

Additional Resources

This link will take you to a series of short (3-5 minute) videos that are clear and informative. While some of the information might seem irrelevant to us as Trager practitioners, I learned that there are some incidental things could be applicable. I'm curious to hear what you think. <https://www.sappi.com/video-1>

Deane Juhan has a chapter on skin in *Job's Body*.

A quick and general read on the power of touch
<https://www.newyorker.com/science/maria-konnikova/power-touch>

A general introduction to the benefits of touch
https://greatergood.berkeley.edu/article/item/hands_on_research

This is a detailed article, accessible through Elsevier/Science Direct.
The Cutaneous Sensory System; McGlone and Reilly; Neuroscience and Behavior Reviews, Vol 34, Issue 2, February 2010, Pages 148-159.

How to feel: the science and meaning of touch by Sushma Subramanian
Here is a review of her book: <https://cup.columbia.edu/book/how-to-feel/9780231199322>

Touch: the science of hand, heart, and mind by David J. Linden.
This is a quick book to read for the layperson, written by a neuroscientist in 2015. While the author doesn't study touch, he writes clearly and in an entertaining way. You could get bogged down in some of the more technical aspects (I skipped over some of this) though the overall read is straight forward, interesting, and a bit entertaining.

The Art of Receiving and Giving, by Betty Martin
This is a helpful resource if you are interested in learning more about who is doing the touching and who the touching is for. You can also find quite a few videos with Betty Martin if you search for Wheel of Consent.

There are many studies from the Touch Research Institute (founded by Tiffany Field) revealing the powerful responses to touch therapies.
Leonid Blyum on The Unreasonable Effectiveness of Light Touch. Leonid is brilliant, and is often above my understanding when he speaks. He has some excellent points about the state of bodywork in relation to science, and talks about the difficulty we have of trying to bring our experiential results into the

experimental model of science. I'd recommend starting about 28 minutes in to this nearly 2 hour video. <https://www.youtube.com/watch?v=VAVhFSIZ13I>