massage and bodywork client. She has a deep respect for massage therapy as an art, science, and wellness practice. She has studied its traditions and watches for trends in the massage therapy profession today.

Building on her earlier background in sports and fitness, Dr. Benjamin graduated from the Chicago School of Massage Therapy in the mid-1980s. She was drawn to massage as an active, hands-on therapy whose foundations dovetail with her former career in health, physical education, and recreation. After having a full-time massage therapy practice, she gravitated back to education, first as an association education director, and then as a teacher and massage school administrator. Over the years, she has served on various committees involved in the development of ethical standards and national certification for massage therapists, and the accreditation of massage programs.

Dr. Benjamin has taught at the high school and college levels, and enjoys developing curriculum materials for the career-oriented courses offered in vocational programs. She holds master's and advanced study degrees in education with a specialty in curriculum development from Northern Illinois University. A doctorate in recreation and leisure studies from Purdue University has deepened her appreciation of the many facets of wellness and grounded her in a variety of research methods.

Frances M. Tappan approached Patricia Benjamin to join her as coauthor of *Healing Massage Techniques* for its 3rd edition (1998). Since Dr. Tappan's passing in 1999,

Dr. Benjamin has continued to update and improve Tappan's Handbook of Healing Massage Techniques, and it remains a standard in the field today. Dr. Benjamin authored *Professional Foundations for Massage Therapists* (2009) as a resource for students to learn about the profession, its history, varied competencies, ethics, and business practices.

In her leisure time, Dr. Benjamin enjoys reading historical fiction and nonfiction, gardening, tai chi and qi gong, Zen archery, and swimming. Her outdoor pursuits include hiking, canoeing, and a new interest in birding. She currently resides in Chicago, Illinois.

Users Review

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Rosemarie Pickett:

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