HEALING OF MAGIC

Empowering Therapists with an Exciting New Tool to Help Their Clients Achieve Functional and Measurable Goals

The most important aspect of this therapy technique is the ability of the client to transfer the skills learned by performing magic tricks into activities of daily living.

By Kevin Spencer
Thank you for your interest in the HEALING OF MAGIC project. This information is designed to give you a brief overview of the benefits of integrating simple magic tricks in physical and psychosocial rehabilitation.

HEALING OF MAGIC empowers the therapist with a valuable new tool to motivate clients to become more involved in their treatment.

The applications of HEALING OF MAGIC address the entire spectrum to include developmental disabilities, mental health, physical disabilities, gerontology, and specific disease related deficits. For many years, magic therapy as successfully been used in acute care, rehab, outpatient hand therapy and pediatrics.

The movements required to learn simple magic tricks help clients regain lost physical skills while increasing motivational levels and self esteem. In this form of therapy, a magic trick can be what leads a patient back to a functional life.

Learning magic tricks can both engage and continually motivate the client with each new trick. And because all the tricks in the HEALING OF MAGIC program are designed to improve physical, psychological, perceptual, or social functions, the client’s rehabilitative progress is more quickly achieved than in some traditional methods. Each new trick builds on the skills of the last and, once mastered, clients can share this new-found ability with family and friends.

As a result, clients spend much more time voluntarily on acquiring complex and sequential series of motor skills that they might otherwise simply tolerate. They continue to practice the moves required to do the magic routines; and with each repetitive movement, the skill is mastered translating into better results more quickly.

If I can provide any further assistance, I look forward to hearing from you.

Best regards,

Kevin Spencer
Founder, Healing of Magic

P.O. Box 10396/Lynchburg, VA 24506/434.384.4740/www.MagicTherapy.com/info@MagicTherapy.com
HEALING OF MAGIC
THE USE OF MAGIC TRICKS IN THERAPEUTIC SETTINGS

THE MOST FUN YOU WILL EVER HAVE IN CONTINUING EDUCATION!
EMPOWER THERAPISTS WITH AN EXCITING NEW TOOL TO HELP THEIR CLIENTS

WHAT IS THIS ALL ABOUT?

HEALING OF MAGIC is a carefully designed, systematic approach to the therapeutic use of simple magic tricks in physical and psychosocial rehabilitation. There are numerous proven benefits for this form of therapy; however, the most important aspect is the ability of the client to transfer the skills learned by performing magic into activities of daily living - motivating their rehabilitation progress and developing/improving their self-concept.

Healing of Magic was developed in cooperation with speech, occupational, physical, and recreational therapists to bring clients the greatest impact for recovery.

KEVIN SPENCER is widely considered the leading authority on the therapeutic use of magic in rehab. He has collaborated on numerous published and award-winning research projects exploring the effectiveness of “magic therapy.” He speaks at healthcare-related conferences and conducts continuing education workshops at colleges, universities, hospitals and rehab centers throughout the U.S. and around the world.

WHO SHOULD ATTEND?

This workshop is designed for Occupational Therapists, Physical Therapists, Special Education Teachers, and Speech/Language Therapists.

CAN I GET CEU’s FOR THIS WORKSHOP?

Three (3) hours of professional continuing education credit are available for this workshop. Contact hours may also be available.

APPLICATION POSSIBILITIES

GROSS MOTOR SKILLS
Upper and lower extremities; trunk stabilization; strengthening; range of motion; gross motor control.

FINE MOTOR SKILLS
Object manipulation; dexterity; eye/motor coordination; pinch; flexion/extension; grasp/release; adduction/abduction.

COGNITION/PROBLEM SOLVING
Frustration tolerance; motor planning; organizing; sequencing; cause/effect, conceptualization; processing skills.

ATTENTION
Concentration; task follow-through; memory.

PERCEPTION
Proprioception; spatial relations; body scheme; visual scanning; visual/motor integration; visual/spatial awareness.

PSYCHOSOCIAL
Self-efficacy; improve self-concept; interpersonal communication; group interaction; gratification.

SPEECH
Language processing; basic concepts; fluency; articulation; listening comprehension; oral expression; pragmatic language; directionality; receptive/expressive language.

PHYSICAL THERAPY
Gross motor function; improved strength, balance, endurance, coordination, mobility; restore function; relieve pain; dexterity; hand movement.

“The underlined concepts in magic target areas of motor, psychosocial, cognitive, and sensory processing [skills] that lend themselves well to intervention.”

Carolyn Baum, Ph.D., OTR/L, FAOTA - ADVANCE for Occupational Therapy Practitioners (published July 23, 2007)

WWW.MAGICTHERAPY.COM - WWW.HOCUSFOCUSEDUCATION.COM
HEALING OF MAGIC
Course Objectives

1. Gain an understanding of the therapeutic use of magic tricks in therapy.

2. Examine how to apply magic tricks as a treatment modality to a variety of clinical settings and populations.

3. Gain an understanding of how to select appropriate clients for this type of treatment.

4. Discover how magic can be used to motivate clients to new skills levels, empower the provider as a new tool for treatment, and help restore function.

5. Access how to effectively document for insurance reimbursement.

6. Discover how to incorporate magic tricks into your therapeutic “tool box” to create individualized client centered treatment with little or no expense.
HEALING OF MAGIC
WORKSHOP SYNOPSIS

Revolutionary Concept – What is Healing of Magic?

HEALING OF MAGIC is a systematized approach to using simple magic tricks as a means of empowering therapists and patients/clients with exciting skills. It is appropriate for people of all ages with various physical, psychosocial and developmental disabilities. It demonstrates the effectiveness achieved by using simple magic tricks as a part of therapy.

By learning to perform these simple magic tricks, individuals achieve self-efficacy. The most important aspect of this therapy is the ability of the client to transfer the skills learned by performing magic into activities of daily living, motivating their rehabilitation progress and developing/improving their self-concept.

Application Possibilities

As demonstrated in the workshop, the learning of magic tricks provides the therapist with a valuable new tool to assist clients in achieving functional/measurable goals. The applications of HEALING OF MAGIC address the entire treatment spectrum to include physical disabilities, developmental disabilities, gerontology, mental health, and specific disease-related deficits. For many years, magic therapy has successfully been used in acute care, rehab, outpatient hand therapy, and pediatric settings.

Gross Motor Skills – upper and lower extremities, trunk

Fine Motor Skills – object manipulation and dexterity skills, eye-motor coordination

Problem Solving – frustration tolerance, planning, organizing, sequencing

Attention – concentration, task follow-through, memory

Perception – spatial relations, body scheme, color/form discrimination, tactile skills

High Cognitive Skills – mathematics, abstract concepts, educational activities, creativity

Psychosocial Abilities – interpersonal/communication, group interaction, self-image, self-esteem, presentation skills

Program Credibility

HEALING OF MAGIC was developed in cooperation with occupational, recreational, physical and speech therapists. The American Occupational Therapy Association has approved the concepts of the program. It is currently being used in hundreds of facilities in more than 30 countries around the world.
LINKING PAPER CLIPS

Primary Goals:
Fine motor skills.

Performing Requirements:
Moderate level of fine motor skills and visual perceptual skills.

Therapeutic Goals:
2. *Perceptual*: Improves visual skills, visual-spatial relations, and visual-motor integration along with tactile perception.

Adaptations:
One handed presentation is possible by using the mouth or requesting the aid of an assistant. By color coding the location for the paper clips, color discrimination can be improved. The use of larger or smaller paper clips can determine the level of fine motor control.
LINKING PAPER CLIPS

EFFECT: The magician displays a dollar bill and two paper clips. The paper clips are on the bill, and though they aren't touching, they link together in mid-air.

1. Fold one-third of the dollar bill toward you and place a paper clip just above the fold.

2. Fold the other third of the bill away from you and place a clip just above its fold. See the drawing and compare.

3. Pull the upper corners of the bill quickly. The clips will begin to move closer together and ...
4. They will jump off the bill linked together!
"Using magic as a therapeutic modality empowers therapists with an exciting new tool to help patients achieve functional / measurable goals."
Debbie M. Fisher MS OTR, CHT

“The use of magic fosters an individual’s ability to assume a role to entertain and to have self-efficacy. The underlined concepts in magic target areas of motor, psychosocial, cognitive and sensory processing that lend themselves well to intervention and make themselves occupationally based. It has meaning and gives pleasure by allowing the patient to entertain others.”
Former AOTA President
Dr. Carolyn Baum, Ph.D., OTR/L, FAOTA

“Magic therapy is motivating; goal oriented for the client and can be used immediately within the therapist’s practice. The HEALING OF MAGIC offers a variety of specific goals ranging from fine motor dexterity and cognition to perceptual skills that utilize magic tricks as an effective modality.”
Anne Kelly OTR/L, BCN
Duke University Hospital, NC

“Your enthusiasm and excitement was very contagious! All of the professional persons involved, i.e. occupational therapists and educators, were impressed with your knowledge of medical therapeutic and educational information. Since the workshop, several therapists have called and stated that they have utilized the information successfully with their clients – clear, concise, dynamic, and innovative.”
Martha C. Cuthbert, MS OTR

“I was impressed by Mr. Spencer’s dedication to impaired persons and to the goals of our profession to mobilize and empower these individuals toward meaningful activity. Through his experience with OT, Kevin has learned a lot about task analysis of magic from a motor, cognitive and social point of view – informative, dynamic, and delightful.”
Patricia J. Dasler, MA OTR/L

“As a therapist for over 20 years and an educator for most of those years, I am always excited to discover activities that can engage clients sufficiently and appropriately to allow them to achieve real successes. HEALING OF MAGIC is an organized, theoretically sound and inspiring program. The written materials are extensive, clear and therapeutically focused. What a gift to be able to combine that level of motivation and accomplishment with training of specific functional skills for our clients!”
Charity Johansson, Ph.D., PT, GCS
“Healing of Magic received very high ratings at our facility and was one of the most fun and educational programs I have attended in many years. The program was very challenging and rewarding to our staff, regardless of the tenure or experience.”

Paul Kapla, Dir. Of Rehab Services
Saint Joseph’s Hospital, WI

“Without a doubt, the therapeutic use of magic is an effective treatment for people with disabilities. The flexibility to adapt the level of treatment to fit various levels of ability is a strong benefit. Most importantly, the look on the clients’ faces when they mastered a ‘trick’ (in reality, a treatment goal) was phenomenal.”

Gina Groskopf, Director of Services
Opportunities, Inc., WI

“Kevin’s enthusiasm was contagious and this was definitely the most well-received program we’ve had in the 10 years I’ve been here. Your program offered the students a whole new venue for incorporating the OT vocabulary in a fun and challenging way! Thanks again for a very fun and educational evening.”

Sue Gallagher, OT Instructor
Quinnipiac University, CT

“Kevin Spencer presented a program for our Health, Humor, Heart, and Healing Conference on the Healing Power of Magic. The topic was insightful, entertaining, and thought-provoking as it related to way to motivate patients to rehab. The presentation was appropriate for therapists of all levels and, based on the evaluations, the topic was timely, valuable and effective.”

Ina J. Hodges, RN, MS, Educational Services Mgr
Saint Margaret Mercy, IN

“Kevin was masterful with our area special education teachers AND students. Through this educational outreach, teachers saw their students rise to the challenge of critical thinking and problem solving, maintain their focus to give attention to detail, and stay with a task long enough to see the solution. All teachers involved in this special workshop took valuable skills back to their classrooms.”

Charlotte Smelser, ArtSmart & Education Director
Texarkana Regional Arts and Humanities Council, TX
February 18, 2011

To Whom It May Concern:

Through the generosity of a local donor, Martin Memorial Hospital was able to bring Kevin Spencer and his company to do a Residency Program with our Rehabilitation Department and the Martin County school system (Martin County Education Foundation). This unique opportunity was a huge success on many levels.

Kevin Spencer ran two separate educational sessions and geared the coursework to their specific area of practice. One session consisted of pediatric rehabilitation therapists and school teachers/therapists. The skills that were taught were relevant to their patient’s age, skill level, and particular diagnosis and symptoms. The other session was geared for the general rehab adult aged patient. Occupational Therapists, Physical Therapists, and Licensed Massage Therapists were able to collect pre-approved continuing education credits for these courses. The coursework for these sessions were reviewed and approved by their professional associations in advance. We had approximately 40 associates and teachers take advantage of this wonderful educational opportunity and have received great feedback on the application of this knowledge.

After our staff had received training, we scheduled one on one sessions with the pediatric rehabilitation patients, their therapist, the patient’s parents, and the magician. This is where it all came together and the therapists with the guidance of Kevin Spencer could use their newly learned tools to enhance their therapeutic sessions. The parents were able to participate, observe, and learn these tricks as well and were encouraged to use them at home. These magical tools were used to elicit motivation, coordination, range of motion, prehension, and fine motor coordination, and perceptual training in their patients. The sessions were scheduled from 30 minutes to an hour depending on the child and their disability over a two day period.

Kevin also spent a day at the school system with some special needs students and their teachers and therapists. It was a huge success.

I highly recommend Kevin Spencer and his production company. He is passionate about his work and is an amazing educator and performer. He is organized in his work and communicates clearly. His specialized work in rehabilitation is very exciting and has given many of our traditionally trained therapists an opportunity to be more creative and think outside the box. My department has made a commitment to continue our relationship with Kevin Spencer and we plan on incorporating his magical, creative treatment options into our setting.

Please feel free to contact me if you have any further questions.

Thank you,

Rebecca Phillips, OTR, CHT, CLCP
Administrative Director of Rehabilitation
July 20, 2005

To Whom It May Concern

**Healing of Magic Workshop**

I have great pleasure to provide recommendation for Mr Kevin Spencer who provided training workshop on the therapeutic use of magic to our staff.

Our participants are professionals serving the elders and ex-mentally ill. Their feedback included: i) The content of the workshop was very comprehensive and practical. ii) Explanatory notes were well prepared and informative. iii) Techniques clearly demonstrated.

The workshop benefited our staff and the overall outcomes for our staff to use magic are satisfactory. Improvements of motor skills, cognitive functions, as well as confidence of our service users were also observed.

The workshop was inspiring to the participants in the design and implementation of new therapies to cater for the special needs of different client types. I have no hesitation in recommending the “Healing of Magic” workshop.

Yours Sincerely,

Dr Zarina C.L. Lam, PhD
Chief Executive Officer
Dear Colleagues:

I am pleased to be able to write in support of Kevin and Cindy Spencer and their work with the use of magic for therapeutic purposes. As a physical therapist for over 20 years and an educator for most of those years, I am always excited to discover activities that can engage patients sufficiently and appropriately to allow them to achieve real successes. “Healing magic” is made up of just such activities.

Recently I was able to bring Kevin Spencer to Elon University, where our doctoral physical therapy students joined area clinicians in the Spencers’ Healing of Magic workshop. During the entire workshop, everyone in attendance was completely attentive and actively participating. In itself quite a feat! Furthermore, whatever hesitations I may have had about the substance and therapeutic value of the program were quickly dispelled as Kevin instructed the group in “simple” magic tricks. While most of the students were focused on the task at hand, I was able to observe sound educational and motor learning principles at work and to see multiple patient application possibilities for each trick. It was also a wonderful opportunity for the students to experience firsthand what they had been learning in the classroom—the importance of motivation and engagement to therapeutic success.

The presentation was organized, theoretically sound, and inspiring, replete with patient examples. In addition, the Spencers provide written materials that are extensive, clear, and therapeutically focused. I strongly support the approval of the Spencers as providers of continuing education through the American Occupational Therapy Association.

It’s been weeks since Kevin was here, and the students are still practicing their tricks! They’ve been teaching them to faculty members and are planning to share them when they volunteer this summer at a camp session for burn survivors. What a gift to be able to combine that level of motivation and accomplishment with training of specific functional skills for our patients! If I can be of any further assistance, please don’t hesitate to call or send me an email.

Sincerely,

Charity Johansson, PT, PHD, GCS
Professor of Physical Therapy
**HEALING OF MAGIC**

**Presenter Biography**

Kevin Spencer is widely considered one of the leading authorities on the therapeutic use of magic in physical and psychosocial rehabilitation. He has conducted numerous workshops throughout the United States for colleges and universities, hospitals, rehabilitation centers, and health-related conferences.

He is committed to empowering therapists with exciting new tools to aid them in helping their clients achieve functional/measurable goals. He has been a featured speaker at the *Virginia Occupational Therapy Assn* convention, the *Great Southern Occupational Therapy Conference*, the *Health, Heart & Humor Conference* and many statewide Continuing Education programs.

He and his wife, Cindy, have authored *Healing of Magic*, the most comprehensive guide available to establishing and maintaining a “magic therapy” program. It is being used in the occupational and physiotherapy departments of leading universities around the world.

The Spencer’s work has been featured in the *Journal of the American Medical Association*, the *Australian Occupational Therapy Journal*, *HEALTH* magazine, the *Washington Post*, NPR’s *All Things Considered* and on dozens of television news programs including the *CBS Early Morning Show*, the Fox News Channel’s *FOX AND FRIENDS* and *Good Morning Singapore*.

Mr. Spencer has had the privilege of conducting workshops, seminars and in-service programs for doctors, occupational and physical therapists, special needs teachers and assistants, therapeutic recreational specialists, physiotherapists, college/university educators and dozens of other healthcare professionals. His presentations always receive the highest remarks from planners and participants for effectiveness in presentation, pertinence of information, and level of knowledge and expertise on the subject matter.

The concepts of the *Healing of Magic* program are currently being used in hundreds of rehabilitation facilities in more than 30 countries.

For more information; visit [www.MagicTherapy.com](http://www.MagicTherapy.com) or call 434-384-4740.
PROFESSIONAL SUMMARY

- Assistant Professor of Occupational Therapy, University of Alabama/Birmingham
- Recognized as the leading authority on the therapeutic use of magic in physical and psychosocial rehabilitation.
- Conducts numerous Continuing Education Seminars for therapists internationally
- Founded Healing of Magic (1985), rehabilitation project using magic tricks
- Founded Hocus Focus (2008), educational project using magic tricks
- Founded Spencer Productions (1983) as the primary booking organization for Spencers Theatre of Illusion (second largest touring illusion production in U.S.)

PROFESSIONAL PRESENTATIONS

Workshop Presentation/Speaker, International Association of Special Education: Educating Every Learner, Every Day: A Global Responsibility (Windhoek, Namibia, July 2011)

Workshop Presentation/Speaker, International Society for Teacher Education: Challenged Teacher Education - Facts, Feelings, Formation (Kristiansand, Norway, May 2011)

Healing of Magic Continuing Education Workshop Presentation/Speaker, International Scientific Conference on Rehabilitation (Minsk, Belarus, May 2011)

Healing of Magic Continuing Education Workshop for OTs (hosted by Joseph Brant Hospital – Burlington, Ontario, Canada, May 2011)

Healing of Magic Continuing Education Workshop (hosted by Fletcher Allen Hospital – Burlington, VT, May 2011)

Healing of Magic/Hocus Focus Continuing Education Workshop (hosted by Broken Arrow School District, Dept. of Special Education, Broken Arrow, OK, March 2011)

Healing of Magic Continuing Education Workshop (hosted by Martin Memorial Hospital, Stuart, FL, January 2011)

Workshop Presentation/Speaker, East Asian International Conference on Teacher Education Research: Teacher Education for the Future – International Perspectives (Hong Kong, December 2010)
Workshop Presentation/Speaker, RIGA 2010: *Embracing Inclusive Approaches for Children and Youth with Special Education Needs* (Riga, Latvia, July 2010)

Healing of Magic Continuing Education Workshop (hosted by John Heinz Rehabilitation Hospital, Wilkes-Barre, PA, March 2010)

Healing of Magic/Hocus Focus Continuing Education Workshop (hosted by Alden Road School for Exceptional Children, January 2010)

Healing of Magic Continuing Education Workshop for OTs (hosted by Dayton Children’s Hospital, Dayton, OH, December 2009)

Healing of Magic Continuing Education Workshop for OTs (hosted by Johnson County Community College, Overland Park, KS, October 2009)


Workshop Presentation/Speaker, *The Virginia Occupational Therapy Association Convention*, Waynesboro, VA, 1986

**PUBLISHED ARTICLES**

*Healing of Magic* – manual of selected tricks with their therapeutic goals developed specifically for Occupational Therapists (1987, revised 2011)


*Hocus Focus! ODYSSEY*, October 2010

*Putting the Magic into Therapy*, Journal of the American Medical Association, 1989

Articles about the success of magic therapy have appeared in USA TODAY, Washington Post, New York Times, LA Times, HEALTH magazine and numerous other publications.

Spencer has made appearances on international news programs including GOOD MORNING SINGAPORE, CBS EARLY SHOW, FOX & FRIENDS, and hundreds of regional news broadcasts.
SIGNIFICANT ACCOMPLISHMENTS

- Founded Healing of Magic – an educational 501(c)3 dedicated to empowering therapists with new tools for their practice
- Authored the HEALING OF MAGIC manual – carefully selected tricks designed to accomplish specific therapeutic goals.
- Founded Hocus Focus – an educational 501(c))3 dedicated to training educators and therapists who work with children with developmental disabilities
- Authored the HOCUS FOCUS curriculum – an 11-week magic trick-base curriculum that aligns with National and Common Core State Standards of Learning focusing on academic and functional objectives
- Research project on the therapeutic use of magic tricks in treating TBI clients – Toronto, Ontario, Canada
- Research project on the psychological effects of using magic tricks in treating mental illness, Hong Kong
- Operates the largest touring illusion production in the U.S.
- Performing Arts Entertainer of the Year for six consecutive years (National Association for Campus Activities)
- 2009 International Magician of the Year (International Magicians Society)
- Happy Chapin Award for Contributions to Humanity
- Featured Presenter at numerous national and international occupational and physical therapy conferences

PROFESSIONAL HISTORY

International Illusionists, 1983 to Present
Educator and Motivator, 1986 to Present
Served on Board of Directors, Academy of Music (Lynchburg, VA), 1996-1998
Served on Board of Directors, National Association for Campus Activities, 1995-1997

EDUCATION

Tennessee Temple University, Psychology/Communications, 1976-1979
B.A., Liberty University, Psychology/Communications, 1979-1981
“...the magic...the real magic...is in the healing”
Kevin Spencer demonstrates how the use of a rubber band can light up someone's face

By ASHLEY GOULD
Sentinel Staff Writer

Therapy can occur everywhere these days in a horse ring or a swimming pool. Kevin Spencer offers a new twist — magic. With the help of some basic magic tricks, Spencer has developed a type of occupational therapy that has proven effective.

“Put yourself in the patient’s point of view,” Spencer said. “They’ve already been through so much trauma and to be able to give them the ability to do something no one else can, is such a boost of self confidence for them.”

In a workshop held last night in the Owens Community College Audiovisual room, Spencer taught a group of students and practitioners how to apply magic to their work. Each attendant received a little “magic bag” full of props for performing tricks.

“The simple little movements of this little rubber band helped a stroke patient reach their goals in 6, 7, 8 weeks,” Spencer said of one of the items in the bag.

Normal occupational therapy uses a peg board to develop the same motor skills he teaches in his magic.

With magic tricks, they start with using a rubber band. The first trick he teaches every patient is how to make that rubber band “hop” from their index and middle finger to their ring finger and pinkie.

Normal occupational therapy uses a peg board to develop the same motor skills he teaches in his magic.

With magic tricks, they start with using a rubber band. The first trick he teaches every patient is how to make that rubber band “hop” from their index and middle finger to their ring finger and pinkie.

The list of how this magic really helps patients is endless. On the surface, it appears that it really only helps with motor skills, but Spencer proves it is so much more.

“This is really only limited by the therapist,” he said. “I’ve worked in psych wards to help them get their self esteem back. I’ve worked with the blind, those with mental retardation. It can help develop problem-solving skills, keep their attention, and give them social skills by using an assistant.”

When attendees learned that first basic tricked smiles stretched across their faces, Spencer has seen that same reaction in patients.

One attendee, Lynn Dennie of Allied Home Health, said her excitement and enthusiasm towards the tricks grew. “I work in the whole spectrum. From children to adults. This would be something out of the ordinary for them to do.”

A magician for 22 years, Spencer’s interest in using magic to help people heal developed soon after he started. Just four years later, the Magic of Healing was created. However, around 2000 is when his popularity began to grow.

(See MAGIC on 10)
Magician Kevin Spencer teaches Rob Heen a magic trick involving money and two paper clips Thursday. Spencer, who will perform a magic show with his wife tonight at the Monroe High School Performing Arts Center, has developed the Healing of Magic program that teaches physical and occupational therapists how to incorporate magic into exercises for patients. Heen is the rehabilitative services director for The Monroe Clinic.

Magic healing
Therapy uses art of illusion to help patients

By Judy Juenger
Times News Editor

MONROE — Kevin and Cindy Spencer put their hands into a hat and pulled out a therapy method that can help a lot of people.

The Spencers, who are magicians, became interested in a kind of therapy that utilizes magic tricks to help patients and people with disabilities. Kevin Spencer said the couple learned about the therapy from world-famous magician, David Copperfield.

They used to demonstrate the therapy during their off-season.

"Now it's really integrated itself into our tour schedule," Spencer said.

The Spencers will perform tonight at the Monroe High School Performing Arts Center as part of the Monroe Arts Center season. MAC sponsors helped fund a session Thursday of Healing of Magic for physical and occupational therapists through The Monroe Clinic.

"It was an added bonus for us," Lori Grinnell of the Monroe Arts Center said. She added the arts center saw it as a good way to partner with the Clinic.

The Spencers found that patients tend to tire quickly of traditional and repetitive therapies, but may work longer developing the same skills through magic. Rob Heen, director of rehabilitative services for The Monroe Clinic, agreed, saying it's hard to get people compliant with their therapy.

"It's a lot more fun," Spencer explained.

"It's basically a form of therapeutic exercise," Heen said.

Once a patient learns a trick, he or she shows it to friends and family, "not even thinking about they're doing their therapy," Spencer said.

As interest in the magic therapy began to grow, Spencer said therapists began dissecting the tricks to learn specific methods they could employ. He learned to speak in terms that therapists use, and that helped bridge the gap between the entertainer and the health care professional.

"I started to look at magic as a very different thing overall," he said.

The Spencers created a book of tricks for the therapists.

"We wanted them to be good magic tricks, not just good therapy," he said.

The program has been endorsed by the American Occupational Therapists Association and International Brotherhood of Magicians. It's been written about in the Journal of the American Medical Association, Spencer said. Information about the program is also available at www.magictherapy.com.

"Not in my wildest dreams" did Spencer think he would use magic for health care in

Please see HEALING, page 2
玩魔术除病痛 小小橡筋疗效大

郭丹・报道

魔术除了可以使人惊叹外，原来还可以治病。约20名物理治疗师、学员及病人前天在陈笃生医院康复中心向来自美国的专业魔术师凯文史贝斯（Kevin Spencer）学习魔术技巧。

魔术师轻而易举地使橡皮筋在手指间弹跳自如，不用撒手就在绳子上面打结，用纸币将别针穿在一起。而当学员们自己尝试并在义工的帮助下取得成功之后，都乐开怀。

凯文史贝斯指出，这些魔术技巧的好处是使患者对这些魔术技巧产生兴趣，从而不断地加以练习。一般上很少有患者会迫不及待地向物理治疗师学习下一项活动，因为这些活动常常没有趣味，又往往会带来一些不适。可是由于魔术的乐趣，现在他们很急切地想学习下一个技巧，这大大加快了治疗的进程。

锻炼手指

他前天在宏茂桥社区医院表演魔术技巧时说：“掌控橡皮筋的技巧重在培养手指屈张、动作精确与协调性，动作神经与感受神经。在惊叹橡皮筋的神奇跳跃中，患者不知不觉就已经锻炼了上百次手指。”

他还指出，当一名患者学会了之后，他会向周围的人表演，这让患者感到欣慰、喜悦和成就感，更促进了他们与周围人的交流能力。

触爱社会服务主席邝健雄本身就是一名专业魔术师，在新加坡室内体育馆演出魔术音乐剧《神奇的爱》，并在中国、马来西亚等地表演。他去年在美国遇到魔术师凯文史贝斯，于是便通过触爱社会服务资助他到新加坡的医院推广魔术物理治疗。在场的9名义工都是邝健雄主办的魔术学校的成员。

一名腿部受伤的患者王阿女（65岁）受访时说：“今天学的比平时做的物理治疗中学的要有趣得多，回去还会再做。”

在场学习的患者平日大多卧床休息，很少有交流的机会，但在学习时边学边笑，也排解了一些烦忧。

来访美国的专业魔术师凯文史贝斯首次来新加坡，前天到宏茂桥社区医院教导护理人员学习魔术技巧，把她们逗得乐不可支。

凯文史贝斯是首次到亚洲国家，他兴奋地表示，这一定不是最后一次来新，他将争取在今明两年来，并带来更多的魔术技巧给物理治疗师和病人。

史贝斯夫妇在美国有多年的魔术表演经验，魔术物理治疗的概念是他们在1983年首创，后来经过一些筹备工作，在1985年受到美国职疗医师协会及美国医疗协会（American Medical Association）的支持，在32个国家，2600家医院开展魔术物理治疗。

他们也曾在专业物理治疗师的帮助下去访一本书，详细介绍了65种不同的魔术技巧并明确指出每一种的功用。许多中风、脊椎疾病、慢性抑郁、头部创伤等患者都可以从中受益。

在1999年，他们获得国际魔术师兄弟会（International Brotherhood of Magicians）的支持，现在有大约2200到2300的专业魔术师在全球的医院中志愿推行魔术物理治疗。

这项活动是由触爱社会服务发起，也是“微笑行动之二”的序曲。在去年三月开展的“微笑行动之一”的活动中，具备专业魔术知识的义工到医院及安老院中去给患者及需要关爱的人带来欢笑。这次的活动是上次的延伸，不仅使患者在观看魔术时微笑，也在学习魔术的过程中治病，露出更为会心的微笑。