



Relaxation Awareness and Resilience: Rosen Method Science and Practice Ivy Green

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In her workshop Ivy Green talked about her book *Experience Relaxation Awareness and Resilience: Rosen Method science and practice*.

Background of the book

Green had a personal need for more detailed, scientific information about the Rosen Method. She wanted to find out the logic behind it. How the healing happens, and why Rosen Method is so effective? “The method is so subtle that sometimes it’s really difficult to follow what happens and why, and it may seem like magic”, Green says.

Green started to pay attention to the unspoken details of Rosen Method education. She wrote down the things she saw were done during the Rosen Method education moments, and elaborates these aspects in the book through scientific research results. What she saw in the education moments was the touch, words, presence, and motional anatomy. Besides these perceptions Green also added the nervous system to the book – the conscious and the unconscious parts, important roles which had not been discussed previously in the Rosen Method education at that time.

The aim of the book is to help and support the teaching of Rosen Method. It’s a tool which Rosen Method professionals can use as a support in their work. Green says it’s a source of information, where you can pick up the most meaningful parts of the information, the pieces that resonate within you. “The book gives [Rosen Method professionals] a common language with other professionals, we are able to show them that this is what we do in a believable way.” The book can be used as a tool in convincing other professionals that our method is based on scientifically researched facts, and it should be taken seriously.

The nervous system

The workshop group discussed two important factors of the healing process in the workshop: the nervous system and the affection theory. Green’s neurological point of view is based on Alan Fogel’s research of “embodied self awareness”. Fogel identified two different forms of neural patterns.

1. The neural pathway with words, which Green calls “Dave” (dorsal vagal frontal cortex) This part has the thoughts, ability to make evaluations and form words – the ability to perceive feeling and emotions verbally. Dave’s nerve fibers are myelinated, which means they work fast.



2. A wordless neural pathway, which Green calls “Vira”

This part has feelings, emotions, images, and sensations in the body, but not the ability to perceive feeling and emotions verbally. Vira’s nerve fibres are unmyelinated, which means they work slowly, and it takes some time before they are able to deliver a message to the brain.

These two neural patterns don’t work at the same time, and usually Dave is stronger and controlling the system. But if Vira is completely silent, Dave doesn’t get useful and important information from the body, and it starts to guess and invent things itself. That causes inability to make decisions, because the important information of the feelings doesn’t reach Dave, and it can’t decide if it should eat or sleep because it doesn’t know it’s hungry or tired, and the person ends up being stuck between two options. In Rosen Method the practitioner encourages to turn Dave off and put it aside for a moment, and give space for Vira and the sensations of the body to come out.

Affection theory

The other aspect discussed was the ventral vagal system, and the importance of safe relationships and affection history. The ventral vagal nervous system is formed after birth, and good attachment history helps the nerves expand and grow wide and strong. Childhood trauma influences crucially to the development of nervous system and that’s why the childhood and development traumas are different from the adulthood traumas.

If the ventral vagus functions well, the person can handle more stress and function better in stressful situations. Emotions can go further up and down, and it’s ok, because the ventral vagus is regulating the feelings normally. Green calls the frame where we are still able to function, and the amount of stress we are able to handle “the window of tolerance”. The window of tolerance is personal and differs among people. If the window is small, it’s very difficult to handle stress, which can lead to avoidance of the stressful situations and narrowing the functions of every day life.

Research shows that the nerves can grow and expand also during the adulthood. Ventral vagus system strengthens and grows when the person is functioning in the area of the window of tolerance. It’s a slow process, that Rosen Method supports. Rosen therapist help to grow and regulate the system, because they can regulate themselves. They don’t panic when the patient panics, instead they stay calm and peaceful and show that to the client. This creates a safe feeling for the clients and regulates their stress reaction. To be able to regulate oneself and stay calm when the patient is panicking requires facing your own personal issues thoroughly. That is why the long education process of the Rosen Method is very important and essential, Green remarks.

More information about the book: www.relaxationawarenessresilience.com