



Qigong Sensory Training Institute

Qigong Sensory Training: An Overview for Parents

What is Qigong Massage?

Qigong massage has been used for over 3000 years to treat medical conditions and improve health in children. Westerners are often surprised to learn that in China, a wide variety of children's illnesses can be treated with massage. Now research is showing that autism can be treated as well. The Qigong massage treatment for autism is a patting massage designed to improve circulation to the skin and rest of the body. The treatment is quite different from Western massage. All the movements are done away from the head, towards the hands or feet. The direction of massage is important, because it follows the direction of blood flow, and brings oxygenated blood to the skin and sensory nerves.

Why Use Qigong Massage for Children with Autism?

Eleven research studies on a Chinese massage treatment for autism show that after five months of massage treatment, children have substantial improvement of autistic behavior and of social and language skills. The researchers noticed that some areas of the children's bodies responded with painful reactions to gentle touch, and others seemed numb – the child didn't respond to touch at all. These areas connected to specific problems: for example, children who avoided touch on their ears didn't use their ears to listen, and had little or no language. Research showed that this abnormal sense of touch was reversible with the qigong massage. After going through the training program, parents and early intervention staff were able to successfully normalize the child's sense of touch, with the result that children were

more comfortable in their skin, calmer, more aware and more open socially. The fact that the treatment is safe, effective, and can be given at home makes it even more exciting.

Chinese Medicine and Autism

Children with autism suffer severe developmental delays, problem behaviors and often have sensory problems. In varying degrees they lack the ability to learn. Natural learning occurs, in part, as a result of children being aware of their surrounding and imitating behaviors.

Children with autism are often unaware of their environment and have difficulty learning. Chinese medicine believes that autism is caused by a blockage in the sensory channels so that the child is not able to properly take in information about the world around them.

Can Qigong Massage Help?

The goal of Qigong Sensory Training therapy is to clear the blocks to the senses so that children with autism become more aware and begin to learn. Preliminary studies have shown that qigong massage:

- Decreases sensory, sleep and digestive problems
- Increases living skills such as toilet training and teeth brushing
- Decreases autistic behaviors
- Increases social skills and language

For More Information

Visit Qigong Sensory Training Institute's website at www.qsti.org or send an e-mail to info@qsti.org.