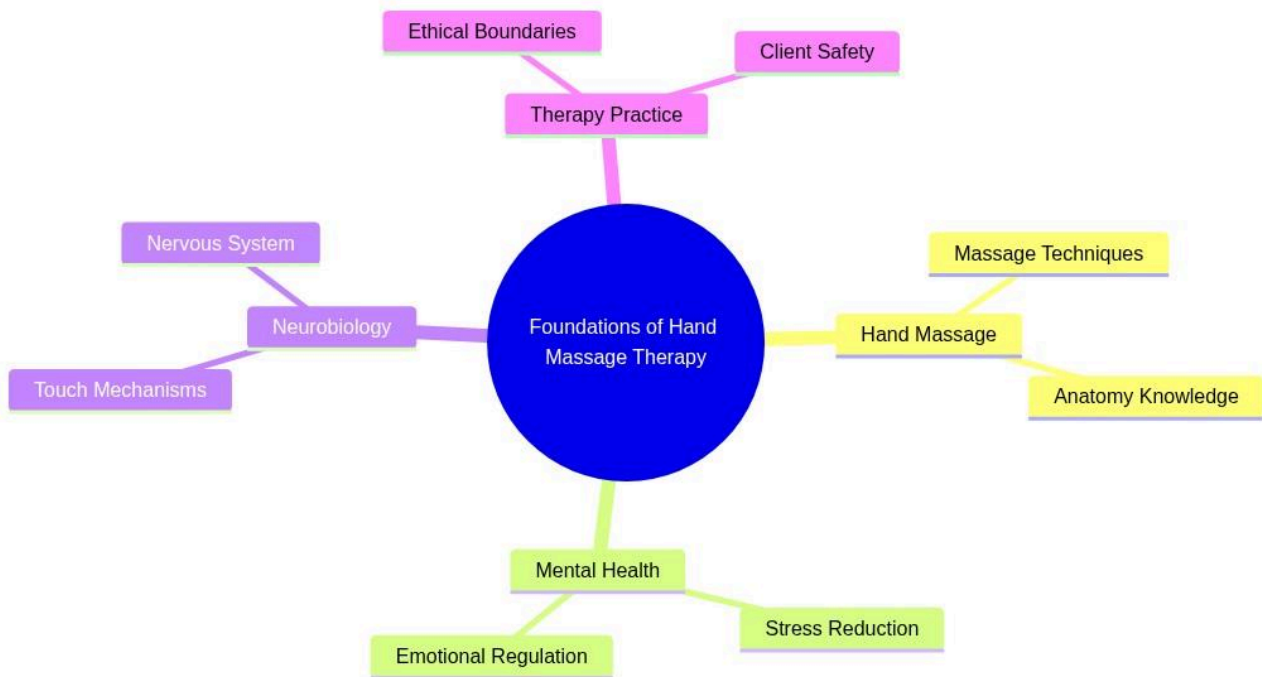


Certified Professional in Hand Massage for Mental Health

# Foundations of Hand Massage Therapy



mindmap

```
root((Foundations of Hand Massage Therapy))
  Hand Massage
    Massage Techniques
    Anatomy Knowledge
  Mental Health
    Stress Reduction
    Emotional Regulation
  Neurobiology
    Touch Mechanisms
    Nervous System
  Therapy Practice
    Ethical Boundaries
    Client Safety
```