

How Can Touch Therapy Help PTSD?

01

Implement massage therapy sessions to reduce PTSD symptoms, particularly focusing on improving sleep quality. Schedule regular sessions with a trained massage therapist who specializes in trauma-informed care.

Integrate Havening techniques into daily self-care routines by gently stroking your arms, face, and palms for 5-10 minutes when feeling anxious or triggered. Practice this technique under the guidance of a trained professional initially.

02

03

Create a safe, calming environment for touch therapy sessions by using soft lighting, comfortable seating, and neutral colors. Ensure privacy and minimize distractions to maximize the therapeutic benefits of the session.

Touch Therapy

Janet A. Courtney, Robert D. Nolan



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