

Dynamic Hapto-Relaxation: an affective-touched application as a tactile relaxation therapeutic method

Live Poster

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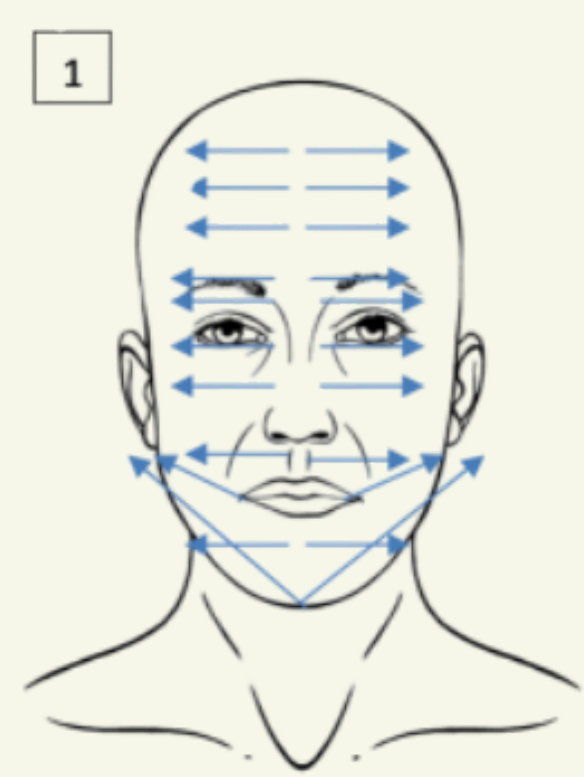
INTRODUCTION



Dynamic Hapto-Relaxation (DHR) is a standardized tactile relaxation method developed in Belgium (Messelis, 2021; Devreese, 2003). The technique involves a structured sequence of nine consecutive hand movements. These movements incorporate three distinct types of touch: affective-touch-based (ATB) strokes, intense friction (IF), and dynamic movements (DM). This tactile relaxation technique is used by many relaxation therapists during the treatment of patients with various psychosomatic care needs.

The nine steps of the Dynamic Hapto-Relaxation

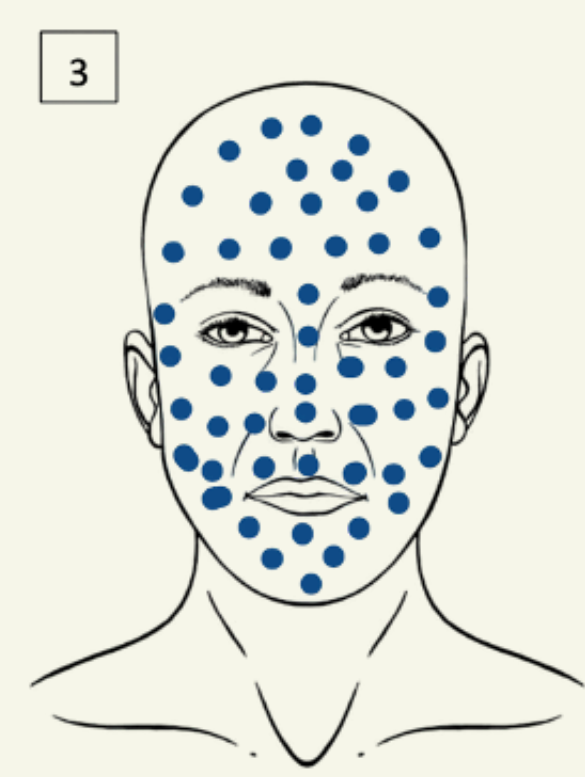
The protocol of the DHR employs a structured sequence of hand movements targeting the face, neck, and shoulders. The procedure consists of nine defined steps, each involving specific forms of touch aimed at promoting physiological and psychological relaxation. These include:



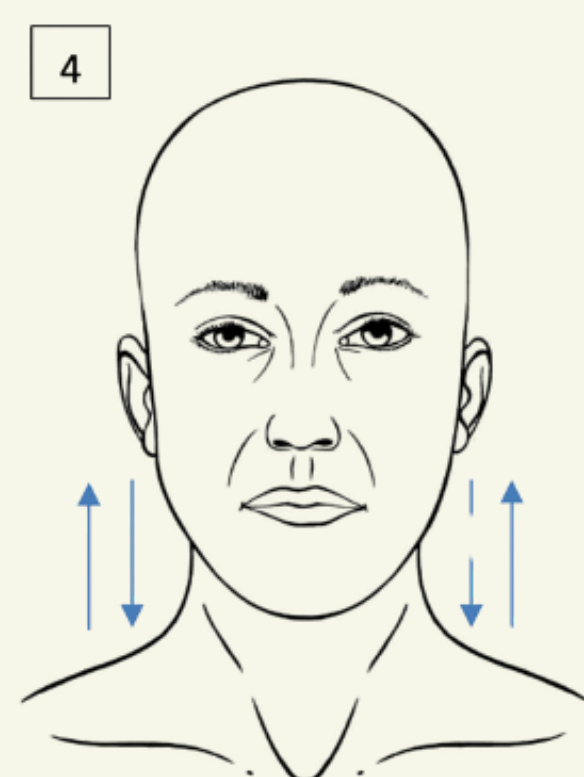
Gentle, affective touch-based effleurage applied in linear strokes over the facial area (ATB)



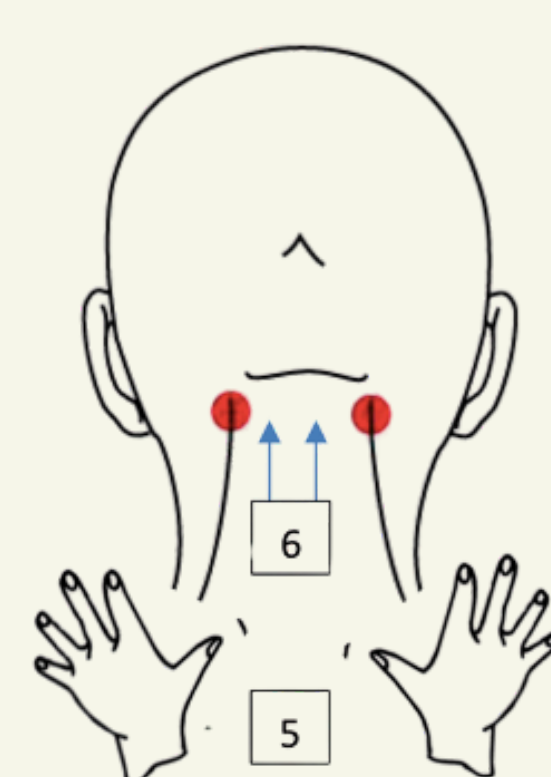
Passive rotational mobilisation of the head (DM)



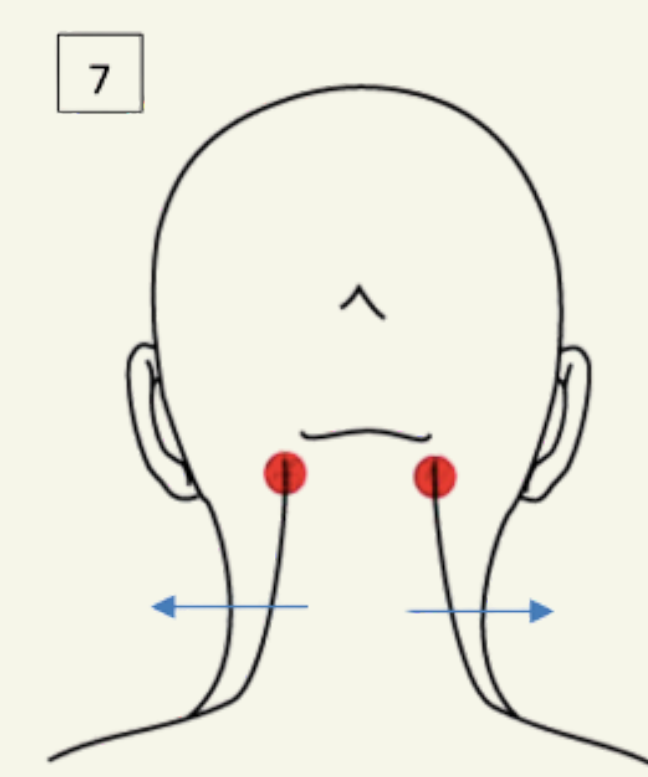
Light, rhythmic fingertip tapping on the face (ATB)



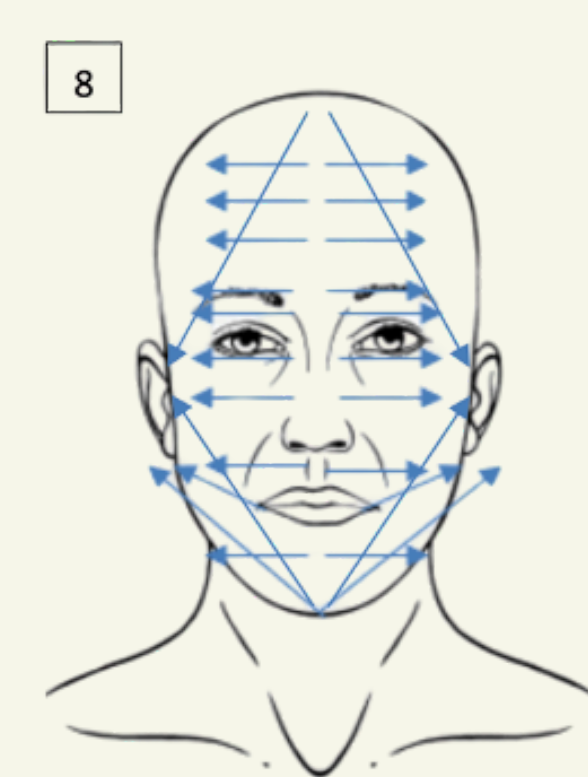
Gentle mobilisation of the shoulder joints (DM)



Deep friction techniques applied to the muscles of shoulder and neck (IF)



Additional passive rotation of the head (DM)



Gentle, affective touch-based effleurage with double-line strokes across the face, particularly the forehead (ATB)



Final passive rotation of the head (DM)

Procedure of the Dynamic Hapto-Relaxation

Before the DHR

You lie down on your back on the table. A pillow is placed under your knees to ensure a comfortable starting position. Your neck and throat are freed. Your hair is loosened. A blanket is placed over you up to the height of your clavicles.

DHR as tactile relaxation session

The therapist sits at the head of the table and asks for your permission to perform the DHR. The nine hand movements are performed carefully. The session lasts an average of 20 minutes.

During the session

During the session, you will experience three types of touch. A few atmospheric elements have been added to the environment to facilitate the relaxation response (Benson, 1978). The DHR is not accompanied by verbal guidance. It is recommended that you undergo the DHR with your eyes closed. You can stop the session at any time.

After the session

After clearly concluding the session, you will also be asked to complete a short survey. Thank you.



Het RaakSalon is an initiative of relaxation therapist Karl Devreese (Bruges, Belgium).

