

Presencing Issue 93 New Paradigm Extensions

Our Client's Gifts Towards a State of Presence XV


Extensions to Bodywork: Three New Webinars:

1. Conscious Proprioception; Entrance Into Presence

2. Touch is Always a Two-Way Connection

3. Building Case Studies from Our Sessions

Plus Two Repeats: Original Face & Table Talking



**For You:** In this issue I tell the story of DP, my client who taught me so much about life in general. We worked together for 12 years. Our last session was when she was 93 years old and because she was on morphine and could not speak, she communicated proprioceptively. I tell parts of the story to encourage you, my colleagues, to take this journey yourselves. Blessings and Love from Jack and Koito!

**\*\*Koito and I** are offering a series of webinar classes in July and August! You will receive class handouts, and vimeo videos, and CEs! All bodyworkers and other caregivers are welcome!\*\*

**\*\*Extra CEs for your writings:** As you now know I and a group of colleagues are creating case reports writing classes in order to stimulate our bodywork peers to start informing the public and our fellow caregiving professionals in articles and formal case studies about what really happens in our sessions.

**Our Vimeo Webinar Library:** Koito is now posting all of our previous Webinar videos on our website: [www.presencingsource.com](http://www.presencingsource.com). You can pay for any of the videoed classes and you can also get home study CEs by completing the NCBTMB requirements by submitting to Barrie Robbins our Home Study and CE coach. From now you can earn extra CEs in every live webinar and home study webinar.

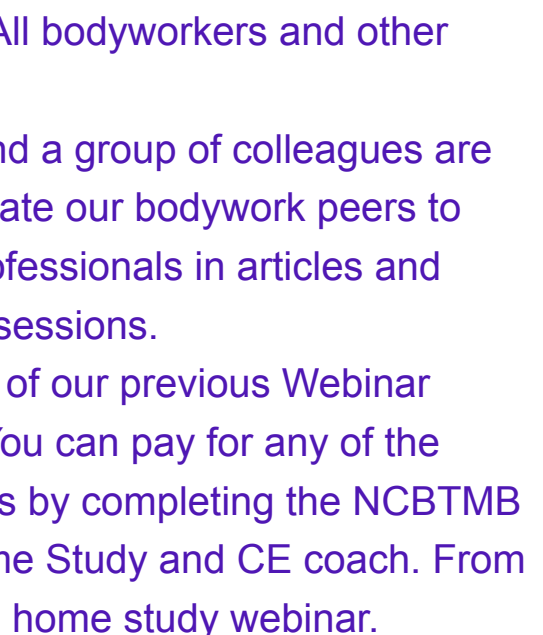
Procedure: Work with Barrie Robbins and other special writing and publishing coaches for posting your writings and earning your extra credits.

**\*\*Note: this has never happened before!!\*\***

**This Issue Case Report:** The DP case report in this issue is about another gift of mutual healing that I hope will take us deeper in our understandings of the depths of our work. Specifically I wrote it to counter the shallow textbook warnings about dual relationships. Also as one example of the joyous-loving journey into palliative care.

**We have added two more live webinars TableTalking and Original Face** are very unique classes. You can take them as live webinars or as home study webinars from our Vimeo library. [Table Talking](#) offers verbal interaction methods that derive from my graduate counseling studies and my experiences as a *Focusing Teacher*. *Original Face* was created for bodyworkers and estheticians who want the ability to use *presencing* techniques to help their clients experience their faces from a deep felt sense and to then enter a zone of reflecting the faces of others.

**Presencing:** *As we attend more to the sensations arising from within our own bodies, a new essence starts to companion us from within. We start to experience presence as the arising of each moment, as a taste of eternal awareness. All living systems are attuned to NOW. Every event, past, present, and future is a part of this eternal moment. This growing awareness of NOW seems to put many things, especially fearful ones, into different perspectives. The body is temporal. If we pay close attention, we realize that the body only exists now. So that which is implicitly temporal may lead us to experience that which is explicitly eternal!*



**DP, My first long-term elderly client.** DP passed away, twenty years ago. I probably learned more about client relationships working with DP than anyone else. Her first session, in July 1992, was a combination of Trager®, Reiki and craniosacral. She was 81 years old at the time. She was widowed in 1990 and had been depressed ever since. She suffered from arthritic pain, hypertension, and bouts of angina and tachycardia – DP had a heart attack in her 70's.

A few days after her first session, DP called me to report that she was feeling better than she had in years. She wanted to receive more sessions, but was on a fixed income and could not afford my fees. I wanted to learn how effective my modalities were for someone in her condition. I was willing to work with her if she would see me twice a week – I would accept what she could afford. I asked her to keep a daily record or diary of her symptoms, her vitality, and any health related issues. These things she agreed to do.

**Learning background transference-countertransference**

After we'd been working together for about a month, I realized that I liked DP a lot – the feelings were mutual. She was very grateful for the care she was getting and I was surely grateful for her commitment to the therapy process. She would turn in her journals at the beginning of every week. Surprisingly, DP and I both became aware of some amazing coincidences. DP had the same name and nickname as my mother who had died exactly one year before our first session. Both were just over 5 feet tall, both were valedictorians in high school and members of Phi Beta Kappa in college – and both were musicians. DP was depressed partly because she'd been estranged from her son for many years. The same had been true of my mother and I - until a year before my mother died. DP and I became aware of the transference-countertransference issues we were dealing with. We were both willing to be friends and honestly and openly discuss those issues. We both sensed that destiny had brought us together so we could each work on our respective mother-son issues.

**Jack's Graduate Assistant & DP's Dreams**

I was in graduate school in the first two and a half years I worked with DP. She was very interested in what I was studying in school, especially in my explorations and writings on health care and related subjects. She read quite a number of my papers and when I got approval to do an independent study of healers and healing, I asked her if she'd be willing to be my "graduate assistant" and pre-read books and articles in order to steer me towards relevant materials. This she did with fervor. I told her that it felt great to have a Phi Beta Kappa on my team. She loved the project and also concluded humorously and poignantly that most persons, writing about health had not experienced what life feels like in their eighties.

**Into her 90's Senior Care & Proprioception-Presence & Palliative Care**

I worked with DP until she died at the age of 93. Many of my colleagues and friends got to know her. My wife and I, my son and daughter and other relatives all saw her as a mother/ grandmother and friend. When she had power outages we would put her up at our home. When we traveled she looked after our cat. We included DP in many of our activities. Eventually, through a lot of courage on her part, she healed her relationship with her son. As this healing was happening for them, I felt a true healing of the part I'd played in the estrangement from my own mother – as if DP was a channel for that healing.

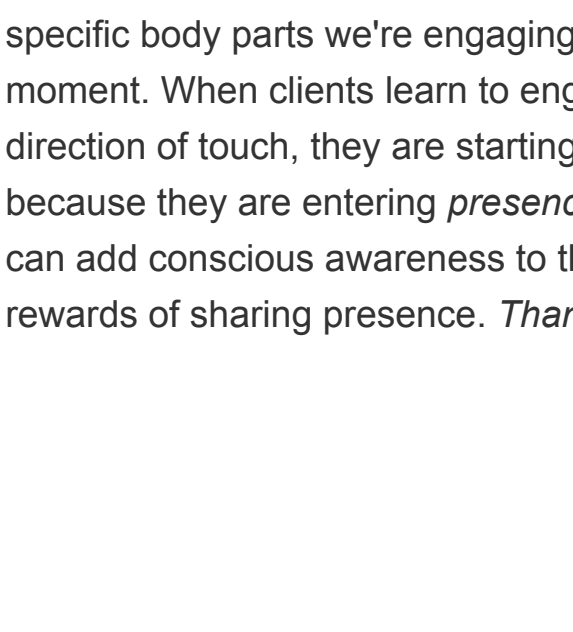
**DP's Gifts to me**

Like my mother, DP decided to die consciously in her own bed, with only minimal medical support. One month before my mother died I gave her the only session she ever received from me – when I finished Mom's eyes were full of tears. The session confirmed the forgiveness we were offering one another. I remember working on DP's body for the last time – seven hours before she died. I spoke with her as I was working on her. She was beyond speaking, but I could feel her come in and touch my hands with her mind and then feel her tissue relax; it was a good session. She was very peaceful when I said goodbye for the last time. Our relationship was much more complicated than usual practitioner-client relationships but it was also mutually very healing. DP is one of the reasons that I cannot support sweeping textbook warnings against dual relationships and transference and countertransference issues, which were actually the basis for our shared healings.

*Supplemental reading: Carl Jung [The Psychology of the Transference](#)*

## The Trillium Institute Presents:

### Webinars with Jack Blackburn



**Conscious Proprioception; Enter Presence**

**Four Two-Hour Classes 8CEs**

**\*\*July 7,10,12,14th. Time 4PM PDT\*\***

**NCBTMB Approval in Process Cost \$160**

**Proprioception:** We're always propriocepting. The traditional definition: our awareness of our bodyparts, where they are, what they are doing, and our overall level of coordination. Proprioception involves our sensory nervous system and our motor nervous system. In our work we often become aware of our clients' conscious and unconscious levels of proprioception. One thing to add to our knowledge and experience is that proprioception is always in the present moment. We can focus our work so as to enhance our clients' overall level of proprioception, which also enhances their overall body awareness. In our sessions as we work in a way to bring our clients consciously into the specific body parts we're engaging, we're also helping them experience the present moment. When clients learn to engage physically with our hands and our quality and direction of touch, they are starting to become authors of their own body experiences. And because they are entering *presence*, they are starting to grow in consciousness. Thus, we can add conscious awareness to the results of our work... And healing is one of the rewards of sharing presence. *Thank you Jessie Loo for giving us this gift in your passing.*

Register

**Touch is Always a Two-Way Connection**

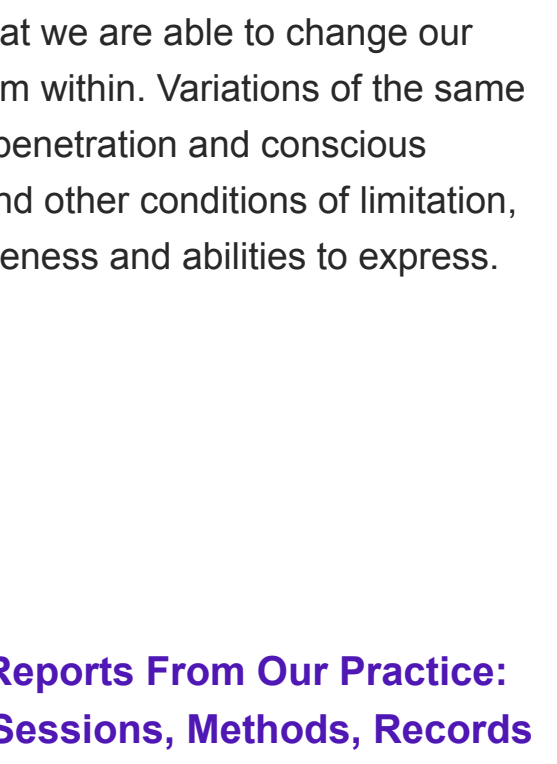
**Three Two-Hour Classes 6CEs**

**\*\*July 17,19, 21st. Time 4PM PDT\*\***

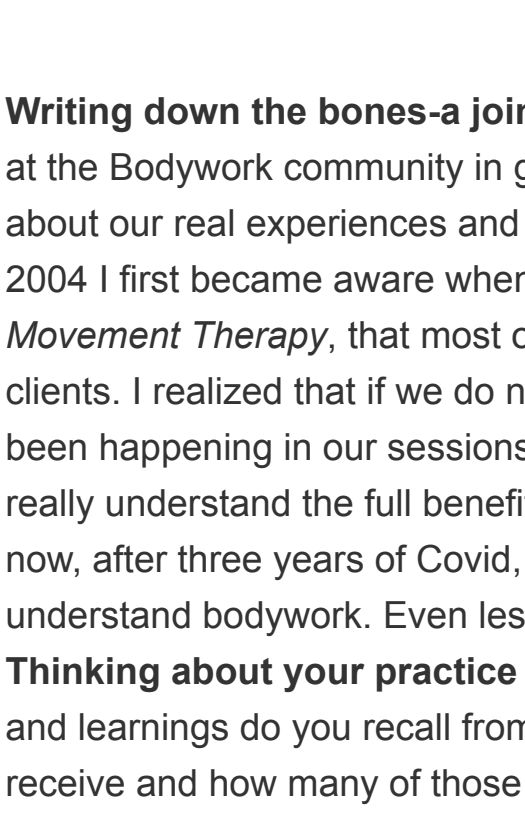
**NCBTMB Approval in Process Cost \$120**

***"The one you are touching is touching you... Two-way touch informs outside, reforms inside"***

**Jack Blackburn**



**Some simple facts about touch:** We think about touch as a one-way experience most of the time. In fact when we use touch therapeutically, we divide touch into touch *given* and touch *received*. But the truth is that we have touch sensors distributed throughout our bodies; outside and inside. And touch sensors are always two-way and the information we are receiving tells us much about how our touch is being received. We not only feel tonus; we feel temperature, tissue response, autonomic engagement, and consciousness. And in fact we can change our own tissue responses in most parts of our bodies, by engaging with them tactfully. Does this mean by interacting with them by touching that body part on the skin surface? Well, yes, and we do that continually with different parts when we feel aberrant sensations like pain, stiffness, numbness, and autonomic arousal. Sometimes we're using pressure, manipulation, sometimes gentle soothing strokings. But what about when we go inside our own body using a felt sense of touch, and filling and emptying with breath, with internal touch, expanding and emptying using our connective tissue, and searching for a vocabulary that comes closer and closer until it resonates directly with what we're feeling. In those cases, the various subsystems of our bodies change in response. One of the earliest discoveries of yoga, was that we are able to change our physically reality by interacting with our body systems from within. Variations of the same techniques are taught to meditators, for creating deeper penetration and conscious awareness of this mystery of life in a body. In paralysis and other conditions of limitation, we can use touch responses that trigger new-found awareness and abilities to express.



**Generating Case Reports From Our Practice:**

**Writing: Our Client Sessions, Methods, Records**

**July 24, 27, 31, August 3rd. Time 4pm PDT**

**2CE hours per class, Cost \$160**

**Posting Online, Publication = up to 2 extra CEs**

**NCBTMB Approval in Process**

**Writing down the bones-a joint enterprise:** I'm planning to start a Webinar in July aimed at the Bodywork community in general; to take us through steps in writing and publishing about our real experiences and learnings from our work, using touch therapeutically. In 2004 I first became aware when writing articles for the *Journal of Bodywork and Movement Therapy*, that most of my colleagues were not writing about their sessions with clients. I realized that if we do not communicate publicly about our work, and what has been happening in our sessions, the public and other caregiving professionals would not really understand the full benefits of touch, and the unique things we were learning. But now, after three years of Covid, I realize that the other caregiving professions only partially understand bodywork. Even less is understood by a touch-wary public.

**Thinking about your practice over the years:** What stands out for you? What clients and learnings do you recall from those relationships? What insights and curiosities did you receive and how many of those *gifts* are you still keeping inside? Undoubtedly it would be good for all of us if we could share them with all our colleagues. For 12 years I hosted an inter-professional supervision group biweekly. The group included professional caregivers from medicine, psychology, physical therapy, psychotherapy, bodywork, and theology. We found that we all were dealing with similar situations as helpers for others. We all shared personal difficulties as well as insights derived from our work with clients. What a treasure trove of sharings those group meetings were. I came away realizing that it's important that we end the false *hierarchy of care*. Professional touch has a very significant role to play in personal healing, well-being, and self-empowerment.

**The many unique elements of professional touch:** Touch is a form of communication that's deeply effective in releasing pain, tissue constriction, sympathetic autonomic states, and creating somatic awareness. Using touch, we learn that when we teach our clients to feel directly into their places of distress and interact in ways that release those discomforts they increase their own bodily confidence. We can also use touch to encourage client self-awareness by entering a state of *presence*, which helps to release them from past regrets and future worries. Every session is a lesson in body mechanics for ourselves as well as our clients. We can also teach our clients to practice *inner touch* and *felt sense* that they can practice by themselves, and to create their own movement patterns that free up areas of restriction. Finally, we can empower our clients by teaching them to interact with our hands and our words in ways that give them equal authorship of their session's results.

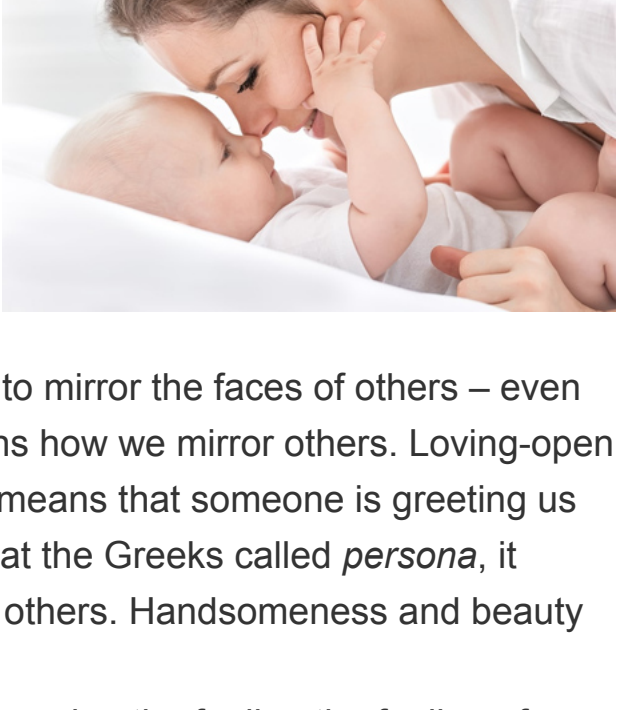
Register

**Adding ORIGINAL FACE to Your Practice**

**Four Two Hour Class - 8CEs**

**\*\*July 25, 28, Aug 1, 4th. Time 4pm PDT\*\***

**NCBTMB Approved Cost \$180**



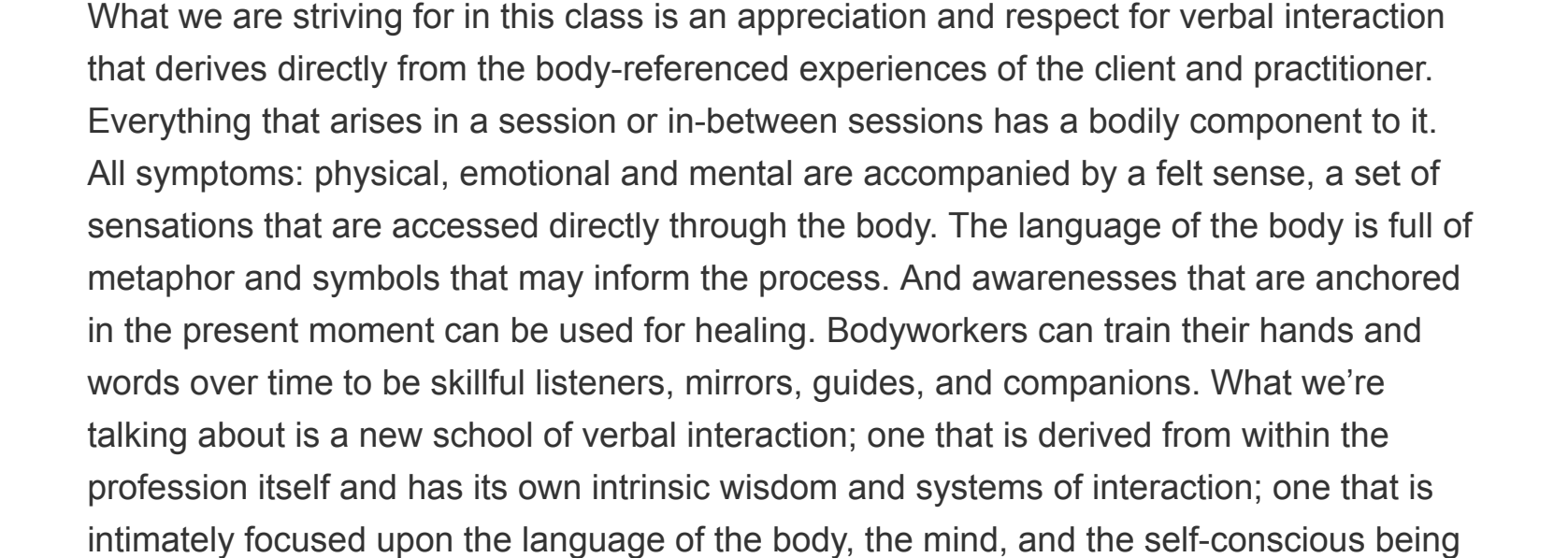
**Zen Koan: What was your face before you were born? An unanswerable Question!**

**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?

Before and after images below were taken 25 minutes apart



Register



**Table Talking Refinements**

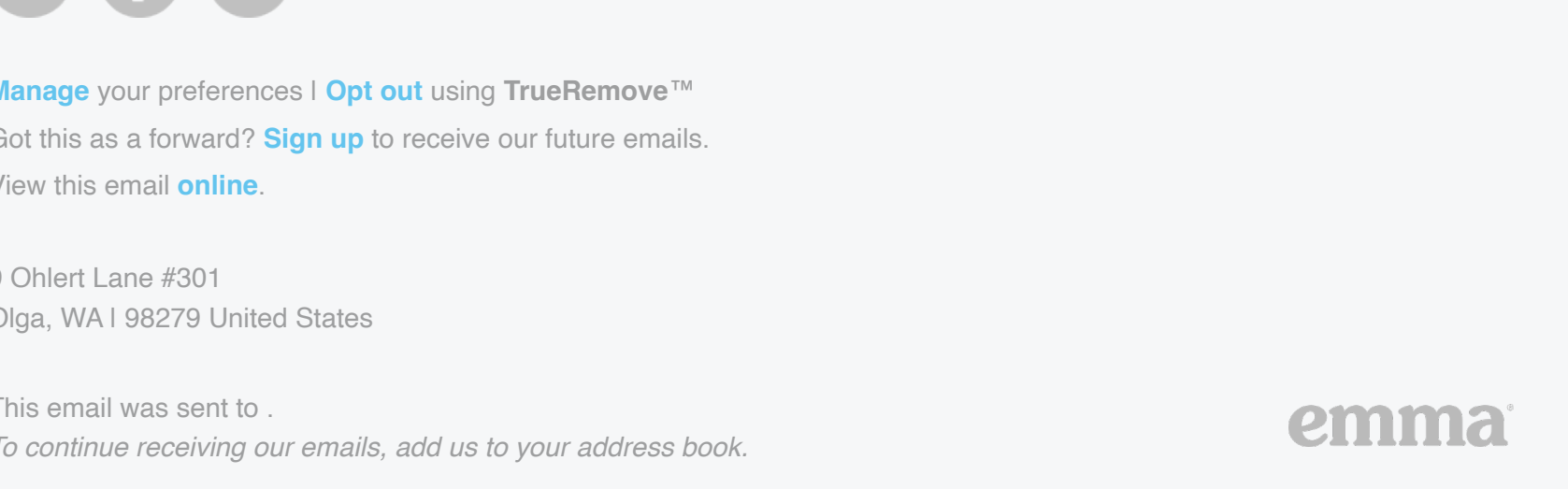
**Four Two-Hour Classes 8 CEs**

**\*\*August 7, 9, 11, 14th. Time 4PM PDT\*\***

**NCBTMB Approval in Process Cost \$180**

What we are striving for in this class is an appreciation and respect for verbal interaction that derives directly from the body-referenced experiences of the client and practitioner. Everything that arises in a session or in-between sessions has a bodily component to it. All symptoms: physical, emotional and mental are accompanied by a felt sense, a set of sensations that are accessed directly through the body. The language of the body is full of metaphor and symbols that may inform the process. And awarenesses that are anchored in the present moment can be used for healing. Bodyworkers can train their hands and words over time to be skillful listeners, mirrors, guides, and companions. What we're talking about is a new school of verbal interaction; one that is derived from within the profession itself and has its own intrinsic wisdom and systems of interaction; one that is intimately focused upon the language of the body, the mind, and the self-conscious being that resides within.

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:** [jackpresencing@gmail.com](mailto:jackpresencing@gmail.com)