



# THE gentle Touch

Lesley Salt and Sue Gassick of EMMETT Therapies discuss this gentle form of manipulation which can bring relief to humans and animals alike. Naomi Walker tried the training course for HTM...



**T**HE EMMETT Technique evolved from Ross Emmett's work with animals when he left school. As he watched the animals he was working with and caring for, he came to understand the changes in their movement and behaviour. The animals would show him what they needed or wanted - where they wanted a comforting hand or a scratch. When they had received enough, they would simply walk away. Ross discovered he could make a difference to an animal with a simple touch.

Ross's technique is a safe and simple muscle release therapy which addresses pain, discomfort and movement restriction issues. It involves light finger pressure at specific locations on the body to stimulate the gentle release of muscle tension. Ross started in clinical practice in 1981, treating over 100 clients a week. He now travels throughout the world lecturing and holding seminars on his unique insights into bodywork.

## HOW IT WORKS

Light pressure is applied with the finger / thumb pad or tip at specific locations on the body and then held until the body signals a change. These are called holding points. Other points, known as

switches, require a dynamic movement across them to activate a change. The EMMETT Technique is a unique therapy. It is extremely gentle, involving no high velocity thrusts or painful adjustments. It does not need any special equipment or environment and can be done anywhere, at any time. Outcomes are usually immediate so both clients and therapist can see the change during the treatment.

While the EMMETT Technique can ameliorate many conditions, it's particularly effective where a client has restrictions in their movement, muscle pains or aches. Typically, the client's pain is reduced or removed and movement restrictions improved after a session.

The EMMETT Technique is a useful addition to any bodyworker's skillset. Many different medical, therapy and exercise professionals use the EMMETT Technique to add to their skills, combining the techniques to enhance their results with their patients / clients. There are 420 EMMETT Technique Practitioners, with many of those trained to an advanced level.

## HOW TO TRAIN

EMM-Tech (also called Easy Muscle Management) is an introductory day course that was originally

designed for self-care and to help families and their friends. It is increasingly popular with other therapists, medical personnel and exercise professionals who want something different to add to their existing skills and to sample the technique before committing to the practitioner training.

EMMETT Practitioner training takes place over 11 days, taken in modular form. There are now five advanced levels of training available for qualified EMMETT practitioners, with a sixth course waiting to be delivered. Animal Practitioner training is also available for Equine Practitioners and Canine Practitioners. ■



Lesley Salt and Sue Gassick have been the Directors of EMMETT

Therapies UK & Ireland since 2011, and are the Senior Instructors of the EMMETT Technique Practitioner course. Both have been complementary therapists for many years and were trained in the UK by Ross Emmett himself. To find out more about the EMMETT Technique and training, go to [www.emmett-uk.com](http://www.emmett-uk.com).

# WHAT A DIFFERENCE A DAY MAKES



Naomi Walker discovers the EMMETT Technique on a day course...

ALTHOUGH I wasn't entirely sure what to expect on an EMM-Tech introductory course, I approached it with an open mind. By the end of the day, I was truly astonished by the powerful effects the EMMETT Technique can have on our bodies. Senior Instructor Lesley Salt, was a fantastically thorough, fun and knowledgeable teacher. She is so passionate about this therapy's effectiveness that she instils this wonder in her students and is approachable and easy-going.

The Easy Muscle Management Short Course can be studied regardless of prior knowledge of massage therapies or anatomy. It acts as a "first aid" course in order for you to practice on family, friends and even yourself. Although not a prerequisite for undertaking the Practitioner Programme, the one day Short Course is a good "taster" to see if you'd like to add this therapy to your repertoire.

As many therapists know, easing muscle tension and removing muscle memory is a long and sometimes arduous process - seeing this technique in action and integrating it into your business is an

effective way of helping clients. Its simplicity is perhaps the most interesting part of this treatment; as an example, firstly you would judge the range of motion in the client's ability to squat down to the ground and stand back up and their level of difficulty. Finding the muscle activation points on the thigh using only your middle fingers (The EMMETT Finger) a subtle pressure is applied then released, the timing based on how the muscle feels underneath your fingers and, of course, whether the client reacts strongly as a result of pain.

The other leg then receives the same treatment and the process repeated three times, the client then walks around in order to "lock in" the muscle memory and the squat is tested again. Major change is achieved over a longer period of time with repeated treatment, but one particular member of the group was particularly happy with her new found ability to squat immediately after receiving the treatment.

The day course featured a selection of presentations and detailed demonstrations by Lesley, who gave us plenty of time to practice each technique on a partner and thoroughly checked our understanding of the eleven EMMETT points we learnt during the day. Taking home a thorough manual and DVD was a big help in honing all the skills you

learn during the day to act as a guide or quick refresher after the course.

Having no contraindications, barring a few muscle activation points, it's great to use on anyone - I've already made a start practicing on my Dad, who hasn't been able to lift his arms above his head for twenty years, he can't believe how the tension has eased and how his range of mobility has increased.

I would thoroughly recommend giving this Technique a try; you have to witness for yourself how quickly this makes a difference, and maybe even find an exciting new therapy to add to your business.

Are you looking to expand your business and reignite your passion for the therapies you provide? Taking part in a new and different course can create a more exciting and thriving work environment, as well as boosting those CPD points! ■



Naomi Walker is a Reiki practitioner and tarot reader

with a practice in Cheam. She has a blog dedicated to living life the natural way and can be followed at Instagram @soul\_tranquility and Twitter: @Reiki\_ST. Email: [soultranquility.co.uk](mailto:soultranquility.co.uk)