
Parent-delivered massage protocol decreases severity of tactile abnormalities in autism and improves child-to-parent interactions. A study overview.

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Abstract

This abstract discusses Dr. Louisa Silva's research on parent delivered QST massage therapy for children with autism. (QST = Qigong Sensory Training) Dr. Silva sadly passed away in 2018.

Dr. Silva spent 17 years perfecting and studying the outcomes of her QST massage protocol, which is a cutting-edge, proven treatment for sensory impairment in autism that parents can do themselves.

The massage therapy is designed to address sensory difficulties and improve reactions to touch, based on a model that proposes that developmental abnormalities in autism are due in part to an impairment of the sense of touch. Two randomized controlled trials evaluating five months of daily treatment in preschool children with autism reported improvement in defensive behaviour, social/communication skills, and sensory symptoms. Five-month outcomes replicated earlier studies and showed significant normalisation of scores, including a decrease in autism severity, and improvement in tactile abnormalities, self-regulatory capacity, defensive behaviour, and receptive language. Parents also reported improved child-to-parent interactions and bonding, as well as a large decrease in parenting stress.

The QST massage protocol for autism is introduced as a viable early-intervention treatment that considers the needs of children with autism, the preferences of caregivers, and the realities on the ground. The research outcomes over 17 years are shared to provide insight into this remarkable therapy.

RESEARCH: <https://www.qsti.org/published-studies/>

Video: <https://www.youtube.com/watch?v=IXIBVBtWKIY>

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