

Some of the most effective cooperative marketing takes place when providers of different services and products focus on the same market. In this case, let your market determine who is best to join forces with the cooperative marketing i.e. health food stores, educational organizations, athletes, hypnotherapists, people active in personal growth, nutritionists, etc.

What Are Boundaries?

Boundaries separate humans from their environment and from other humans. They are elusive yet personally discernable lines that distinguish you from everything and everyone around you. They define your personal space – the area you occupy which you appropriately feel is under your control. Boundaries help you to sense how close or far away you want people—both physically and emotionally.

Types of Boundaries

The Physical Boundary
The Emotional Boundary
The Intellectual Boundary
The Sexual Boundary
The Energetic Boundary

The Three Stages of Recovery

Safety: physical and psychological safety

Remembrance and Mourning: This stage of recovery can be profoundly painful and prolonged as the person relives the pains and horror of the trauma and experiences the accompanying grief and loss. The telling of the trauma story plunges the survivor into profound grief. This stage of recovery has a timeless quality that is frightening.

Reconnection: This third stage of recovery the survivor begins to look to the future and imagine a whole, intact self. The survivor recognizes his/her trauma but is not possessed by it.

¹ Pages 123 through page 126 are taken from Cherie Sohnen-Moe's books, with Sohnen-Moe Associates, Inc. We thank Cherie for granting permission to use the information from her books "The Ethics of Touch" and "Business Mastery," www.sohnen-moe.com. We highly recommend these two books for preparing for any massage therapy certification exam.