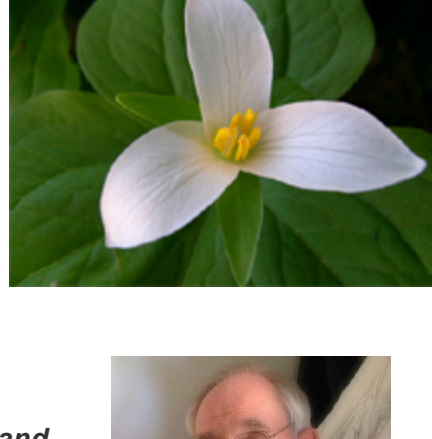




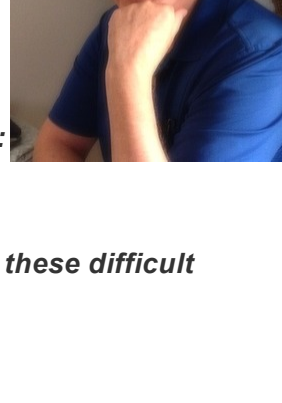
Presencing Issue 74 Special Issue New Beginnings IX Foot Decompression Somatics



****Reminder from Jack:**

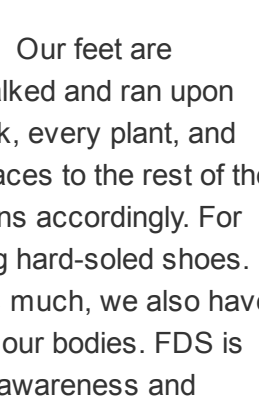
All webinar attendees receive a manual, a certificate, and video copies of the classes. I offer a range of classes which will enhance your practice as well help with your CE requirements. The next 2 issues of Presencing are Special because I want to draw your attention to two subjects that I think will significantly change your work and our profession: Foot Decompression Somatics FDS, and Ethical Dilemmas & Supervision

My Blessings go out to all touch practitioners everywhere in these difficult times!**



Trillium Institute Presents Webinars with Jack Blackburn

What is FDS? Foot Decompression Somatics is a body-centered therapy that works primarily with the feeling-responses of that client as we work on the feet. In FDS we take advantage of the fact that all of the structural components of the body are linked through fascia and other connective tissue to the feet. Because we spend so much time wearing shoes, and because much of our day is spent standing, sitting, walking or running, our feet bear the burden of the rest of our body. Our feet are the absorbing surface between the ground and the rest of our bodies. Our feet are tremendously sensitive and amazingly supple. Human beings walked and ran upon the surface of the Earth for over a million years, feeling every rock, every plant, and every other thing under their feet. Our feet transmitted these surfaces to the rest of the body-mind and we adjusted our stride, our balance, and our actions accordingly. For the past 500 years most humans have spent the daytime wearing hard-soled shoes. Shoes decrease foot sensitivity and adaptability. By not feeling as much, we also have lost much of the information flow between our feet and the rest of our bodies. FDS is designed to restore foot sensitivity, and help us increase our foot awareness and restore their sensitivity and ability to become as articulate as our hands!

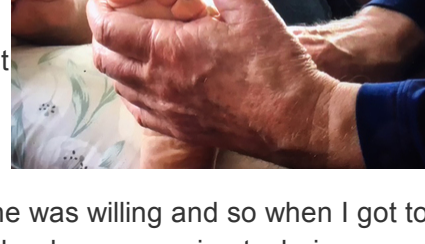


Discovering Foot Decompression Somatics

Client One - Somatic Awareness: In 2000 I was demonstrating some of my somatics techniques to some Trager® colleagues in Germany. I asked a colleague to walk for us in her bare feet on a wooden floor. She seemed to be leaning forward as she was walking. I

noticed that as she stepped forward, shifting her weight on her feet, she was not making full contact with the floor. I asked her if she was feeling discomfort in her feet. She affirmed that the ball of her left foot was quite painful and that she had been experiencing difficulty walking for some time. She lay down on the treatment table and I proceeded to palpate her left foot. I found a lot of hypertonicity between the metatarsals, and her transverse arch was reversed. I proceeded to tap on the tight tissue and asked her to direct her breath and feel right where I was tapping... and to notice where the tapping seemed to go – inside her foot. This she did and almost immediately the tissue tone started to soften and the arch started to change. She reported that she could feel a melting of her pain and growing warmth in her foot. As these changes were occurring I would periodically move the metatarsals back and forth and rotate, stretch, and compress all of the joints of her toes to find any areas of tightness – and then repeat the tapping and words to keep her focus in her foot. After about 15 minutes I asked her to get up and walk for us. When she put her weight on her left foot she felt no pain. "It's the first time in years my foot has felt so good." She started to walk and felt at first a little off-balance. She soon adjusted her walk to the new feeling in her foot and her body became balanced and upright. "I feel like my feet are sinking into the floor and my body feels very relaxed." My colleagues and I were very impressed with the results.

Client 2 - Adding Decompression: I was working with a female client that had joint problems in her knees, hips and low back. I was able to give her some relief but after a while I realized that she was showing up with the same complaints – session after session. I said: "I'd like to try something different, this time. I want to end the session by doing some new work on your feet. I have the sense that the reason your patterns of discomfort keep coming back is because we haven't fully released the patterns of tightness in your feet." She was willing and so when I got to her feet I combined the verbal somatic approach with the decompression technique. Because of so many joints and so many types of connective tissue in the foot, I had thought it was too complicated to use the decompression techniques. What I found in this experiment was that the combination of decompression and somatics was very pleasurable to the client. She herself became very involved in authoring the effects and could feel in great detail how her feet, knees, hips and low back were changing. She wanted to prolong the session so she could feel even more releases in her body. When she stood up and walked, her whole body had changed. She never had a reoccurrence of the joint pains. I realized that this new combined technique was a breakthrough and started using it and refining it in every session and teaching it in my classes. I have used it successfully with clients with multiple sclerosis, fibromyalgia, Parkinson's, and Zoom-guiding sessions for athletes with cerebral palsy.

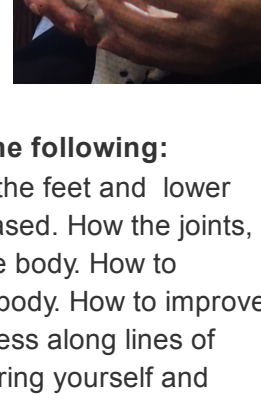


FOOT DECOMPRESSION SOMATICS

Three Two Hour Classes - 6CEs

April 11th, 12th, 13th Time 4PM PDT

NCBTMB Certified Cost \$90



Foot Decompressions Somatics: In this class you will learn the following:

How to release stiffness and pain in the body by working gently on the feet and lower legs. How to recognize the portions of the feet that need to be released. How the joints, muscles, tendons, ligaments, fascia of the feet connect to the whole body. How to change the arches of the feet that correct the posture in the whole body. How to improve blood circulation and good feeling in the whole body. How to compress along lines of balance in the feet that offer very pleasurable sensations. How to bring yourself and your client into a state of shared presence and teamwork.

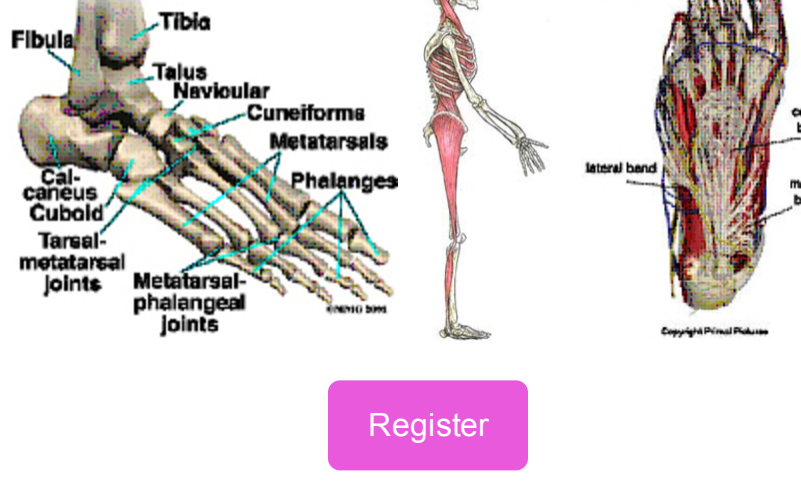
FDS affects many body systems: FDS affects all of the following body-mind systems **Physically** - direct connection through fascia, bones, muscles, joints, tendons, and ligaments. When one part of the body is displaced all parts of the body are affected because all parts are connected. Different parts of the foot and ankle are functionally linked e.g. when plantar fascia is lengthened the foot and ankle can dorsiflex more fully and there is a corresponding stretch response along the whole "superficial back line." Thanks to Tom Myers' *Anatomy Trains* for pointing this out. Thanks to Denise Deig in her book, *Positional Release Technique from a Dynamic Perspective* for showing how to use very little pressure to release any kind of connective tissue.

Neurologically - nerves that enervate the foot and ankle relay information along the whole nervous train that is involved in stimulating movement and convey sensory information in that part of the body and communicates the feeling of displacement, and sympathetic, and parasympathetic responses to the brain and the clients' conscious and unconscious mind.

Somatically - the body-mind of the client is receiving and adapting to new information and the client is growing in somatic awareness. Thanks to Thomas Hanna's Somatics for discovering the importance of the effects of client conscious feeling awareness in different body parts.

Other possible effects: Reflexology; because many of the reflexive points on the feet are being stimulated by FDS there are notable reflexology effects. Acupuncture; as with the hands, prominent acupuncture meridians end in the feet. So it is possible that FDS also positively affects conditions associated with those meridians.

Emotionally; because the parasympathetic responses induced with FDS seem to have a calming effect upon emotional upsets. These effects are even more powerful when the client is able to access her feet and ankles somatically.



Register



ETHICAL DILEMMAS

Three 2 hour classes = 6 CE

***Earn 2CEs extra credits for written case**

studies*

Postponed to April 26th, 27th, 28th Time:4 pm PDT

NCBTMB Certified Cost \$60

Ethical Dilemmas as a Mode of Understanding: Ethics can be most clearly understood in real life situations. We need to understand the differences between ethics, laws, professional standards, business agreements and cultural norms. It is very easy to conflate these different principles and wind up with a vague sense of our own ethical principles.

Laws vary from age to age and from population to population: The same is true of cultural norms and professional standards. And what is considered unethical behavior can vary from person to person. We need to go inside and feel how and where the ethical question is impacting us.

Being in supervision: There is a growing awareness in our profession, like other caregiving professions, that we need to have a peer supervision group where we can discuss the personal issues that arise in our practice. So many of us work by ourselves. Many of the issues that become ethical dilemmas start from lack of communication. We all need someone, preferably a fellow professional, to talk with about those issues.

Register

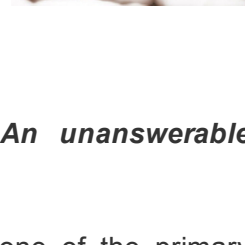
ORIGINAL FACE - CLEARING FACIAL STRAIN

Four Weekly Two Hour Classes - 8CEs

March 24th,31st, April 7th,14th Time 4 pm

PDT

NCBTMB Certified Cost \$120



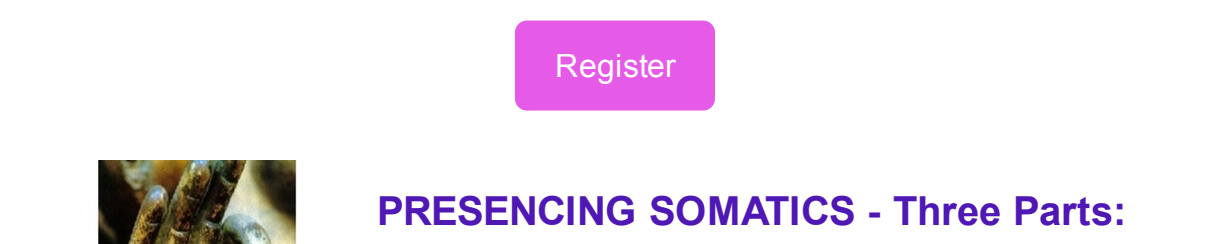
Zen Koan: What was your face before you were born? An unanswerable Question!

Human Faces are Mirrors: We cannot see our own faces. So one of the primary functions of our faces is to mirror the faces of others – even as they are mirroring us... What we feel inside governs how we mirror others. Loving-open faces create the effect of being truly met. "Truly met" means that someone is greeting us as a fellow soul-being... When we wear a "mask," what the Greeks called *persona*, it means that we are playing a part or role in relation to others. Handsomeness and beauty are *personas* or roles, not mirrors of empathy.

Original Face Work: In Original Face Work, we are learning the feeling the feeling of relaxed, refreshed, and fearless facial musculature. We are clearing our musculature from past memories and projections. True beauty and ugliness have nothing to do with age... they reflect our ability to mirror others and our willingness to be mirrored back.

Gateways to Personal and Interpersonal Expression: Our eyes are called mirrors of the soul and can look deeply from our soul to another soul. The expression "Look into the eyes that really see you," is a deeper form of mirroring we support with Original Face Work. We are relaxing eye muscles and inner tension inside and behind the eyes. Many persons are afraid to make eye contact... Why? Also many persons are afraid to keep their eyes closed when entering their inner being... Why? What are the stages of letting go of eye-centered fear?

****These before-after face-work photos below were taken 25 minutes apart****



Register



PRESENCING SOMATICS - Three Parts:

Trager® "Hookup" and Presencing

Personal Presencing for Practitioners

Sharing Presence with Our Clients

Three Two Hour Classes - 6CEs

March 28th, March 30th, April 4th. Time 4PM PDT

NCBTMB Certified Cost \$90

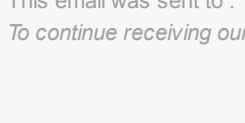
Register

Jack Blackburn, LMP, Master's in Theological Studies, Certified Spiritual Director, specializes in body centered spiritual growth and healing. He has been a Trager® practitioner since 1986. He has been a Trager tutor since 1993, has taught Trager electives classes since 1996, and teaches a variety of classes to care giving professionals. He is a NCBTMB Approved Continuing Education Provider and AMTA National Presenter. He is a Focusing Trainer and teaches Bodywork Focusing classes for professionals. Jack is also a Reiki Master and teaches levels I, II, III and Advanced Reiki for Bodyworkers.

***Note* Jack's email address is: jackpresence@gmail.com**

www.presencingsource.com

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