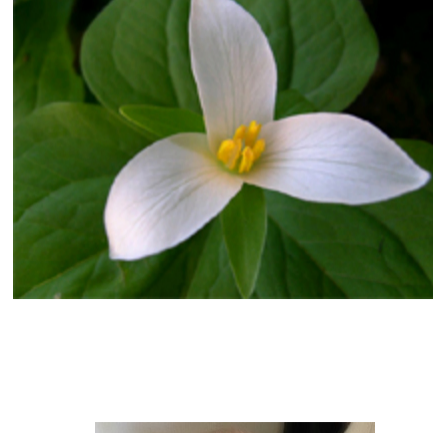
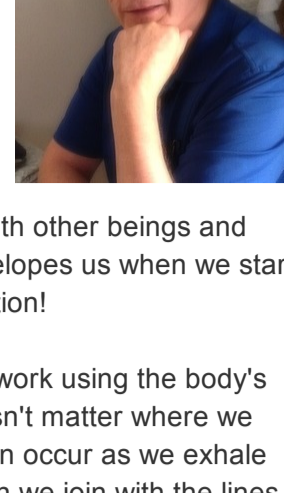




Presencing Issue 77 May Webinars New Beginnings XII Client Self-Healing Two Decompression Somatics Specials: 1. Foot to Pelvis 2. Hands to Neck Side Lying Somatics - Torso and Abdomen Table Talking Refinement - Reflective Listening



Dear Ones: In keeping with the theme of *presencing* in these newsletters, all of the tools we are using as touch practitioners can involve client participation and somatic awareness. I have argued that true healing is always a two-way shared experience. Healing is not about fixing something wrong, but in coming to a different sense of oneself and the experience of living this life in this body. The body itself is totally entrained to the present moment. When our minds become entrained to presence, we start to realise how incredible is this journey of life! How amazing it is to meet and reflect one another on this journey. We are beings sharing life with other beings and starting to come to our senses together. A cocoon of silence envelopes us when we start to awaken together. There is so much in life awaiting our recognition!



Healing literally means coming into wholeness. In our interactive work using the body's sensory tools, we are opening a two-way sharing process. It doesn't matter where we are at physically in our lives. In fact that process of *presencing* can occur as we exhale our departure breath. Decompression Somatics can happen when we join with the lines of gravity as they impact the client's body in a side lying position. It can also happen when we follow the lines of least resistance and assist connective tissue in doing what it is already doing. In both cases the client experiences a parasympathetic state. When we use two-way verbal interaction to join with clients, we *both* are guided by curiosity and presence. That is the only truth. Everything else is made up!

****Reminder from Jack:**
*All webinar attendees receive a manual, a certificate, and video copies of each class. I offer a range of classes which I hope will enhance your practice as well help with your CE requirements. In this issue I offer more aspects Healing which may change your work and our profession: more applications of Decompression Somatics, Side Lying Somatics, and Table Talking Refinements. My Blessings go out to all touch practitioners everywhere in these difficult times!**

Trillium Institute Presents Webinars with Jack Blackburn

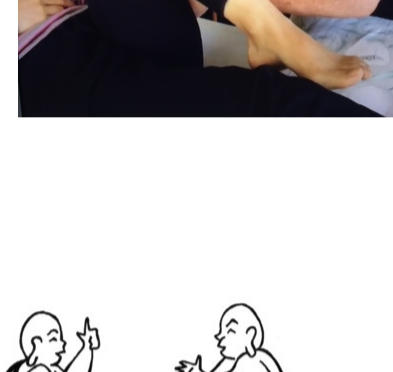
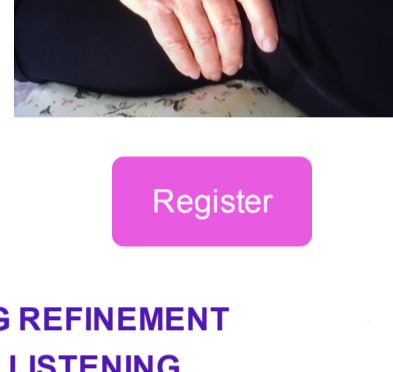


DECOMPRESSION SOMATICS FOOT TO PELVIS Three Two Hour Classes - 6CEs May 9th, 16th, 23rd Time 4PM PDT NCBTMB Certified Cost \$90

Feeling lines of balance: between these axes, I saw in my mind's eye, the stack of balancing rocks in my client's photo. All of a sudden I realized that I was balancing the shoulder just like finding the delicate lines of balance in the rocks. Because of his side-lying positioning, I felt subtle lines of gravity under my hands that seemed to go right into the middle of his upper chest. As I tried to follow these lines he started taking deeper and deeper breaths. His shoulder and arm started to make slight reflexive jerks. With each one he would sigh and breathe even deeper. I could feel deeply into his chest. It seemed as if I was balancing many rocks – some near the surface and some very deep inside. I could align the lines of balance as I felt one level after another. His shoulder girdle relaxed and collapsed in towards the ribcage. And the shoulder released its anterior rotation.

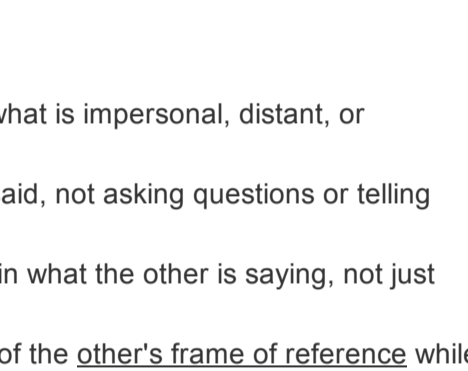
Periodically I would check the shoulder for movement using Trager and find that it moved more and more freely. Finally he took a deep sigh and many tears started to flow. His shoulder had completely let go for the first time in our sessions. After the session was over he reported that he could breathe freely for the first time since he was 12 years old. He had been shot with a small caliber rifle. The bullet went through his upper chest entering just above the left lung and exiting in the rhomboid area between his lung and his spine. The wound had healed many years ago but the scar tissue was tight and painful. With the decompressions the effects of the gunshot wound completely disappeared. He felt that the scar tissue had softened to normal.

Activating proprioceptive rather than neuromuscular responses: As with yoga we are teaching the client to interact with different body parts through proprioceptive and felt sense communication. Rather than asking clients to engage muscles we are encouraging them to join in with their proprioceptive awareness. 'So doing, we can mostly avoid triggering the neuromuscular system with its preset gamma sensory motor limits. This could be extremely beneficial for those persons whose neuromuscular systems have been partially compromised. It also sets up a parallel system for growth in somatic awareness. Perhaps the most surprising result of this kind of interaction is that clients can become involved in producing their own tissue responses. Clients can also feel their own reflexive releases and feeling linked-relationships (Anatomy Trains) to other parts of the body. This is effective and reinforcing because clients are learning to be their own healers.



Register

TABLE TALKING REFINEMENT REFLECTIVE LISTENING Three Two Hour Classes - 6CEs May 16th, 23rd, 30th Time 4PM PDT NCBTMB Certified Cost \$90



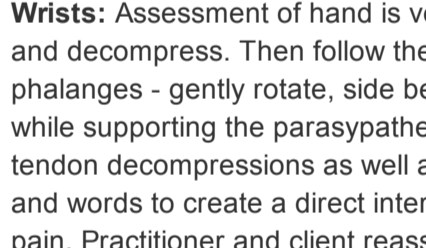
Reflective listening Principles: Dalmar Fisher, *Communication in Organizations*
****Derived from the work of Carl Rogers**

- More listening than talking
- Respond to what is personal rather than what is impersonal, distant, or abstract.
- Restating and clarifying what the other has said, not asking questions or telling what the listener feels, believes, or wants.
- Trying to understand the feelings contained in what the other is saying, not just the facts or ideas.
- Working to develop the best possible sense of the other's frame of reference while avoiding the temptation to respond from the listener's frame of reference.
- Responding with acceptance and empathy, not with indifference, cold objectivity, or fake concern.

Jack's Approach to Pain: Path-ology, Symptoms, Moving beyond Fixing - Most clients wish us to remove their pain. They see their pain as something that inhibits their expression and full involvement in life. When we verbally accompany a client who has acute or chronic pain, we can both follow the reversal of *dependent origination*. We help the client to focus into the pain by sharing words and touch. It is important that we do not use so much pressure that we override the pain signals. The client first contacts the pain from within, mapping and investigating the various qualities of the pain. The practitioner encourages the client to come in more fully, more objectively, translating the pain into a collection of basic sensations (e.g. burning, pulsing, sharp, dull, aching, stabbing, freezing, throbbing, expanding, and diffuse). While the client is describing his/her experience, the practitioner monitors the visceral responses with listening hands and words. She encourages the client to stay with the process as the sensations change and to report any other experiences like; visuals, sounds, felt-sense, felt-shifts, and reactions in other parts of the body. Pain then becomes the direct access internally and externally into a shift away from accreted patterns in the body. We are assisting the client to follow a *path of pain* like high mountain hiking trails, beyond the tree line, that are marked by cairns or stacks of stones. We must use such devices as trigger points, positional release, unwinding, or manual therapy *judiciously*, to avoid *leading* the client or erasing the trail markers.



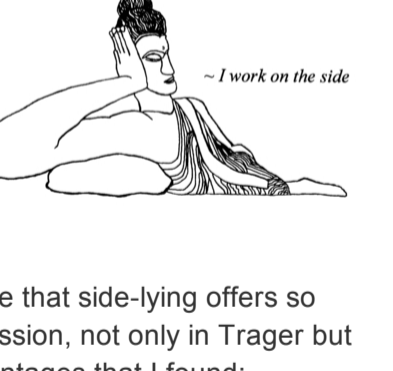
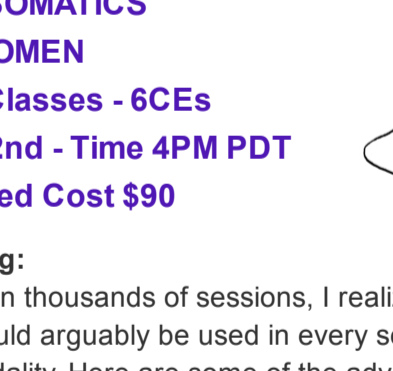
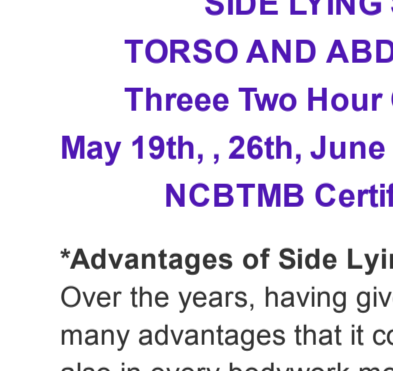
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DECOMPRESSION SOMATICS HAND TO NECK Three Two Hour Classes - 6CEs May 9th, 16th, 23rd - Time 4PM PDT NCBTMB Certified Cost \$90

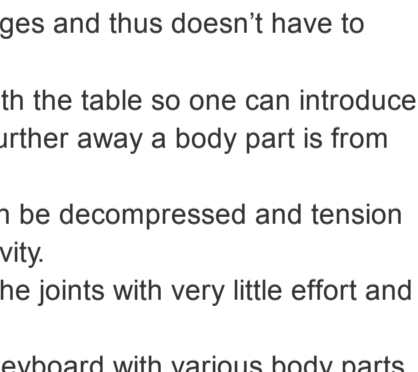
Manual Sample, Decompressing Hands and Wrists: Assessment of hand is very similar to the foot. First find areas of resistance and decompress. Then follow the movement in the direction of softening. Feel into the phalanges - gently rotate, side bend, extend, and flex, then hold the decompression while supporting the parasympathetic response of the client. Then follow with muscle and tendon decompressions as well as ulnar and radius joints. Use tapping, client's breath, and words to create a direct interaction of shared awareness. Nothing should cause pain. Practitioner and client reassess for ease of movement and comfort.

Decompression Somatics as a shared meeting place: Probably the most difficult concept in DS is the concept of *somatics*... a shared presence, we are trying to produce for the client and achieve for ourselves. While DS relies upon *presencing* at the core, it also relies upon the willing participation of both parties. DS is called DS because somatics is the heart of our work. We are using a slightly different approach to somatics than other forms of bodywork. We are reversing the emphasis from teaching the client somatic awareness to directly recruiting the client into the teamwork of releasing (ego based) holding patterns. Thus we become equal participants with the client and visa versa. It works both ways because we have created a *shared* meeting place. The first step starts with bringing the client into that part of the body. The second step involves using interactive *feeling* tools like client breath and touch. The third step, and perhaps the most powerful, is to support the client's words to come forth or emerge directly from his/her *felt* experience. This search for words that convey the felt-sense (process borrowed from Focusing) induces a state of exploration and curiosity in the client. This state becomes an open doorway to the direct inner perception of the body. The client searches for words. Correspondingly, as the search proceeds, the client's tissue changes. The search for an exact *verbal* description spurs curiosity, the opposite of control and faking it (ego devices). The words have to *fit* or the tissue will not respond... Process; find the *fit* in an ever-changing domain of somatesthesia (somatic awareness).



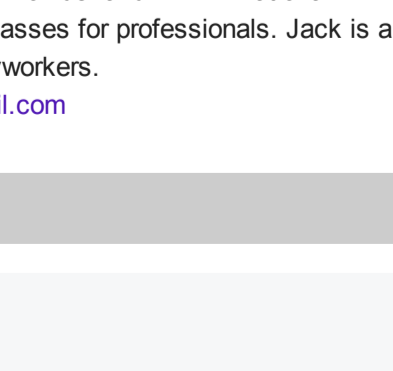
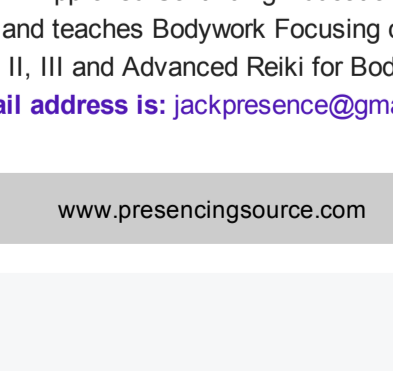
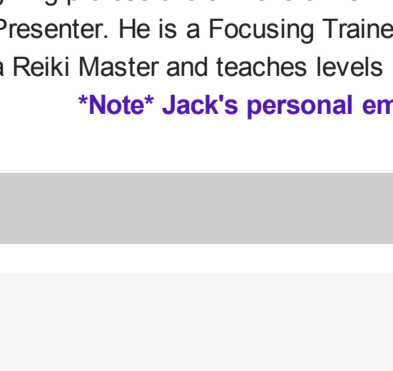
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SIDE LYING SOMATICS TORSO AND ABDOMEN Three Two Hour Classes - 6CEs May 19th, 26th, June 2nd - Time 4PM PDT NCBTMB Certified Cost \$90



***Advantages of Side Lying:**
Over the years, having given thousands of sessions, I realize that side-lying offers so many advantages that it could arguably be used in every session, not only in Trager but also in every bodywork modality. Here are some of the advantages that I found:
*Most clients, when properly bolstered, are more comfortable and less resistant when lying on their sides.
*Clients who have been abused usually feel much safer, less vulnerable in the semi-fetal position that side-lying offers.
*Gravity can be used to great advantage because of the way it loads the joints and muscle tissue, hips, shoulders, abdomen.
*The therapist benefits from all the positioning advantages and thus doesn't have to work so hard.
*There is comparatively little body surface in contact with the table so one can introduce movement with very little effort. Like a pendulum, the further away a body part is from the table the easier it is to keep in motion.
*The shoulder girdle and hip that is not on the table can be decompressed and tension in the joint released non-reflexively with the help of gravity.
*Small amounts of motion can be transmitted through the joints with very little effort and very pleasurable effect to the client.
*The body in a side-lying position is similar to a piano keyboard with various body parts readily accessible at the same time.
*The body in the sagittal plane is asymmetrical from back to front so you can take advantage of the different way the body moves. For instance, the pelvis and shoulder uppermost move independently of the torso. When any one is put into motion a gentle and freeing torque is created along the spine.

Why Somatics? When the conscious mind starts to pay attention to the full language of the body, things change. This is the basis of all somatic approaches. Until then the mind only pays attention to what it likes and tries to eliminate what it doesn't. Ordinarily we pay attention to the autonomic; sympathetic and parasympathetic impulses when they engage or soften. Part of the role of the somatics practitioner is to help the client pay a different kind of attention to the body than preferences, demands, and avoidances. As we attend to our clients in these ways, we also start to change. Our senses are heightened. We become aware of different kinds of information that guide us in our work and our lives. As we help our clients discover the connections between their conscious and unconscious minds through the simple tool of presence, we too become aware of those connections. By so doing, we and our clients, get to partake of the Mind of the Designer.



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 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.
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