Note: Feedback from profession stakeholders on the first draft of the Entry-Level Massage Education Blueprint indicated that this sub-topic was beyond entry-level or unnecessary for safe and competent practice. The original sub-topic is provided here as a resource for interested parties. Please note that this first-draft sub-topic has not been copyedited.

Sub-Topic: Massage for Depression, Anxiety, and Sleep Disorders

Level 1	Knowledge: Attain and Comprehend	Skills: Observe and Imitate
Receive Respond	**Conditions:** Having participated in an interactive lecture, or classroom activity, the learner will be able to: • Define these terms: *anxiety disorder, depression, phobia, sleep disorders.* • Match these types of depression to their written descriptions: major depressive disorder, dysthymia, bipolar disease, seasonal affective disorder, postpartum depression. • List three possible causes of depression (e.g., genetic predisposition, environmental triggers, personality traits, chronic illness, etc.). • List three signs and symptoms of depression (e.g., feelings of sadness, experiencing less enjoyment from usual activities, feelings of guilt or disappointment, decreased concentration, weight changes, loss of energy, physical pain, etc.). • List two ways massage benefits people living with depression (e.g., improved serotonin and cortisol levels, positive self-care activity, feelings of being nurtured, etc.). • List two session goals for a client with depression (e.g., reduce stress, reduce muscle tension, etc.). • List two massage methods or session adaptations that support session goals for depression (e.g., soothing strokes to reduce sympathetic firing, etc.). • Match these types of anxiety disorders to their written descriptions: general anxiety disorder, panic disorder, posttraumatic stress disorder, obsessive-compulsive disorder,	**Conditions:** Having learned hands-on techniques in other classes, and based on the instruction's decision that hands-on practice for this pathology is necessary, and having watched an instructor demonstration, the learner will be able to: • Imitate the instructor's methods for adapting a massage session to the needs of a client with depression. • Imitate the instructor's methods for adapting a massage session to the needs of a client with an anxiety disorder. • Imitate the instructor's methods for adapting a massage session to the needs of a client with a sleep disorder.

social phobia, specific phobia.

- List two general causes of anxiety disorders (e.g., genetic predisposition, life-changing events, neurotransmitter imbalances, etc.).

- List three general signs and symptoms of anxiety disorders (e.g., sympathetic reactions of the body, irrational fears, obsessive behaviors related to things like fear of germs, etc.).

- List two ways massage benefits people living with anxiety disorders (e.g., improved serotonin and cortisol levels, positive self-care activity, a way to experience safe touch, etc.).

- List two session goals for a client with anxiety disorders (e.g., reduce stress, reduce muscle tension, etc.).

- List two massage methods or session adaptations that support session goals for anxiety disorders (e.g., soothing strokes to reduce sympathetic firing, etc.).

- Match these types of sleep disorders to their written descriptions: insomnia, sleep apnea, restless leg syndrome, circadian rhythm disruption.

- List three possible causes of sleep disorders (e.g., habits like caffeine use, medications, chronic stress, medical or psychological problems like hyperthyroidism, fibromyalgia, etc.).

- List three signs and symptoms of sleep disorders (e.g., excessive daytime sleepiness, irritability, difficulty concentrating, mood changes, poor short-term memory, etc.).

- List two ways massage benefits people living with sleep disorders (e.g., time to relax and rest, increased time spent in Stage III or IV restorative sleep, etc.).

- List two session goals for a client with sleep disorders (e.g., reduce stress, reduce muscle tension, etc.).

- List two massage methods or session adaptations that support session goals for sleep disorders (e.g., soothing strokes to reduce sympathetic firing, etc.).

Level 2	Knowledge: Use and Connect	Skills: Practice and Refine
Apply	**Conditions:** Having participated in an interactive lecture, or classroom activity, the learner will be able to: • Discuss the types of depression, depression causes, and depression signs and symptoms. • Discuss the benefits and effects of massage for people living with depression. • Discuss massage cautions, session adaptations, or contraindications related to depression and drugs used in the treatment of depression (e.g., some medications reduce sensation and lighter work may be necessary, some cause dizziness, etc.). • Analyze one research article that concludes massage has positive effects for depression. • Discuss massage strokes, session enhancers, and session plans to benefit clients living with depression. • Discuss the types of anxiety disorders, causes, and anxiety disorder signs and symptoms. • Discuss the benefits and effects of massage for people living with anxiety disorders. • Discuss massage cautions, session adaptations, or contraindications related to anxiety disorders and drugs used in the treatment of anxiety disorders (e.g., some medications reduce sensation and lighter work may be necessary, some cause dizziness, sometimes client might suddenly perceive touch as threatening, etc.). • Analyze one research article that concludes massage has positive effects for anxiety disorders. • Discuss massage strokes, session enhancers, and session plans to benefit clients living with anxiety disorders. • Discuss the types of sleep disorders, their causes, and signs and symptoms. • Discuss the benefits and effects of massage for people living with sleep disorders. • Discuss massage cautions, session adaptations, or contraindications related to	**Conditions:** Having learned hands-on techniques in other classes, and based on the instruction's decision that hands-on practice for this pathology is necessary, and having watched an instructor demonstration, the learner will be able to: • Demonstrate massage methods appropriate for a client with depression. • Demonstrate massage methods appropriate for a client with an anxiety disorder. • Demonstrate massage methods appropriate for a client with a sleep disorder. • Modify massage methods based on feedback from the client. • Modify massage methods based on felt sensations during the application of strokes. • Demonstrate effective and appropriate communication with clients during practice sessions.

	sleep disorders and drugs used in the treatment of sleep disorders (e.g., some medications reduce sensation and lighter work may be necessary, some cause dizziness, etc.).	
	• Analyze one research article that concludes massage has positive effects for people with sleep disorders.	
	• Discuss massage strokes, session enhancers, and session plans to benefit clients living with sleep disorders.	
	• Discuss self-care recommendations to support clients living with depression, anxiety disorders, or sleep disorders.	
	• Analyze scenarios that depict clients with depression, anxiety, or sleep disorders.	
Level 3	**Knowledge: Choose and Plan**	**Skills: Naturalize and Adapt**
Problem Solve	**Conditions:** Having analyzed client scenarios during an interactive lecture or classroom activity, the learner will be able to: • Develop a written one-hour massage session plan for a client with depression, anxiety, or sleep disorders, demonstrating the ability to adapt sessions appropriately, choose effective application methods, and share the plan with peers. • Provide useful feedback to peers on their session plans.	**Conditions:** Having developed a one-hour massage plan for a client with depression, an anxiety disorder, or a sleep disorder, the learner will be able to: • Conduct a one-hour massage session for a client with depression, anxiety disorder, or a sleep disorder, as outlined in a written session plan if directed by the instructor.

Note: The defense of hours was written for this sub-topic before it was cut in the final draft of the Blueprint and is provided here as a resource for interested parties.

Interactive Lecture: Sessions for Clients with Depression, Anxiety, and Sleep Disorders
Class minutes: 90 minutes
Note: Please see the detailed learning objectives for this sub-topic in the ELAP Blueprint for examples of knowledge and skills related to items listed in this outline.
Key concepts:
- Depression: Present and discuss -
  - Defined
  - Types of depression (define each)
    - Major depressive disorder

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- - - Dysthymia
        - Bipolar disease
        - Seasonal affective disorder
        - Postpartum depression
    - Causes
    - Signs and symptoms
    - Cautions, contraindications, and session adaptations
    - Benefits or effects of massage for this condition
    - Session goals for this condition
    - Application methods to reach session goals
    - Self-care recommendations
- Anxiety: Present and discuss -
    - Defined
    - Types of anxiety disorders (define each)
        - General anxiety disorder
        - Panic disorder
        - Posttraumatic stress disorder
        - Obsessive-compulsive disorder
        - Social phobia
        - Specific phobias
    - Causes
    - Signs and symptoms
    - Cautions, contraindications, and session adaptations
    - Benefits or effects of massage for this condition
    - Session goals for this condition
    - Application methods to reach session goals
    - Self-care recommendations
- Sleep Disorders: Present and discuss -
    - Defined
    - Types of depression (define each)
        - Insomnia
        - Sleep apnea
        - Restless leg syndrome
        - Circadian rhythm disruption
    - Causes
    - Signs and symptoms
    - Cautions, contraindications, and session adaptations
    - Benefits or effects of massage for this condition
    - Session goals for this condition
    - Application methods to reach session goals
    - Self-care recommendations

Activity: Evidence-Informed Session Planning for Depression, Anxiety Disorders and Sleep Disorders
Class minutes: 60 minutes
Description: Peers break into pairs. Instructors pass out different research articles that conclude that massage has benefits for people living with depression, anxiety disorders, or sleep disorders. Learners analyze the research articles and determine the types of hands-on methods that were used in the studies. They develop 1-hour session plans based on information they learned from the research (30 minutes). They share their their findings with peers in the large group (30 minutes) and turn in their plans and feedback forms for a grade.

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