



Therapeutic Massage and Bodywork for Autism Spectrum Disorders: A Guide for Parents and Caregivers

Virginia S. Cowen

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Massage techniques are widely and effectively used in the treatment of autism spectrum disorders (ASDs) to address sensory issues, motor problems and touch receptivity. However, the variety of different styles of massage available often leaves parents baffled and unsure about which touch therapy treatment is best for their child.

This practical guide explains how massage works, how the body senses touch, and how touch therapy can benefit children with ASDs. It describes exactly what each type of massage entails. Covering anatomy-oriented massages, energy-based massages and therapeutic bodywork, this is the book that helps readers tell Reiki from reflexology, a Swedish from a sports massage, or tuina from a Thai massage. With recommendations for selecting the right style of massage, advice on locating a practitioner, and tips on preparing a child with an ASD for massage, this is the perfect resource to find a therapy – or combination of therapies – to suit each individual child.

This book will be essential reading for all parents and caregivers interested in the benefits of therapeutic massage and bodywork for children and adolescents with ASDs, and practitioners looking at alternatives for therapeutic intervention.

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