

ROLFING, TRAUMA AND ORIENTATION

Psychobiological Skills for Rolfers

A 5 Day Workshop with Lael Keen



Trauma leaves a profound mark on the bodies and spirits of our clients. In this workshop we will learn how to recognize trauma that has been held in the body and learn how to support its release and resolution through touch and movement/functional techniques.

What are some common signs that may indicate that your client has unresolved trauma?

- Patterns of neuro-muscular tension that do not yield to manipulation techniques.
- A history of physical or psychological trauma
- The client is tense and wiry and unable to let down.
- The client has flaccid, unresponsive musculature.
- Chronic pain.
- The client is unable to let you touch certain areas of his body.
- The client is dissociated from his body and unable to feel the effects of the Rolfing sessions.
- Spatial disorientation (the client tends not to know the boundaries of his body and frequently trips over and bumps into objects that surround him.)

We will place special attention on how trauma affects the capacity to orient and how distorted orienting patterns often lie at the core of both structural and functional issues. We will use a number of different techniques to help restore a fuller and freer capacity for orientation.

Topics Covered

- How the physiology of trauma works
- How to recognize trauma in our client.
- How to track unresolved traumatic energies in the body and help them to release.
- Touch techniques for working with trauma generated patterns of hyper and hypo tension.
- How to recognize and help release trauma generated orienting patterns.
- Release of the deep, intrinsic musculature of the spine through accessing and restoring Orienting Response.

The techniques and practices that we will use will be easily applicable to Rolfing and Rolfing Movement.

Lael Katharine Keen—is a teacher of Rolfing® and Rolfing® Movement for the Rolf Institute International Faculty, and a founding member of the Brazilian Rolfing Association.

She is also a teacher at the Advanced Level, of Somatic Experiencing® for the Foundation for Human Enrichment and a founding member of the SE® Brasil Association.

She holds a 5th degree black belt in Ki-Aikido from the Ki Society International in Tokyo Japan and is a certified teacher of Shin Shin Toitsu Do (The Art of Mind and Body Coordination)

She lives in the south of Brazil with her husband and daughter and is currently studying Anthroposophic Art Therapy.

Continuing Education Credits: The workshop is good for 2 Rolfing® manipulation credits and 4 Rolfing® Movement credits.

Dates: May 27./28./29, (May 30. day off) May 31./June 1. 2012

Location: Basel, Switzerland, Hotel Rochat www.hotelrochat.ch

Investment: Euro 950.00 with a Euro 100.00 discount available for early sign-up. See below.

Further Information: Katharina Adiecha adiechak@gmx.net, or Mirjam Corti corti@rolfing.ch

Euros 100.- DISCOUNT FOR EARLY SIGN-UP!!!

**If you pay a non-refundable deposit of Euro 300.00 by
December 31, the price goes from Euro 950.00
down to Euro 850. 00**

From January 2012 the workshop will be Euro 950.00!!!!!!

Payment:

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