

Testimonials

These testimonials are from Practitioners of the 'M' Technique® and are reproduced by courtesy of R J Buckle Associates LLC.

The 'M' is different from ordinary massage; the rhythmic stroking and distinctive pattern allow the whole person to become more deeply relaxed.

Sara Percival RN., St Helena's Hospice, Colchester



The 'M' Technique® enables me to be really present with my patients in a way that was not possible before.

Padma Kesav RN., Marie Curie Foundation

The 'M' Technique® allows nursing to become a two-way street where I can receive as much from patients as I give. The 'M' Technique has allowed me to accomplish a level of humanistic caring that is hard to put on paper and I am constantly amazed at how little time it takes to see such phenomenal results.

Mary Sudano, Practitioner, New Jersey



Thank You

Susanna Priest would like to thank R J Buckle Associates LLC for permission to include Testimonials and an extract from their web site.

<http://www.rjbuckle.com>



The 'M' Technique® was registered by the United States Patent and Trademark Office in 1998 and approved in 1999. It is also registered and protected in the UK.

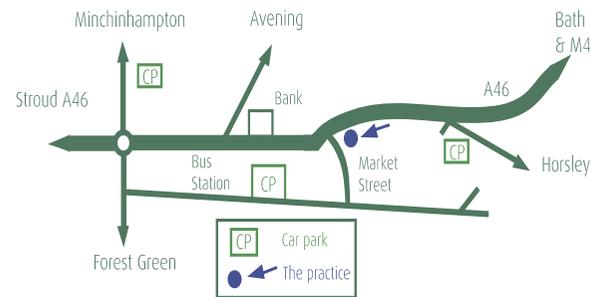


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The 'M' Technique Therapy



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Touch

Touch is one of the most basic forms of communication, yet many of us are afraid to touch those who need it most and who may be feeling 'skin hunger'. The 'M' Technique® is simple enough to teach a child, yet it evokes a rapid and profound relaxing effect.

What is the 'M' Technique®?

The 'M' Technique® is a registered method of touch suitable for the very fragile or when massage is inappropriate. It is a series of stroking movements performed in a set sequence at set pressure.

The 'M' technique® works on skin receptors that send signals to the brain. The technique has been described as physical hypnotherapy and a 'spiritual dance'.



Discovery

Dr Jane Buckle created the 'm' technique® as a communication tool for nurses. Her patients were critically ill: many had breathing tubes and were unable to talk. She wanted to find a way of communicating with her patients and felt that touch was the way.

Dr Buckle trained in massage, but found that much of what she learned was inappropriate in a critical care setting. So, she started experimenting with slow stroking movements. Gradually a pattern emerged and the 'M' Technique® was born!



The 'M' Technique®

The 'M' Technique® can have measurable therapeutic effect on:

- Fear
- Anxiety
- Grief
- Anger
- Chronic Pain
- Chronic Fatigue



- Depression
- Headaches
- Insomnia
- Migraines
- Sprains and strains
- Low immune Function
- Stress

Testimonials

Ms T

I was diagnosed with a very rare form of cancer some time ago. After unsuccessful surgery I'm in constant pain; having difficulty in sleeping and experience dreadful night sweats. I believe that different kinds of complementary therapies have helped to improve my 'quality of life'. Recently I heard about a new therapy called the 'M' Technique and was very keen to try it. I found the treatment very relaxing. It was a form of structured light stroking movements, carried out in a very holistic way.

Two days after my first treatment I was due to have an Endoscopy (where a camera is inserted into the throat) and I was feeling extremely anxious about it. However, I was very surprised that my blood pressure test taken just before the Endoscopy was perfectly normal, and wonder whether the 'M' Technique® treatment had helped to reduce my stress levels?

After the second treatment my sleep was slightly better.

Ms SE

Before the sessions - Overall stress, resulting in back/shoulder pain. A recent sprain was causing ankle pain.

After the sessions, I felt extremely relaxed. The tension had disappeared from my back, resulting in an overall feeling of well-being. My ankle felt considerably more mobile. It was very pleasant treatment and I will definitely want to have the 'M' Technique® again.

