

THE 'M' TECHNIQUE®

A 2 DAYS HANDS-ON CERTIFICATION COURSE

What is the 'm' Technique?

The 'm' Technique is a registered method of touch suitable for the very fragile or those wanting a gentle healing treatment. It is a series of stroking movements performed in a set sequence at a set pressure.

The 'm' Technique can have a measurable therapeutic effect on:

- Fear
- Anxiety
- Grief
- Anger
- Acute & Chronic Pain
- Chronic Fatigue
- Depression
- Headaches
- Insomnia
- Migraines
- Sprains and strains
- Low immune function
- Stress
- High Blood Pressure



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

The 'm' Technique course runs over 2 days and students are required to complete two written case studies and submit them within 6 months of the course for certification. The 'm' Technique is registered in the USA and UK and certificates are issued from the UK. The course has been approved by the Allied Health Professions Council of SA. Participants will earn 16 Danish RAB points. Further information can be found at www.mtechnique.co.uk

Course details:

Instructor: Linda-Anne O'Flaherty, Red Cross Children Hospital, Cape Town.
Dates & Venue: **June 14 and 15th** - Den Danske Zoneterapeutiskole, Tornerosevej 72, 2730 **Herlev**
or **June the 16th and 17th** - ZCD, Zonecollege, Jernbaneplass 2, 4300 **Holbæk**
Time: 9 am – 5 pm
Cost: Danish KR: 3.400 including meals, refreshment & course material in Danish and English
Contact: **Leila Eriksen, DK.** E-mail: leilaeriksen@hotmail.com - Mobile Phone (+45) 26 18 95 90
Web: www.carecam.dk - Read the interesting article "Touch" by clicking the English flag



TV Clip from South Africa; https://www.youtube.com/watch?v=pF2lYuSgtLg&feature=youtube_gdata_player

The 'm' Technique was created by Dr Jane Buckle. Dr Buckle completed her doctorate in health management with a focus on integrative therapies. Her second text book, Clinical Aromatherapy: Essential Oils in Practice, was published in 2003.

Dr Buckle lives in London, UK. Linda-Anne O'Flaherty was instructed by Dr Buckle - www.mtechnique.co.uk