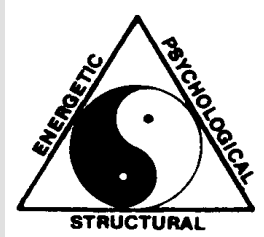


SET



Structural Energetic Therapy®

Relief for acute and chronic pain

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www.StructuralEnergeticTherapy.com

Structural Energetic Therapy® has been developing over 33 years by Don McCann and is constantly evolving. SET Therapists are trained in intensive 1-year training. Currently there are approximately 100 trained therapists across the US.

SET Rehabilitates long term pain and dysfunction without surgery!

Trained SET Therapists are able to routinely successfully treat multiple conditions and symptoms that are presented by their clients such as:

General conditions:

- *tendonitis*
- *surgical scars and adhesions*
- *nerve entrapments*
- *arthritis*
- *osteoporosis*
- *joint inflexibility*
- *strains and muscle pulls*
- *fibromyalgia*
- *lupus*
- *scoliosis*
- *hiatal hernias*
- *and more.*

Upper Body:

- *Carpal Tunnel*
- *Neck Pain*

- *Shoulder Pain*
- *Tennis Elbow*
- *Nerve Entrapments*
- *Frozen Shoulder*
- *Whiplash*
- *Headaches/ Migraines*
- *Trigger Finger*
- *TMJ*
- *Strains/sprains*
- *Herniated and Bulging Discs*

Lower body:

- *back pain*
- *sciatic pain*
- *hip pain*
- *knee pain*
- *foot pain*
- *plantar fasciitis*
- *heel spurs*
- *strains /sprains*

- *herniated and bulging discs*
- *nerve entrapments*

What is SET?

Structural Energetic Therapy® (SET) is a body restructuring therapy that incorporates medical massage techniques, and is based on the individual needs of the client. The SET therapist works with the client's problem areas to release the specific areas of pain. Often, a structural imbalance is responsible for the soft tissue problems that cause the discomfort. The SET therapist restructures the body by releasing: the toxins and fluids in the muscles; inflammation; myofascial holding patterns; adhesions and scar tissue. Once the pain (usually the initial complaint) is reduced, the therapist works to release the other structural limitations that were responsible for allowing the body to maintain the structural imbalances that produced the pain. For example, in a whiplash injury the neck muscles are treated and brought back into a more balanced position resulting in reduced pain. To maintain this balance and achieve the maximum reduction in pain, the structural limitations and imbalances of the pelvis and thoracic need to be addressed. This will result in a total structural balance that supports the neck enabling the neck to maintain its new pain-free structure.

SET has developed over 25 years and is constantly in a state of evolution. SET integrates Cranial/Structural techniques, myofascial unwinding, neuromuscular applications, myofascial restructuring, emotional energy release, acupressure, kinesiology and muscle testing, passive and active resistance, postural analysis, scar tissue and adhesion release, deep tissue therapy and rehabilitative massage.

A SET session begins with an evaluation that includes a written client intake form, a consultation to further assess the client's condition, and postural analysis. Treatments usually begin with Cranial/Structural therapy to initiate a release of the body's holding patterns, and thereby begin the rebalancing. At this point, the client's body begins to unwind. This often releases enough tension to noticeably reduce spasms and pain symptoms preparing the soft tissue for more extensive work.

Following the cranial releases the SET therapist can work from the superficial myofascial layers to the deeper layers in the first session. The therapist uses a combination of myofascial unwinding techniques, myofascial restructuring, deep tissue therapy, scar tissue and adhesion specific fiber techniques, active and passive resistance, rehabilitative massage, and allows for emotional energy releases. As the client's body unwinds and releases, the tight muscle fibers that are resisting the unwinding process are specifically addressed. Since the SET therapist can work from the superficial to deep layers in one session, the result is increased balance and pain relief beginning with the first session.

Each additional session starts with an evaluation of the client's progress, both subjectively and objectively. This is followed with a postural analysis to determine the limiting factor affecting recovery, and muscle testing to verify postural analysis observations. The treatment process is the same as in the first session, addressing the specific patterns and restrictions presented at the time.

Clients with **acute problems** usually have more toxins, swelling, and inflammation in their soft tissues. These are addressed more than the myofascial changes initially. As the toxins, swelling and inflammation are reduced, the emphasis shifts to the myofascial changes necessary to balance the overall structure.

Clients with **chronic problems** also need a similar sequence to those with acute problems. However, they usually do not notice a substantial reduction of pain until the structural changes are integrated. Their bodies have had more time to involve the entire structure in a distortion that supports the problem.

As the structure integrates into balance and support, clients will usually start to use their bodies more completely in their normal day-to-day activities. At this point, their bodies need to be strengthened to support their new structurally aligned posture. It is important for the clients to be aware that they may not be as strong as they feel, and to allow time to build strength before using their bodies in maximum effort (either in strength or endurance.) If they overdo, they usually collapse back to their old structure and end up in pain, or strain muscle fibers that are not conditioned for heavy work. Exercises to strengthen the intrinsic stabilizing muscles are more helpful than exercises that strengthen the extrinsic muscles, large muscle groups that move the body.

Sessions are scheduled based on client's need. In early stages of treatment, clients may need to see the therapist as often as twice a week to initiate the tissue and the structural changes. As the client's symptoms abate, and structure is balanced, the sessions are optimally scheduled once a week. As a client maintains the new structure pain free for a week, scheduling increases to ten days. When the client maintains the structure pain free for ten days, scheduling moves to every two weeks, and so on as needed.

Because SET incorporates an integration of many body therapies, each SET therapist goes through an extensive training. This consists of a several month program to become a licensed massage therapist, a 2-year graduate program of extensive hands on training and practicum, and a certifying process. Most SET practitioners have years of practice in the medical massage field.

SET compliments standard medical treatments, chiropractic, and counseling both as a primary therapy and an adjunct therapy.

CONDITIONS HELPED BY SET

Scoliosis

Carpal Tunnel

Neck, Back, Shoulder Pain

Whiplash

Headaches

Herniated / bulging discs

Tendonitis

Surgical Scars and Adhesions

Arthritis

Osteoporosis

Joint Flexibility

TMJ

Strains and Muscle Pulls

Trigger Finger

Fibromyalgia, Lupus, and much more!

SET Practitioner

Sylla Sheppard-Hanger has thirty-some years experience with health as a Natural Health Care Practitioner, licensed massage therapist, Aromatherapist, and licensed cosmetologist. She is the Founder and Director of the Atlantic Institute of Aromatherapy and author of *the Aromatic Spa Book* (2007), *The Aromatic Mind Book* (2008), *The Aromatherapy Practitioner Correspondence Course* (rev. 2000), and the *Aromatherapy Practitioner Reference Manual* (1995). Sylla completed the SET 2 year program in June 2009 and currently is taking a few new clients.

Visit the site: Atlantic Institute of Aromatherapy www.AtlanticInstitute.com. Sylla founded and still directs the volunteer team for the United Aromatherapy Effort, Inc, and www.UnitedAromatherapy.org a non-profit corporation that collects and disseminates aromatherapy with chair massage after disasters. Currently we are serving the Military in Afghanistan shipping aromatherapy and wellness to four Soldiers on the Ground.

Rates:

1 Session \$100.00

Series Package: (Recommended)

5 sessions \$450.00

For an index of publications on SET see

<http://www.structuralenergetictherapy.com/Publications/Publications.htm>