

Supervision for Massage Therapists and Practitioners- Really?

Yes, really. Nina McIntosh was one of the first practitioners of massage to suggest that individuals practicing in the massage profession could benefit from [supervision](#). She wrote extensively about the practice in the years of her life including in her book, [The Educated Heart](#).

McManaway and Associates not only supports the concept of supervision and consultation for massage and bodywork practitioners, but believes this is a best practice for the profession. Supervision allows regular conversations about massage and practice policies, clients, cases as well as ethical dilemmas that arise. Because massage is often a solo and solitary practice, having regular conversations about your work will keep you from burn out, isolation and the slippery slopes which lead to ineffective practice decisions.

As a supervisor and consultant for many practitioners, the kinds of issues I hear are:

My clients keep cancelling. What can I do?

Is this legal? My employer/client wants me to do_____.

Is this ethical? My client/employer wants me to do_____

I really enjoy this client and think we would make great friends.

How do I protect my boundaries with this client? This client continues to _____, even though I clearly state s/he cannot do that.

How do I renegotiate a contract with my sub-contractors?

How do I write a contract with my sub-contractors/lessors.

How do I set up peer supervision and protect the confidentiality of my clients?

How do I research this condition to be sure I can help my client?

Supervision can be helpful with a number of practice issues and help provide the support necessary to maintain a successful and ethical practice. Supervision in a group, individually or peer supervision are excellent investments in your career, your clients and you.

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