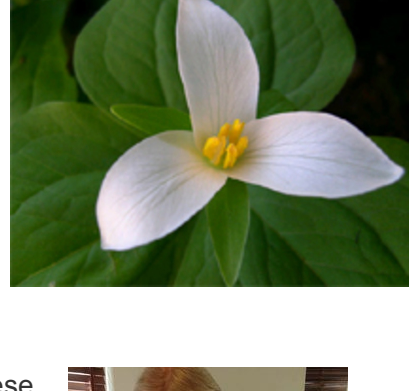




Presencing Issue 80 Shared Presencing Towards A New Bodywork Paradigm III Bodywork as a Caregiving Profession

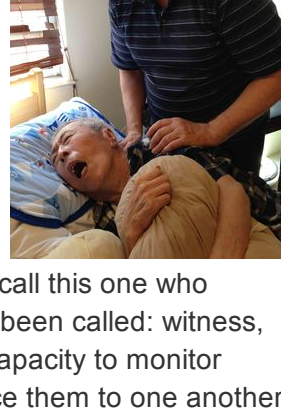
**** Corrected Dates** July-August Webinars**

- 1. Open Door of Presence**
- 2. Pain is Always Now**
- 3. Presence Transforms Fear**
- 4. Interactive Touch**



Dear Ones: You will notice that I have shifted the dates of these classes by one month. Various things have made that necessary...

First and foremost, Koito went through abdominal surgery and is doing very well, but I realize that we need more space to adjust. Also, there have been few signups for the classes. The classes this time are co-sponsored by the new group running the US Trager Association. They've needed enough space to get organized.



Opening the Doorway of Presence: The doorway of presence opens when we pay attention to our own body's signals in the moment without trying to change or understand them. One might call this one who attends the conscious integrator. This integrative aspect has also been called: witness, no-mind, presencer. It is that part of our body-mind that has the capacity to monitor many signals of the body and mind at the same time and reference them to one another rather than to past conditioning. A sense of unitary/holistic awareness accompanies this integrative focus. We become aware that thoughts and feelings that arise out our body-centered attention are rather different from our usual me-oriented thinking. When we switch mental channels to listener, observer, feeler, rather than director, commander, controller, there is a corresponding healing effect in our bodily systems. There is a shedding of fearful thoughts, associations, and reactive patterns. In a process similar to defragmentation on computers, memory files and patterns become more closely integrated, allowing for new synapses, new clarity, new creativity, and more efficient thought, movement and action. We begin to become aware of the correspondence between this new inner state and outer clarity and focus.

Our Unique Role in Caregiving: Amongst caregivers, we as bodyworkers are uniquely positioned to interact with all of the bodily systems through our touch, our words, and our focus. We know that there are many effects created as we work with bodies. We can feel positive changes through our hands often before the client becomes aware of those changes. If we are focused enough in our work, we not only feel those changes that are occurring for our clients, we can experience many of the same changes in our own bodies. As a profession we may be ready to consider new roles in our work with clients; roles that help clients to open up to continuous states of presence; new roles that promise to entirely change the basis of therapy from external support and fixing to body centered, client centered transformation of consciousness and true healing. Almost every spiritual tradition teaches some form of presence or mindfulness. Every bodywork modality; mechanically or somatically based, gives us conceptual tools for connecting with and influencing the various systems of the body and mind. When we add the power of presence to those concepts and understandings, our work becomes deeper and more meaningful.

What is meant by a paradigm shift and what elements bring it about?: Long before I became a bodyworker I studied Philosophy of Science in graduate school. Thomas Kuhn wrote a book called The Structure of Scientific Revolutions and introduced the concept of *paradigms*. A paradigm is an underlying agreement among a community of practitioners about methods, goals, and theories that explain their work collectively to themselves, to their clients, and to the general public. In the caregiving professions; medicine, nursing, psychology, health sciences, physical and occupational therapies, every profession is recognized by its licensing, educational requirements, continuing research and publications. Bodywork started to become recognised as a caregiving profession in the late 1970s. In the beginning there were no official schools of bodywork. Massage had a long background as a profession but not as a licensed caregiving profession. The early attempts to create bodywork U.S. licensure requirements varied from State to State, even county to county. Deane Juhan's book Job's Body was one of the original sourcebooks used in bodywork training programs throughout the country. D.O. Leon Chaitow's Journal of Bodywork and Movement Therapies, was unique because he grouped bodywork modalities along with other caregiving professions, even though training and licensure requirements were often minimal compared with other caregiving professions. I had the good fortune to publish with Leon and co-teach with Deane. These *Presencing Newsletters* over the years have been some of my ways to explore the edges of our profession and challenge our assumptions about what it means to be using touch as caregiving professionals.

Cornerstones for a Paradigm Shift in Bodywork as a Caregiving Profession:

The body only exists in the present moment, and all bodily functions are attuned to now.

Our sensory system accompanies every thought, every action, every moment of our life.

Our minds and our senses can be conditioned darkly by stories we carry from the past.

Sensations of touch are always two-way; felt by the body, but not necessarily by mind.

Giving care is very different from taking care, giving is interactive, taking is one way.

Giving care usually requires two-way communication; taking care does not.

All caregiving professions verge on caretaking when communication is only one way.

****Reminder from Jack:**

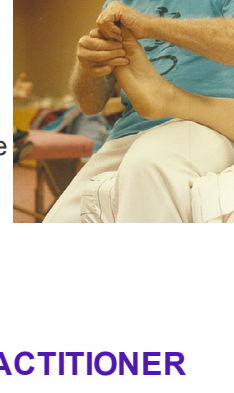
All webinar attendees receive a manual, a certificate, and video copies of each class. I offer a range of classes which I hope will enhance your practice as well help with your CE requirements. In this issue I offer more aspects Caregiving which may change your work and our profession: Shared Presencing, Client Sensory Interaction, Attending the Path of Pain, Absorbing Fear, and Touching NOW!

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

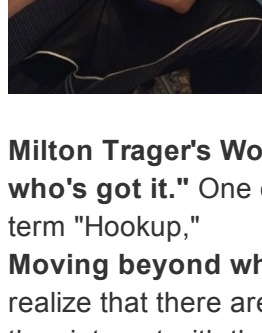
Trillium Institute and the US Trager Association

Present: New Webinars with Jack Blackburn

A Tribute to Milton Trager: Hookup (Presence), and lightness of being (nothingness and sentience) were the main contributions Milton was making to the world of professional touch. The first time I felt his touch, I rushed to meet the emptiness I could feel from his hands. I have trained in various modalities but I realize that Milton's qualities of lightness, presence, curiosity, and emptiness underlie all of my client sessions and classes I teach.



Extending our Inheritance Beyond Where Milton Could Go: Towards the end of his life Milton repeatedly said: "*I have only scratched the surface. You will do much more...*"



SHARING PRESENCE-CLIENT & PRACTITIONER

Three Two Hour Classes - 6CEs

**** Corrected Dates****

July 18, 20, 22nd - Time 4PM PDT

NCBTMB Approval in Process Cost \$90

Milton Trager's Words: "Hookup is like the measles. You catch it from someone who's got it." One of Milton's unique contributions to the world of bodywork, was his term "Hookup."

Moving beyond where Milton could go: After giving many sessions, I started to realize that there are various ways to share the Hookup state of presence with clients. If they interact with their own tissue from inside, they can create their own state of *Presencing*. **This deeper level of conscious awareness can be shared in any bodywork modality!** This is what we will be exploring in the webinar. Sharing presence is a mutually transformative experience!

Register

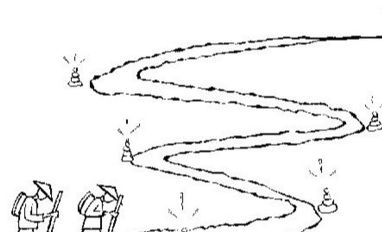
PRESENCING PAIN - TRAIL MARKERS

Three Two Hour Classes - 6CEs

**** Corrected Dates****

July 25, 27, 29th - Time 4PM PDT

NCBTMB Approval in Process Cost \$90



Milton's words: "If you are creating pain, you are not doing Trager." During much of the time that Milton was teaching bodyworkers, most of the other modalities relied on pressure to overwhelm resistance in the connective tissue of the body. Massage techniques were mostly drawn from deep tissue, trigger points, sports massage, and offshoots of Rolfing. Milton's approach to pain was the oposit of fixing. Listening Hands!

Taking a Different Tack towards pain: Those of you who have been reading these newsletters over the years probably know that I have taken a different approach towards working with pain. Two doctor friends, Paul Brand and Stan Williams helped me to realize the importance of pain for our various bodily functions. Also, pain signals can become trail markers in healing and increased conscious awareness. In this webinar we will explore a "path of pain" which can lead directly towards releasing the thoughts which cause suffering. Pain signals can help us enter our body's continuous state of *Presence*. Bodily pain signals are never punishment! Pain is always NOW!

Register



PRESENCING TRANSFORMS CLIENT FEARS

Three Two Hour Classes - 6CEs

**** Corrected Dates****

August 1, 3, 5th - Time 4PM PDT

NCBTMB Approval in Process Cost \$90

Milton Trager: "Fear is held in the mind of the client. Our work is changing the client's mind." In 1975 Milton demonstrated his method which he called Psychophysical Integration at Esalen Institute. Esalen and much of the other leading edge proponents of the Human Potential Movement were absorbed by the idea that cathartic, strong emotional releases, are transformative to the human psyche and create personal empowerment. Rather than using fear as a stimulus, Milton used gentleness, and not pushing! Rather than promoting sympathetic responses, he promoted a parasympathetic awareness. Rather than using hands to push, kneed, and tell the body what to do, Milton used soft-listening-curious-hands, asking "What needs to happen here?" Then allowing!

Going further. Fear transforms in presence! There are many signs of sympathetic fear responses in our work with our clients. Starting with their demeanor during intake, as well as the stories they tell which reveal what troubles they've encountered since their last session. Other signs of sympathetic response are revealed by the body. What are the patterns of the client's breathing? Are there any reflexive reactions... Any places where the client helps, or where the client dissociates? Is the client still focusing on the intake story? Each of these signs offers opportunities for bringing the client into presence. In this webinar we will learn how to convert fear into conscious presence; the opposite of catharsis. That shared experience of presencing is transformative to the client and you!

Register

TWO-WAY INTERACTIVE TOUCH

Three Two Hour Classes - 6CEs

**** Corrected Dates****

August 8, 10, 12th Time 4PM PDT

NCBTMB Approval in Process Cost \$90

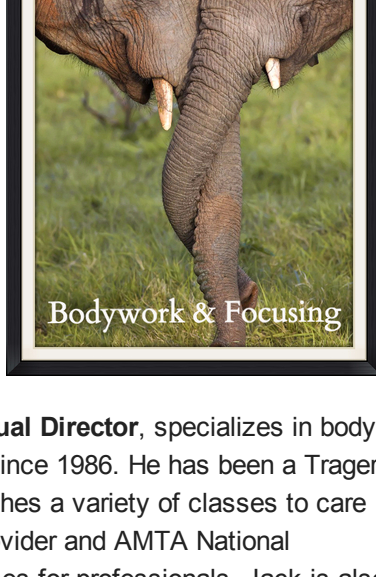
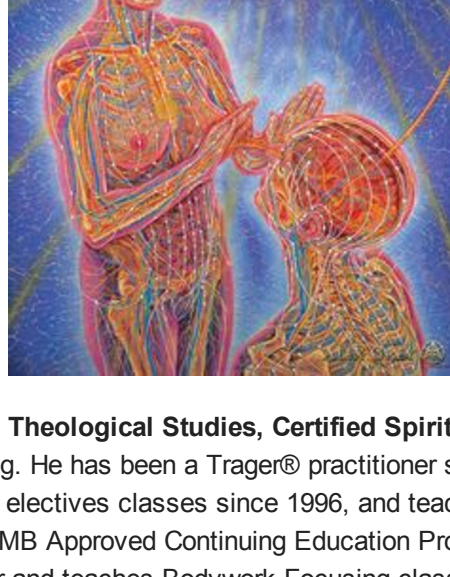
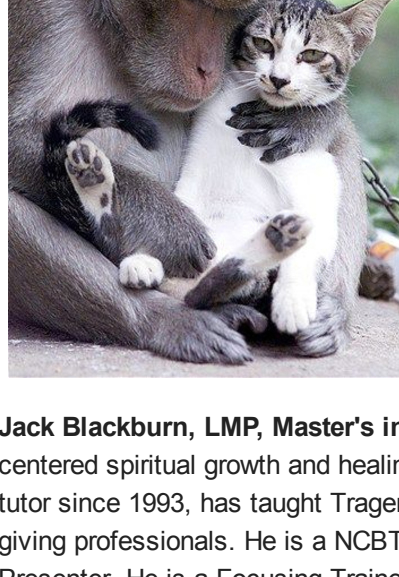


Milton: "Use your hands to listen to the tissue. When you meet resistance do less!"

These words by Milton are the true essence of his approach to the body. It can take years to understand what he meant by those words. His own work changed dramatically over the years. He was strong, athletic, was a boxer and "hooper," a Vaudeville dancer. His early tablework involved dramatically tossing clients bodies in many different directions like the hot swing dancers of the 1930s and 40s. And yet his touch and his footwork, was like Fred Astaire, incredibly soft and agile. "Doing less when you meet resistance," became the path he followed in his senior years. His touch had a feeling of emptiness; beckoning you to join in the dance with his incredible lightness of being.

Passing on that lightness of being by doing less. Resistance comes in many forms. Dissociation is one form and it can occur in the minds of client and practitioner. Both minds can remain absorbed in the fixing the client's story, rather than a shared experience of listening to the body. The power of doing less involves meeting one another in different parts of the body. "Meet my hands right here where meeting one pain. Breathe into my hands, touch my hands from inside this part of your body. I'm lightly tapping this ligament. Now touch my fingertips as lightly as possible. As I withdraw my hands, fill them out with your inbreath. As you exhale I will gently compress, helping you lengthen your exhale. See if you have some words to describe what you are feeling right here inside this part of your body." There are a many ways to create a two-way presencing interaction. Try this webinar to learn the benefits of session teamwork, and the new role of *client authorship*.

Register

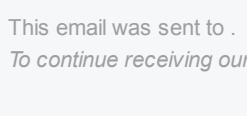


Jack Blackburn, LMP, Master's in Theological Studies, Certified Spiritual Director, specializes in body centered spiritual growth and healing. He has been a Trager® practitioner since 1986. He has been a Trager tutor since 1993, has taught Trager electives classes since 1996, and teaches a variety of 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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