

Grief Massage Information

If you're reading this document, I'm so proud of you! You've taken the first step towards exploring different support systems that might help you through this difficult time. Grief massage is a body-centered form of assisted relaxation that can help you reconnect with your body. I'm passionate about helping you in any way I can. That can look like setting up regular massage sessions if that's the best fit for your current needs, or helping you find a grief counselor or other resources that you're looking for. My role as your massage therapist is to hold safe space for you and provide comforting physical touch, not to process emotions through talking, and I'm happy to help you find other support systems beyond massage whether you book with me or not. Please continue reading to learn about my process and how to book a session.

Step 1- Read this document. Congratulations, you've already taken this step!

Step 2- If you aren't sure about this kind of support and you'd like to learn more, we can start by setting up a 10 minute phone consultation. Sometimes people don't know yet what kind of support they're looking for, this conversation might help us realize you're actually in need of a counselor for talk therapy, a support group, or that body-based support is in fact what you need right now. To set up an initial phone call, email me at mountainairmassagevt@gmail.com, with the subject "Grief Massage Inquiry", or call me at 802-999-3345 to set up a time.

Step 3- Take some time to think about what you've read here or what we talked about on the phone. It can be helpful to take a few days to decide if this is a type of support you want to pursue.

Step 4- Book your first session. You can do this on-line at www.mountainairmassagevt.com/grief-massage. Find a good time, and send in an appointment request, if the time slot is available, I'll respond with an approval within 24 hours. You are also welcome to call to set up a time at 802-999-3345. Please note that Saturday's are the quietest days in my building and thus might be the most peaceful.

Step 5- Fill out the intake paperwork. You can either do this through the on-line form I send you with the appointment approval, or you can print out the document and bring it to your first session. Please do NOT email the paperwork back to me, as email is not a secure form of communication. It may seem extensive, but all the questions help me prepare and provide the best experience I can.

Step 6- Set a reminder for your session. Forgetfulness and difficulty organizing are perfectly normal during grief, so it can be especially hard to remember appointments. Setting as many reminders as you need can be helpful.

Step 7- Arrive for your appointment! I will send you detailed instructions on where to find my studio and will greet you at the door when you arrive. Please be aware of my cancellation, no-show, and late-show policy.

Step 8- Grief Massage Session.

Intake: Your first session will start with a thorough intake where we talk about your health history, what you are looking to get out of the session, any special requests you have, and my scope-of practice and approach. I set aside 20 minutes for intake and 10 minutes to debrief afterwards, so this will be added on to your chosen hands-on massage length.

Massage: Grief massage is focused on relaxation above all. If you have specific problem areas in your body, we can include 20 minutes of therapeutic massage, where I work on especially tight areas, and then dedicate the rest of the time to relaxation and soothing your muscles.

Step 9- Follow-up. I will check in with you a few days after your session via email to see how you are doing and how you felt after your massage. This is also a good time to schedule your next appointment if you would like to continue working together.

Step 10- Continue with regular sessions as long as you are benefitting from grief massage support. This can be weeks, months, even years, I am here for you as long as you need support through this journey that never really ends.

Why do I practice Grief Massage?

I am on my own grief journey. A journey that, despite current cultural expectations, never ends, but changes with time. There is no "getting over" an experience that shakes your world to its core, there is only learning how to move forward in your new world. My life-changing grief experience happened in 2019 when I lost the pregnancy of my twin girls, Lily and Daisy. Having changed my life planning for these two new members of my family, the loss of my daughters was absolutely devastating. At the time, I wasn't able to find much support to work through the grief, and didn't even know what would help. I saw a grief counselor for a few months to process the emotions, but after I tired of talking, I didn't know what came next. Now knowing about grief massage, I think it could have been a great help to me at the time. Not having to talk, fake a smile, or navigate the everyday tasks that once seemed so easy and were now so daunting could have been the answer. I am still working on the tension and stress my body is holding from my grief years later, and I wish I had addressed this earlier. I hope I can provide that for people as a complementary treatment to counseling or other support outside of bodywork.