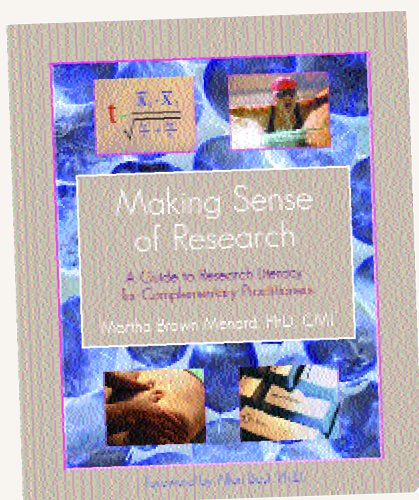


Informative, clear and easy to read

Making Sense of Research
A Guide to Research Literacy
By Martha Brown Menard, PhD, CMT



Massage therapists recognize that research is the new frontier, but most have no background in research literacy or research methods.

This is intimidating, and can keep us from moving down the path towards evidence-based practice.

Martha Brown Menard's book is written to meet the needs of massage therapists and other CAM practitioners,

and is intended for the absolute beginner.

It is informative, clear, and easy to read. There are many practical features, including instructions on how to use databases like PubMed, an extensive glossary of terms, and critiques of four actual journal articles.

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- Chapter 1: A Brief Overview of the Scientific Method
- Chapter 2: Locating Journal Articles
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- Chapter 7: How to Read a Qualitative Article

• If you are thinking about taking this next step in your professional education, Making Sense of Research is a good way to get started.

• Look for Making Sense of Research at <http://www.sutherland-chan.com/copi/research.htm>; order toll free from Curties-Overzet Publications by calling 1-888-649-5411.

Book captures essence of craniosacral therapy

Biodynamic Craniosacral Therapy: A Primer
By Michael J. Shea, Ph.D. • 421 pages

This new book by Michael J. Shea, Ph.D. captures the essence of craniosacral therapy and what it means to be a practitioner of this healing art. The book consists of four parts; Shea discusses the history of craniosacral therapy and brings it into the 21st Century. He does this with simplistic ease. The reader recognizes the unending current research, the invaluable insights and the magnitude of information.



The second part of the book, by far the most detailed, expounds the skills required to be a therapist. A wealth of instruction is conveyed in a clear, concise, easy-to-read format.

Shea teaches and brings his vision to the practice of craniosacral therapy. In brief; To bring meaning to individual existence.

The third part of the book discusses Paediatrics and its connection to craniosacral therapy.

Skills are outlined for the biodynamic craniosacral therapist working with infants and the infant in adults. Love and heartfelt presence is the essence of these chapters. The reader is also privy to a beautiful rendition of Shea's personal experience of his conception and birth.

Shea's love of poetry is found in the last section with a compilation of poems written by the author himself, along with submissions from students and other poets.

In summary, this book will captivate anyone interested in biodynamic craniosacral therapy.

• Books are available @ 561.863.3350

Reviewed by June Crinnion RCST, RPP