

Course Title:

The ESD Method™ — Empathy Spectrum Disorder Treatment for Massage & Bodywork Practitioners (12 CE Hours)

Course Description:

This 12-hour continuing education course introduces massage and bodywork practitioners to the Empathy Spectrum Disorder (ESD) framework and the ESD Method™, a somatically grounded, trauma-informed model for understanding and regulating empathy in therapeutic practice. Students learn how empathy dysregulation develops, how it presents during client interactions, and how to apply scope-aligned treatment strategies that support emotional safety, nervous-system regulation, and ethical boundaries.

The training integrates polyvagal theory, trauma-sensitive communication, and massage-specific touch modulation techniques. Participants learn to identify the six ESD subtypes, recognize signs of hyperempathy and hypoempathy, adjust touch pacing to meet clients' regulatory needs, and apply the ESD Treatment Triad—Somatic Regulation, Empathic Containment, and Attuned Boundaries—to enhance session effectiveness. Through lecture, discussion, demonstration, guided exercises, and practical application, practitioners gain the tools needed to navigate complex emotional dynamics, maintain professionalism, and support client well-being within the scope of massage therapy.