



# ONE DAY COURSE OUTLINE

with

LAURA MURRAY

## What is McLoughlin Scar Tissue Release® Technique (MSTR®)?

The treatment of scar tissue, up till now, has been the most neglected of all bodywork skills. McLoughlin Scar Tissue Release® Technique is a highly-advanced, innovative and successful method of scar tissue treatment. Clinical study finds untreated scar tissue can impede or prevent successful therapeutic intervention.

The effects of post-surgical scars on the human body cannot be underestimated.

The body forms scar tissue as a natural response to trauma when the skin is lacerated or punctured either by accident or purposefully ie. surgery. The thickened, fibrous mass of a scar can impede proper circulation of blood, congests lymph flow, and can even impact on Range of Motion.

## Why you should attend this vital one-day class?

Many bodyworkers have little or no knowledge of scar tissue, how it affects the body and more importantly what can be done to treat it and minimise its effect.

### **This one day workshop changes all that!**

Participants at the MSTR® workshop will be amazed how simple, yet highly effective, the MSTR® Technique is and how quickly they can implement it into their practice.

Laura's attention to detail will ensure you receive dedicated hands on practical experience along with informative theory.

## What's covered in your one day class?

The day is literally packed with information:

**Part 1:** Learn all about - scar tissue, contraindications, indications, application time-frames, working with non-organic implants.

**Part 2:** Function of the skin - wounds, formation of scar tissue, effects of scar tissue on the body.

**Part 3:** Psychological and emotional impacts - Scars hold emotional trauma. Types of emotions bound up in scars. Why it's the only procedure done on the day. Handling of client emotional release. Client outcomes post treatment.

**Part 4:** Client handling - making clients aware of the implications of scar work, all scars are traumas. Client intake form – questions to ask. How to approach the scar. Format of typical scar tissue session – timings, post Rx care (especially emotional release). Follow-up Rx.

**Part 5:** Features of work – pressure/tissue tolerance. Breakdown of how and why MSTR® is so effective (tissue specific/ multi-directional). Practical in-class demonstration.

**Part 6:** Practical in-class demonstration / Hands on practice time. Assistance to master the technique Discuss participants reactions.

### **Who uses MSTR®?**

- Acupuncturists
- Beauty Therapists
- Bowen Practitioners
- Chiropractors
- Midwives & Nurses
- Myotherapists
- Osteopaths
- Oncology & Remedial Massage Therapists
- Pilates Instructors
- Physiotherapists
- Sports Medicine Professionals/Coaches
- Yoga Teachers
- Rehabilitation Therapists
- And many more!

### **Your Presenter:**

**Laura Murray - Western Australia**

### **Where and when:**

To enrol on my workshop see the following website page for dates and venues of my upcoming classes:

[www.McLoughlin-Scar-Release.com/laura-murray](http://www.McLoughlin-Scar-Release.com/laura-murray)

These 1-day workshops run on a weekend from 9:00am to 5:00pm.

Cost for the day includes training manual and refreshments: AUD\$275.00

