

# Complementary Therapy Service



**M-Technique – Information Leaflet**

# History of M-Technique

Dr. Jane Buckle trained as a nurse in the 1960s in London and went on to specialise in Intensive Care.

Her patients were critically ill: many had breathing tubes and were unable to talk. She wanted to find a way of communicating with her patients and felt touch was the way forward.

She trained in massage however she found that much of what she learned was inappropriate in a critical care setting.

She began experimenting with slow stroking movements.

Gradually a pattern emerged and the 'M' Technique® was born.

The 'M' Technique® was registered by the Patent and Trademark Office of the United States Department of Commerce in 1997 and approved in March 1998. The 'M' Technique® is protected in USA and UK - worldwide pending.

The first 'M' Technique® training course was held in the UK in 2004.



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# What is M-Technique

The 'M' Technique® is a method of structured touch.

Each movement and sequence is carried out a set number of times, in a set pattern, at a set pressure and set speed that never changes. This makes it extremely easy to learn. And, because the technique is completely choreographed it is completely reproducible and therefore useful in research.

The 'M' Technique® works on skin receptors which send signals to the brain. The technique has been described as physical hypnotherapy, 'a kind of meditation' and a 'spiritual dance'.

The 'M' technique® is suitable for the very fragile, critically ill, or actively dying patient.

It's also ideal for patients under extreme stress, or when the giver is not trained in massage. The 'M' Technique® is effective on skin or through thin clothing.

## During treatment:

During treatment the client remains fully clothed but may be asked to remove their shoes and socks if requesting M-Technique to the feet.

During treatment a client can remain seated or can lie on a couch.

## After treatment:

After treatment most people feel an improved sense of wellbeing, and relaxation. It is always good to drink plenty of water after a complementary therapy treatment.



## **Prospect Hospice**

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