

FOR PARENTS

ARE THERE OPTIONS FOR WORKING WITH A QST THERAPIST?

Yes! Depending on the needs of the child and family, a number of options are available.

OPTION #1 – PARENT AND THERAPIST TREATMENT

The QST therapist teaches parents to give the daily Qigong massage to their child **and** the therapist treats the child with massage once or twice a week. This “dual” approach is the best choice for children who have more severe autism. In addition to the daily parent massage, the therapist also treats the child for five weeks. This first series of treatments is focused on clearing blocked energy channels and restoring circulation. Then the parent continues the daily massage without the therapist for a few weeks. Then the therapist returns for a second series of treatments once or twice a week for up to five additional weeks. This second series of treatments concentrates on building the child’s “stores” of energy, which their senses and systems draw on to meet the demands of daily living.

OPTION #2 – PARENT MASSAGE–THERAPIST COACHING

The QST therapist teaches parents to give the daily Qigong massage to their child and the therapist provides hands-on coaching for the parent. Coaching helps the parent understand their child’s responses and to adapt the massage as the child changes and improves. This “coaching” approach is a good choice for children who have milder symptoms on the autism spectrum, or who have diagnosed with Asperger’s Syndrome.

OPTION #3 – DISTANCE CONSULTATION WITH PAM

Pam can also provide “distance” consultation with parents using QST with their children with autism. This option provides less intensive support for parents who are **highly** motivated and committed to providing QST massage to their child. Parents videotape Qigong massage sessions with their child and review the videotapes with Pam over the phone. Parents continue to receive feedback and support from Pam via phone and email. This option is recommended for parents who do not have access to a QST therapist for hands-on coaching or treatment.

UNASSISTED QIGONG

*It is **NOT** recommended that parents simply learn QST from the Home Program book/DVD on their own without coaching or support from a trained QST therapist. Parents have questions and concerns as they progress with implementing the massage, and the support of a QST therapist is extremely important. Experience has taught us that parents are much more likely to do Qigong massage with their child at home, continue their commitment to it, and get results if they have access to support from a QST therapist. This vital support allows the QST therapist to encourage and affirm parents as they learn QST and begin using it with their child, to answer any questions they may have, to confirm early results, to promote fidelity, and to reinforce the value of the treatment.*