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Helping Hands Aid in the Relief of Nation's Trauma

New York, NY October 1, 2001 - Unfortunately, traumatic events such as fire, earthquake, bombing and hurricane occur daily somewhere in the world. Such devastating circumstances often cause a reaction of fear and terror for those individuals who experience them. Most recently, the citizens of the United States, emphasizing those living in New York City and Washington DC, have experienced horrific events with the disasters of the World Trade Center and the Pentagon. Whether individuals were actually at the sites of disaster or watching from afar, thousands of traumatized individuals are trying to come to grips with what has happened in their lives.

As people struggle to make sense of what has happened, some develop PTSD or Post-Traumatic Stress Disorder. In this case, individuals cannot safely assign to the past what has happened in their lives. The experience of trauma undermines one's expectations of safety and security in the world and causes a variety of symptoms including, anxiety, tension, depression, insomnia, and stress, as well as back pain, headache and muscle pain.

What Can You Do?

Curing the symptoms of PTSD is not an easy task. Talk therapy alone does not adequately address the fears and mistrust of individuals. Studies have shown that massage therapy can play an active role in helping to break down the physical and emotional barriers that inhibit individuals from healing. People who have been traumatized no longer feel safe in their own bodies. According to Bruce Schoenberg, owner and director of Oasis Day Spa in New York City, "The overall goal in massage therapy is to make the client feel better physically, as well as helping the client to become safely embodied within the self." Massage therapists do strive to care for the body's aches and pains, yet they also teach clients safe and effective ways of self-soothing and stress management.

Oasis Day Spa, one of NYC's premier day spas, offers several massage treatments by specially trained and certified therapists including deep tissue massage, craniosacral massage and Reiki to help in the healing process. In addition, Oasis has donated 30 of their massage therapists to relieve the strains and stresses that our heroic firefighters, policemen, rescue workers and EMT men and women are facing in this horrible tragedy. These therapists can be found at hospitals and triage sites around the city and are helping to keep the brave men and women of New York City feeling even the slightest bit better in their agonizing plight to free victims and clean up this national disaster.

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