

## CLINICAL PRACTICE

### What to expect in a session.

There are a wide variety of names which could be attached to the type of therapeutic process used. These could include **biodynamic craniosacral therapy, muscle energy release, myofascial release, energetic field facilitation, reconnection therapy, bowen therapy, point holding, energy medicine, or intuitive touch therapy.**

While working intuitively has always been at the core of my therapeutic process in working with the body structures and tissues, I have begun to shift to a more energetic way of working. Much like an acupuncturist who assesses the patterns of energetic congestion and applies appropriate touch (needles), this therapeutic process more clearly addresses the energetic patterns which underlie the structural issues while still engaging the tissue with compassionate touch. In a grounded and safe space, each session involves a unique combination of **dialog** to clarify chronic and current pain symptom patterns, **intuitive touch** with varying pressures, and **conscious breathing** to facilitate tracking sensation and increase body/self awareness. This process provides a deeper experience of releasing the tissue trauma associated with all physical symptoms which empowers an individual's system to awaken its own ability to reorganize and heal.

In the beginning you may feel like you are learning a new language. That's because you are. We are not typically taught to be truly present in our bodies in a 3-dimensional way and learning to do that may be unfamiliar at first.

Sensation is the language of the nervous system. In sessions, you will begin to recognize and communicate with your own subconscious in a conscious way... through the skill of tracking sensation. You will learn to "hear" your body, and to be with it in a skillful way that brings about health, vitality, and stability to your daily experience.

A session also often incorporates instruction in self-help touch, stretching, imagery work or a combination of tools for home care.