60 Minute Myofascial Release for minors at TruConnection: About

Cost/Commitment Description

Tier Pricing--pick a tier that works for you, no questions asked, and don't tip:

Tier S: Support: $60

Tier B: Budget: $90

Tier A: Abundance: $120

You must make a deposit of $15 to Emilee in order for the appointment to be scheduled. This $15 will be deducted from the total service cost at the end of your session. You will make this deposit with a credit/debit card during this booking process if you proceed. Your remaining amount will be paid in-person, with any of the following methods only: venmo, paypal, zelle, cash, check

Time Commitment & Promise

The duration of this appointment will be booked as 120 minutes. 60 of those minutes are dedicated to the young person receiving myofascial release. They will also have 30 minutes before and 30 minutes after (if arrive on time). This extra buffer time can be used to their discretion- perhaps they find that they enjoy being able to talk or ask questions before and/or after their session. Or they may need that extra time for the bathroom and/or debriefing from the "outside world" and/or for reorienting their mind after a deep or intense session. Or maybe they would like to draw, color, journal, stretch, reflect, or whatever else is helpful for integration and transitioning back to the outside world. (And of course, they may not need this extra time and can just leave early if they desire. But this way, Emilee will 100% have it blocked off, so hopefully they will never feel rushed out or unable to communicate or reorient themself.)

We do not have a waiting room. If you arrive earlier than 5-10 minutes, you might have to wait in your car or outside our door.

Service Description

Includes: Myofascial Release session by an Indiana State Certified/Licensed and Insured Massage Therapist (since 2017) and John Barnes Myofascial Release (MFR) Certified (since 2021.), Pediatrics MFR certified 2023.

Extras that may be added, at no extra cost: Aromatherapy (off the skin), 15lb weighted blanket, live crystal bowl ambiance, live drumming ambiance, multiple types of music options and can even play their own or share their own playlist.

***If they are looking to be "fixed" or "healed" *by me* through this service, that is not what they will get. These myofascial release sessions will inherently ignite the energetic and biological *self*-healing mechanisms within their being, and this means that they must engage with their releasing, healing, and integration, even during the uncomfortable and unpleasant moments of the journey. Many people, adults and children, have experienced healing via MFR from injuries, surgeries, and diagnoses they thought couldn't be reversed, but this does not happen by depending on an outside force (ie. an MFR practitioner) to do "the work" for them. Often described as "talk therapy without the talking" by Emilee and some clients. They will notice that if they do not wish to confront the stuck/restricted/ignored/unpleasant energy in their tissues, nervous system, and fascial system, then they may not get much benefit from this type of treatment. It never hurts to at least try it out and see if this type of treatment resonates with their needs, capability, and willingness.

A little about fascia and Myofascial Release/MFR (The JFB method):

"Trauma, inflammatory responses, and/or surgical procedures create Myofascial restrictions that can produce tensile pressures of approximately 2,000 pounds per square inch on pain sensitive structures that do not show up in many of the standard tests (x-rays, myelograms, CAT scans, electromyography, etc.)

Myofascial Release is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion. This essential “time element” has to do with the viscous flow and the piezoelectric phenomenon: a low load (gentle pressure) applied slowly will allow a viscoelastic medium (fascia) to elongate.

The use of Myofascial Release allows us to look at each patient as a unique individual. Our one-on-one therapy sessions are hands-on treatments during which the therapist uses a multitude of Myofascial Release techniques and movement therapy. We promote independence through education in proper body mechanics and movement, self treatment instruction, enhancement of strength, improved flexibility, and postural and movement awareness."
-myofascialrelease.com

Clothing: Please wear or bring something that covers at least the parts of your body that a swimsuit would cover, and that you would feel comfortable being exposed in and treated in (not covered by blankets/sheets), and that allows you to stretch and move easily.

Notes for parents/guardians

1) You or another legal parent/guardian are required to be present at the appointment with the young person you are scheduling for. This adult can either sit outside of the treatment room with

the door left open, or inside of the treatment room. This will be decided by the adult and young person together.

2) If your young person is old enough to give consent, please make sure that give consent for you to schedule this. Please also make sure that THEY want to receive this service, and that it is not something only you want for them. MFR and any other kind of bodywork should never be forced on anyone.

3) Some young people might naturally prefer to receive MFR for shorter than 60 minutes, or for 60 minutes but with some breaks for playing and/or bathroom. We can totally accommodate these needs and flow with what works best for everyone involved, especially the young person. I do have some stuffed animals and coloring supplies, though you are welcome to bring some of their favorites too.

4) Some young people, especially those who are neurodivergent and/or very young, may prefer to "play" to some degree while receiving MFR. I tend to allow this as it helps them settle down internally enough to receive the energy. Sometimes focusing on JUST the MFR can feel overwhelming to them, or feel like attention is hyper focused on them, which can take them out of that meditative headspace that can feel peaceful and more responsive to MFR.

5) Please do not schedule MFR for your young person if you are just trying to "cure" or "fix" a particular "issue" they are experiencing. MFR is simply here to encourage the most healthy and aligned energy flow and fascial tone throughout all physical, emotional, and energetic bodies, and to ignite and keep lit the innate self-healing mechanisms we all have. Sometimes this can heal in big ways, and sometimes in very subtle ways, so please arrive with no expectations of results.

6) MFR is non-injurious.