Presencing

JACK BLACKBURN'S NEWSLETTER

Presencing Issue 110 - Presencing Somatics Webinars
Still Working on Editing and Completing Four Books:
Trager® Source Book, Including Treatment Sessions,
100 Days in NOW, Presencing Case Reports,
Japan Impressions-20 Years
Upcoming Webinars: Original Face
Two Decompression Somatics: DS-Foot to Pelvis, and DS-Hand to Neck

Dear Colleagues: Click the Links below to preview our Decompresssion Somatics videos on our YouTube Channel: ***Presencing Source***

Link:**DS - foot to pelvis Foot to Leg Assessment**

Link:**DS - foot to pelvis Medial Arch to Medial Leg**

Link:**DS - foot to pelvis Lateral Arch - Lateral Leg**

Link:**DS - hand to neck Release Forearm Flexors**

Link:**DS - hand to neck Release Biceps Triceps**

Link:**DS - hand to neck Rotator Cuff to Neck**

Client as active Participant

Presencing Somatics: Practitioner-Client Interactive touch as a function of proprioception; a significant tool for practitioner client two-way reciprocity.

When I first realized that I could initiate and feel a client's touch in any part of her body, I was astounded because it meant that we could truly become interactive. How is it possible anatomically for us to switch from feeling awareness which is a passive-receptive response, to touching which is an active-initiatory response? In general we use our motor nervous system to initiate responses. How are things changed when we use our sensory nerves to initiate active engagement. The yoga practitioner uses her proprioceptive awareness in combination with focused breathing to initiate physical responses in different parts of her body. Those responses produce relaxation, tissue softening, pain relief, and new possibilities of articulation. In a like way I ask my clients to breathe into a part of the body where I am connected with my hands… I can vary my request by asking the client to fill my hands with the in-breath and empty my hands with the out-breath. I can feel those responses in the client's tissue along with corresponding effects similar to yoga… the tissue warms, softens, and becomes much more articulate. What I am calling inner touch becomes a proprioceptive engagement when the client tries to initiate some effect in the tissue. I consider these client interactions as ways not only to bring relief from inside the tissue but as ways for the client to become more consciously aware in general. I think the overall effect is to help a person step back from mind-initiated fears and frustrations into a true state of self-authorship and life fulfillment.

All the November webinars we are offering are examples of shared practitioner-client shared presencing. I strongly suggest that these interactive applications are very suitable and apt extensions for all caregiving professions.

Our Presencing Motto: 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!

*****Reminder from Jack: All webinar attendees receive a class manual, NCBTMB certified CEs, and video copies of each class session. I offer a range of classes which I hope will enhance your practice and help with your CEs. My Blessings to all touch practitioners everywhere in these difficult times!*****

Switzerland 2021

Japan 2019

Orcas Island 2011

Adding ORIGINAL FACE to Your Practice
Four Two Hour Classes - 8CEs
November 1, 4, 6, 8th, 2024 4pm-6pm PDT
8CEs NCBTMB Approved Cost $160

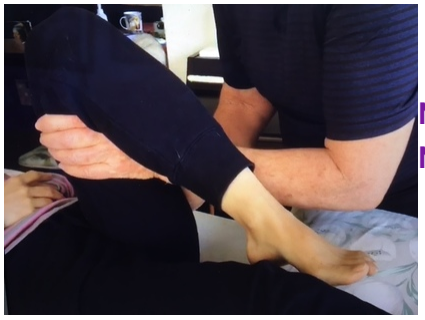
Show me your face before you were born.
A Zen Buddhist unanswerable Request!

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?

Register



Decompression Somatics; Foot to Pelvis
Three 2 hour Classes 6 CEs
November 11,13,15th, 2024 4pm-6pm PST,
NCBTMB Approved Class Cost $120

Decompressions Somatics - Foot to Pelvis

In this class you will learn the following: How to release stiffness and pain in the body by working gently on the feet and lower legs. How to recognize the portions of the feet that need to be released. How the joints, muscles, tendons, ligaments, fascia of the feet connect to the whole body. How to change the arches of the feet that correct the posture in the whole body. How to improve blood circulation and good feeling in the whole body. How to compress along lines of balance in the feet that offer very pleasurable sensations. How to bring yourself and your client into a state of shared presence and teamwork.

Decompression: affects many body systems: FDS affects all of the following body-mind systems Physically - direct connection through fascia, bones, muscles, joints, tendons, and ligaments. When one part of the body is displaced all parts of the body are affected because all parts are connected. Different parts of the foot and ankle are functionally linked e.g. when plantar fascia is lengthened the foot and ankle can dorsiflex more fully and there is a corresponding stretch response along the whole “superficial back line.” Thanks to Tom Myers' Anatomy Trains for pointing this out. Thanks to Denise Deig in her book, Positional Release Technique from a Dynamic Perspective for showing how to use very little pressure to release any kind of connective tissue.

Neurologically - nerves that enervate the foot and ankle relay information along the whole nervous train that is involved in stimulating movement and convey sensory information in that part of the body and communicates the feeling of displacement, and sympathetic, and parasympathetic responses to the brain and the clients’ conscious and unconscious mind.

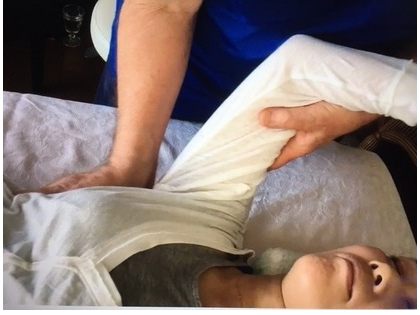
Somatically - the body-mind of the client is receiving and adapting to new information and the client is growing in somatic awareness. Thanks to Thomas Hanna's Somatics for discovering the importance of the effects of client conscious feeling awareness in different body parts.

Other possible effects: Reflexology; because many of the reflexive points on the feet are being stimulated by FDS there are notable reflexology effects. Acupuncture; as with the hands, prominent acupuncture meridians end in the feet. So it is possible that FDS also positively affects conditions associated with those meridians. Emotionally; because the parasympathetic responses induced with FDS seem to have a calming effect upon emotional upsets. These effects are even more powerful when the client is able to access her feet and ankles somatically.

Register

Decompression Somatics; Hand to Neck
Three 2 hour Classes 6 CEs

November 18,20,22nd, 2024 4pm-6pm PST,
NCBTMB Approved Class, Cost $120



Decompression Somatics as a shared meeting place: Probably the most difficult concept in DS is the concept of somatics. It is difficult because the state of conscious awareness, or shared presence, we are trying to produce for the client and achieve for ourselves. While it relies upon presencing at the core, it also relies upon the willing participation of both parties. DS is called DS because somatics is at 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 vice versa. It works both ways because we have established a shared meeting place. The first step starts with bringing the client into that part of the body. The second step involves using interactive tools like breath. 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 and, as the search proceeds, the client's tissue is changing; the searching for an exact verbal description produces the opposite of control and faking it (ego devices). The words have to fit or the tissue will not respond. The process involves finding the fit in an ever-changing domain of somatesthesia (somatic awareness)

Decompression Somatics Principles - Finding the right place to decompress: Finding the right place to knock to get the resident's attention – we can try various places as we assess the foot. Usually the most effective place to start and get our client's attention is the equivalent of the "front door." We may knock on a window because we can see the resident within, but if we do we may startle the person inside. This is like trying to compress a painful area of the foot. That may be the easiest place to get the client's attention but it will not be received well. It is important for the trust of the client that we find the right place to start.

How much pressure to use: As a knock at the door – knowing where we are going is the most effective way to connect with the mind of the client. If we knock too lightly we will not get the person's attention. If we knock too hard we will startle the person inside. We want to use just enough pressure – even so, our hands are soft. Decompression is very subtle.

Adding our words: We also use our words to gently accompany the decompression just as we might use our words when we are knocking on t the door or ringing the bell of someone's house. We learn just the right volume and the right words, accompanied by directions: " I'm at the front door now – please come and open the door." This is equivalent to what we are doing whe we use our words along with decompression. After the door has opened, after we start the decompression, remarkable movements occur. We gently follow the tissue in the direction of softening until it stops. We then let the client know that we are: "holding or supporting right here." As we hold that position the tissue may continue to soften – if this happens we continue to follow and hold.

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.

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