Practice Massage with Family Member or Friend

**List Treatment plan:** Techniques, areas of body addressed, goals & intent:

Client Informed Consent:

The students need to practice the techniques as we have learned them in class. When possible, the student will spend extra time on those areas that you like – within the framework of the assignment and what they have learned in class thus far.

The students will need you to fill out a health history intake and will go over it with you verbally. They will be explaining all professional massage procedures with you.

Please give them honest feedback throughout the massage, and afterwards. It will help their learning tremendously while helping you get a massage that suits your needs. For example, the student will explain a 1-10 scale of pressure, with #7 being the amount of pressure you would enjoy. 8 or more is too much pressure. Less then 7 is too light. Please let the student know anytime at all, if you would like more or less pressure.

While this student may be your family member, friend or loved one, in order for them to get the most educational benefit from this practice massage, they will need to do the entire massage like a professional massage: such as getting your health history, explaining the procedures of the massage, gaining your informed consent, using proper draping, concentrating on the massage rather then chatting, and maintaining client confidentiality.

This student may work with you more then once during their massage school training. They will need you to fill out a client consent form for each massage. The student practitioner will explain before each session what they will be practicing. They will let you know if there are any cautions you need to be aware of with different techniques. Please let the student practitioner know if there are any techniques you do not like, or if they should modify what they are doing, or stop what they are doing.

By signing below you acknowledge that you have read and understand this practice massage format and that you would like to receive the techniques that the student needs to practice. Please ask them questions anytime before, during or after the massage.

Thank you for helping this student. Your candid feedback during and after the massage will help them continue to improve their skills.

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print client name client signature date

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student practitioner name student practitioner signature date