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Massage Cancer and More (MC&M)...the first year as a core program at Quest for Life.

After four years of running MC&M in hotels venues around the eastern sea board of Australia, the Quest for Life Foundation invited me to 'bring it home'. MC&M is the first national, accredited program to train suitably qualified massage and Bowen therapist, naturopaths and body movement therapists, in the science and practical knowledge necessary to work with people experiencing cancer and other life threatening disease.

This program grew out of my work as a massage and Bowen therapist on cancer programs at Quest (QFL) and the strong demand for tactile therapy by the participants of our residential programs, many experiencing cancer.

Over the past 7 years there has been 'wonder-filled' changes in both attitude and research regarding health management using CAM – complementary and alternative medicine. As always Quest is in the forefront of this change process because we have, for many years, worked intimately with people faced with serious health challenges, listened closely to their wisdom and applied common sense.

In late March, mid July and early September 2006 therapist attended our four day residential program swelling our contact data base to over 80 therapists around the eastern states of Australia and in New Zealand.

The therapist completing MC&M are highly skilled professionals and the exam for the course demands a superior depth of knowledge and experience.

Therapist who successfully complete the four day residential training program, sub sequentially join the team at Quest as therapist on the five day residential programs gaining intensive experience offered nowhere else in Australia or overseas.

As MC&M settles into its new home at Quest there are many plans for a bright future. (Isn't that what we are about at Quest - hope for a better future?)

We plan to run three MC&M training programs each year.

I will continue to facilitate the science and practical aspects of the program with co facilitators that bring their expertise in lymphatic drainage as well as a wealth of experience. Quest will offer an e-mail contact with me for **any** therapist faced with challenges or concerns regarding working with folk with cancer. This service will benefit the wider therapeutic community as well as participants.



In 2007 QFL will offer a weekend residential program for naturopaths, GPs and allied natural therapists seeking to understand the Quest for Life teaching program and how to support patients on their return from a Quest for Life program.

The management team at Quest is continuing to work towards developing a 12 month training program designed to ready therapists for work in hospitals. Judy Rafferty has already actively working with government on a nurse's retention program and it is hoped that massage therapists and nurses will work together for the compassionate support of folk with cancer in hospitals.

If you have found a therapist that you are happy to work with and who would like to advice or support of any kind please contact me.

Heaps of hugs to you all - remember 'the four C's' and what fluffs you up!
Eleanor