

Presencing Issue 77 May Webinars New Beginnings XII Client Self-Healing Table Talking Refinement - Reflective Listening *Verbal Exchange Grows Somatic Awareness*



Dear Ones: This is a Special Mailing to those of you who have been taking these webinars AND to those in the Trager world who have been seeking a special way to enhance your work with clients by adding this two-way verbal exchange. This class was originally developed as a Trager Elective. Now it is for everyone!



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!

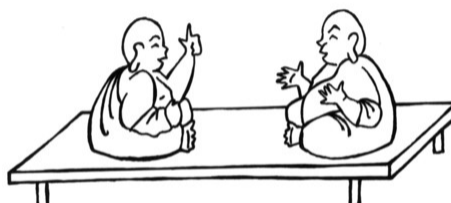
Healing literally means coming into wholeness. In our interactive work using the body's sensory tools, we are opening a two-way sharing process. It doesn't matter where we are at physically in our lives. In fact that process of *presencing* can occur as we exhale our departure breath. Decompressing Somatics 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

**TABLE TALKING REFINEMENT
REFLECTIVE LISTENING
Three Two Hour Classes - 6CEs
May 10th, 17th, 24th Time 4PM PDT
NCBTMB Certified Cost \$90**



Instructor's demonstration of "active/reflective listening"

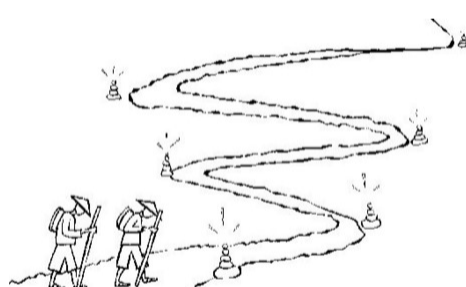
1. Practitioner uses "active/reflective listening" to mirror the client's experience
2. Practitioner starts the session with client intake, which will usually include stories related the physical problems she is experiencing in her body.
3. The practitioner then asks the client: **What are you feeling in your body right now?**
4. The client pauses since this question is not about story, which is the file(s) stored in her mind
5. Next the practitioner and client co-locate the body parts that become the places of interaction
6. Using Active and Reflective listening, as well as two-way interactive touch, breath, and felt words, client and practitioner enter a state of shared presence together
7. What takes place beyond this point is solely attributable to the effects of mutual Presencing
8. Remember that pain, touch, breath, felt-sense are all part of the sensory nervous system
9. We are entraining ourselves to this moment, letting the files and memories remain stories

Class discussion of this paradigm shift of Bodywork to a very unique caregiving profession:

The challenge is to develop our listening skills with our words as well as our hands We will need to start with narration as we are feeling and interacting with our clients Instead of "fixing and probing" everything is now becoming two-way Perhaps we are really discovering a method of two-way healing together!

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.



[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 personal email address is: jackpresence@gmail.com**

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