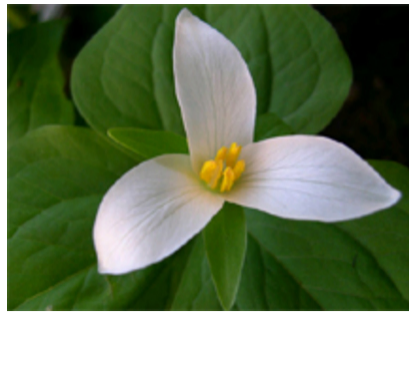
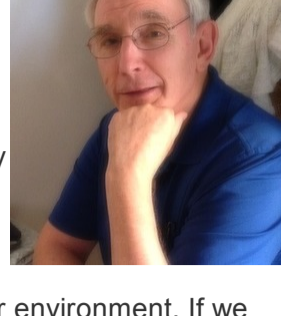




Presencing Issue 78 Towards A New Bodywork Paradigm I May Webinars: Two Decompression Somatics 1. Foot to Pelvis 2. Hands to Neck Side Lying Somatics - Torso and Abdomen Table Talking Refinement



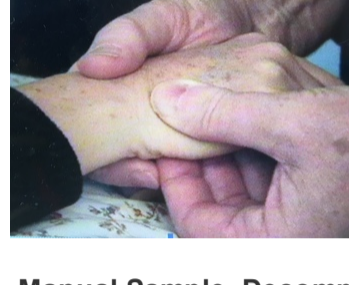
Towards A New Bodywork Paradigm: Many of you who read this Newsletter are touch professionals. That means that you use touch as one of your main modalities for giving comfort to your clients. There are many unique factors about touch. First, touch uses the sensory nervous system. Our sensory nerves are fine-tuned to the present moment. Another unique thing about sensory nerves is that they accompany everything we do. Thoughts, memories, dreams, joys, fears, emotions and as such they add a level of reality to everything; what is called sentience. They are continually bringing us information about our bodies as well as our environment. If we pay close attention to the sensations themselves, our minds can enter a state of open curiosity. As touch professionals we are using our hands to feel the tonus, temperature and aliveness of what we are touching. But what is also true is that when we are touching another sentient being, we are also being touched. We are using touch to give care, and we are also receiving touch from that other person. If we are working with compressed or painful tissue we can encourage the client to initiate her touch reflexes so that that tissue is receiving touch from both directions; inside and outside. Also other sensory nerves can be initiated by that client. She can use her feeling to expand or contract that tissue with her feeling awareness. She can also initiate her proprioceptive awareness to engage directly with what is happening. These attributes of touch can contribute to the client's conscious awareness and also be shared by you the practitioner. I hope each of the webinars we are teaching are building towards a deeper understanding of our profession as care-giving.



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, both of us are guided by curiosity and presence. That level of sharing 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!***

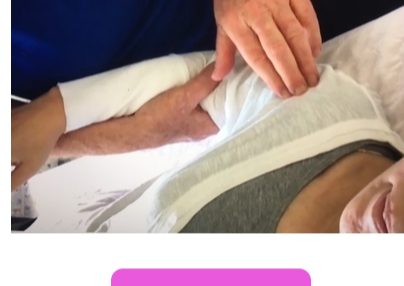
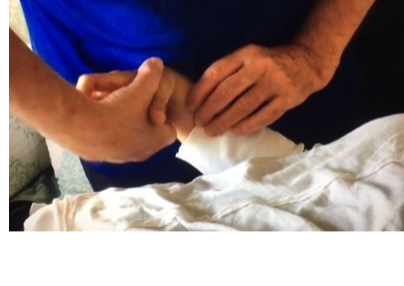
Trillium Institute Presents Webinars with Jack Blackburn



**DECOMPRESSION SOMATICS
HAND TO NECK**
Three Two Hour Classes - 6CEs
May 18th, 25th, June 1st - 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.

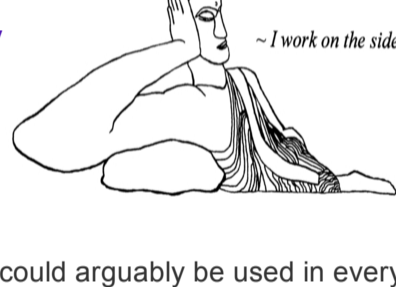
Decompression Somatics as a shared meeting place: Probably the most difficult concept in DS is the concept of *somatics*... A state of conscious awareness, or shared presence, we are trying to produce for the client and achieve for ourselves. While DS relies upon *presencing* at the core, it also relies 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.



Register

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

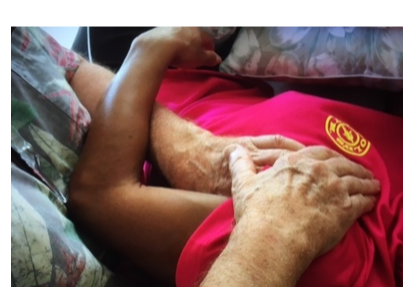
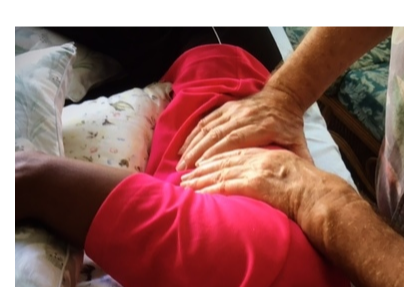
May



***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.

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.

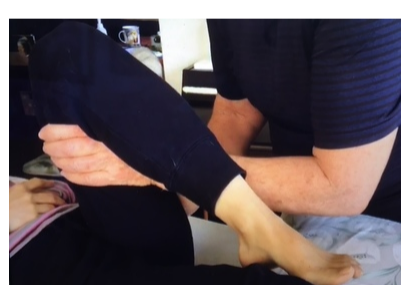
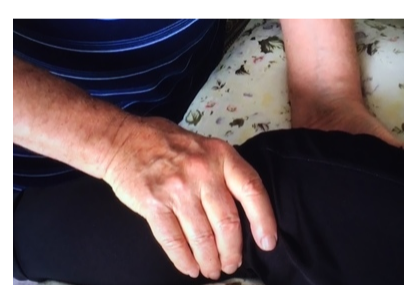


Register



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

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 system has 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 10th, 17th, 24th Time 4PM PDT
NCBTMB Certified Cost \$90



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). 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**

www.presencingsource.com

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