



Technique MEBP®

Massage for Children with Special Needs



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CORPORATE BROCHURE

Technique MEBP® differs from “traditional” massage as it is specifically adapted for children with special needs.

Technique MEBP® is supported by scientific research, all thanks to a study conducted by Dr. Nathalie Poirier, psychologist, neuropsychologist, tenured professor, and researcher at the Psychology Department at Université du Québec à Montréal.

About our founder

A pioneer in her field, Méli^sa Boulanger is the founder of Technique MEBP[®], Massage for Children with Special Needs.

She is the mother of two teenagers with autism spectrum disorder (ASD), attention deficit disorder (ADD), generalized anxiety disorder (GAD) and sensory processing disorder.

Herself being autistic with the same associated conditions as her children, she's fully aware of the realities of neuroatypical individuals.

As a certified Shiatsu and Swedish massage therapist and trained in SACCADE Conceptual Language[™], she's completing a certificate of intervention in intellectual deficiency and autism spectrum disorder at Université de Montréal.

Méli^sa is certify TQUK **Level 3 Award in Education and Training (RQF)** and an **Approved Training Provider** by IPHM International Practitioners of Holistic Medecine.

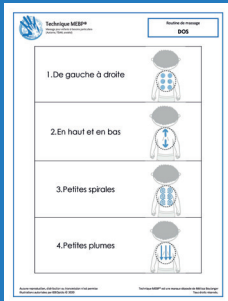


Technique MEBP[®] is recognized worldwide as an **efficient and recommended approach** for all autistic children with ADHD or any other related challenge.

Méli^sa and her team teach Technique MEBP[®] in Canada, Belgium, Estonia, France, Switzerland and soon in United Kingdom.

What is **Technique MEBP**®

Visual routines



The massage is supported by visual routines to **help the child anticipate the upcoming manipulations.**

On the ground and clothed



The massage is given on the ground, on a futon and over clothing to **maximize the child's comfort.**

Deep pressures

The massage mainly consists of deep pressures with an **impact on the proprioceptive system.**

This stimulation **facilitates transitions between the activities of the day** and contributes to the **overall calming of the nervous system.**



Respecting the sensory characteristics and the needs of each child

Our specialized method

Technique MEBP® is a trademark registered under the number TMA 970.97. Its use is governed by rigorous standards to ensure the protection of the public. The certified practitioners ensure the integrity of the procedure and uphold the values advocated by Technique MEBP®.

Sensory Profile

A tool to help anticipate the approach with the child and to offer a service adapted to his or her needs. It provides information regarding the child's tendencies to react to stimuli (from hyporeaction to hyperreaction) as well as the sensory systems likely to contribute to or constrain the flow of the massage.

Work Plan

The work plan is adapted according to the sensory profile, the health form, the PedsQL™ and the observations made during the first massage. This plan helps structure the sessions to best meet the needs of the child.

Health Form

The health form for a child with special needs is more detailed than the regular form.

PedsQL™ 4.0

The Pediatric Quality of Life Inventory Version 4.0 is an international recognized tool, used to measure the quality of life related to the health of the child.

The main Benefits

 <p>Improves constipation</p>	 <p>Helps manage anxiety</p>	 <p>Improves concentration and availability</p>	 <p>Increases the tolerance to touch</p>
 <p>Diminishes stress levels</p>	 <p>Improves quality of sleep</p>	 <p>Increases body awareness</p>	 <p>Helps diminish the frequency and intensity of tics</p>



"I knew this technic was incredible, but what I didn't know, is the extent of how it would affect me, transcending my practice and above all my daily life."

Isabelle Savard Zahno,
Villars-sur-Glâne, Switzerland



Our **rigorous training**

The Technique MEBP® training focuses on the **theoretical knowledge of certain neurodevelopmental disorders** and the **practice of specific manipulations** adapted to this clientele. With the Technique MEBP®, certified practitioners have the necessary skills and knowledge for all levels.

Thanks to a **range of tools specific to the Technique MEBP®**, such as observation charts and questionnaires completed by the parents of the child, certified practitioners can recognize the emotional, physical and sensorial needs of the child and **set the appropriate objectives in order to ensure a thorough and professional follow-up.**

70 hours of training in hybrid formula

30 hours of online theory in a **flipped classroom**. 40 hours of in-person practice.

Four specialized modules

Complete, detailed **course notebook** including theory and practice.

Theoretical and practical assessments

Theoretical exam.
Practical training.
Practical final exam on a child with special needs. Submission of massage clinical cases.

Sharing and support

Facebook group exclusive to the cohort to ensure a **constant support**. Private Facebook group for all certified practitioners.

Certified Technique MEBP® practitioners can be found in Canada, Belgium, Estonia, France, Luxembourg, Switzerland and soon in England.

Our recognitions

The Technique MEBP® practitioners are recognized as some of the specialists in the field of autism.

“Psychologist, psychoeducator, occupational therapist, remedial teacher, social worker, massage therapist, special-education teacher... these are just some of the specialists involved in the life of an autistic person, from early childhood to adulthood.”

“
[Technique MEBP®] is now part of the recommendation of many psychologists, neuropsychologists, child psychiatrists and other child development specialists.



Fédération Québécoise de l'Autisme (2020). L'INFO-MEMBRES, Volume 19, Numéro 4. https://www.autisme.qc.ca/assets/files/06-documentation/Info-Membres/2019-2020/INFORMEMBRES_10_2020_pages_doubles.pdf

Precious and invaluable testimonies from parents!

*“This evening, it’s incredible what we witnessed in [our child]; he is calm, available, and collaborating as we haven’t seen in a long time. It’s unreal and he is expressing himself and is asking for another appointment!
Thank you X 1000.”*
Stéphanie

“We started the massage sessions a little over a year ago and the children are impatient for their next massage. They truly enjoy this moment of relaxation and sharing.”
Mom of autistic twins

“Following the 5–6 sessions, Adrien was almost no longer hypersensitive which affected his concentration. It stopped the tantrums, the anxiety. He is calmer, able to concentrate, present, happy, smiling.”
Mom of Adrien, 8 years old, autistic and non-verbal

“I wasn’t able to touch my son before unless to console him, but not for long. Now, he asks for massages. Our appointments (9 months) have made a significant difference in our relationship. Thank you tremendously!”
Mom of Léon, 9 years old

“I am present at the sessions, and it is fascination; he trusted immediately, and he let himself go from the very first session. These sessions provide him with a moment of relaxation and help him manage his sensory troubles.”
Mrs. O.M., mom of Paul, 12 years old, autistic

“We observed a positive change with Keriane. Serene, calmer and more focussed. This progress was also observed in the classroom: better adjustment and concentration.”
Audrey, mom of Keriane, 4 years old, ADHD

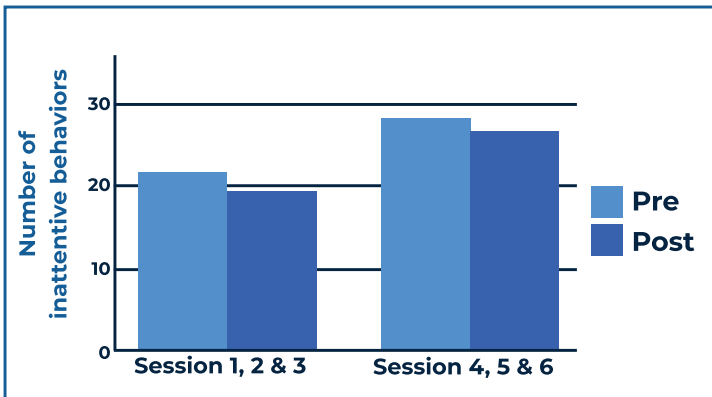
Our scientific validation

Exploratory study on the effects of Technique MEBP® in children with autism spectrum disorder (ASD)

By Noémie Lafond, B.Sc., Mélissa Boulanger and Nathalie Poirier, Ph.D.

“The benefits resulting from Technique MEBP® are mainly related to the long-term attention span.”

“In other words, when the children benefit from weekly massages for a period of six weeks, they will exhibit less inattentive behaviours when performing a task.”



LAFOND, N., BOULANGER, M. et POIRIER, N. (2020). Étude exploratoire sur les effets de la technique de massothérapie pour enfants à besoins particuliers (MEBP) chez les enfants ayant un trouble du spectre de l'autisme (TSA), L'EXPRESS, Volume 13, 51-53. https://www.autisme.qc.ca/assets/files/05-produits/express/LEXPRESS_13_web.pdf

Our plan for the future

Continue to work for the Technique MEBP® to be recognized as **an efficient and recommended intervention approach** for all children with autism, ADHD or any related disorder.

Several projects are in development, including a **study targeting anxiety reduction** in autistic children who have received weekly massages, a **campaign aimed at distributing corporate brochures** to health and education professionals working with children with special needs, as well as **additional trainings**.



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Technique MEBP® is recognized worldwide and accredited by many federations, associations and ministries.



Contact

info@techniquemebp.com 

www.techniquemebp.com 

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