

Three States of Embodied Self-Awareness in Rosen Method Bodywork: Part 3: Practitioner Post-Session Notes

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ABSTRACT

This document is a collection of ALL of the segments from the Practitioner post-session notes that could be classified as Restorative, Modulated, or Dysregulated Embodied Self-Awareness. The segments included in this document comprise about 90% of the total content of the Practitioner notes. The remaining 10%, not included here, are practitioner reflections about client change over time or statements about details such as appointment times, holidays and other breaks, or technical details about the practitioner's role as part of this research study. Segments appear here exactly as written by the practitioners with the following changes: (1) all names and other words that may identify a client or practitioner have been changed or removed; (2) grammar, spelling, and punctuation has been corrected as needed.

HOW TO READ AND USE THIS DOCUMENT

This document is presented with two goals. First, the reader may review these segments to check on the accuracy of the classification process into the three states of ESA done by the author. Providing the original data is an important part of the scientific credibility of the Grounded Theory approach, explained in the Part 1 of this collection of articles. Second, I provide these practitioner notes so that anyone may use them for further research, study, teaching and learning. They are now a resource for anyone wishing to better understand what happens during RMB sessions, at least from the perspective of these three trained practitioners.

Each segment is marked with an identifying number as follows: Client # - Session # - State Sequence#. So, for example, the ID number 3-10-1 refers to client #3, the 10th session for that client, and the 1st state identified in the practitioner notes for that session. In addition, each time the Practitioner wrote about her own thoughts or experiences, this was **highlighted in blue**. As an example of the original practitioner notes, here is the full original text from Client 3, Session 10, with annotations for states of ESA.

3-10-1 (Dysregulated) So little movement in her upper back. It is as if she is 'on hold.' As she speaks of taking some steps to find out if she wants to be a therapist, there is more movement around her shoulder blades. She has taken some action toward defining her goals. *There seems to be a definite struggle between what she is doing and thinking and her ability to 'take steps' to resolving the issues that hold her back. This thought goes through my mind as I feel the tension, see the movement as she talks about the action she has taken, then, the tension is back again.*

3-10-2 (Dysregulated) Her back is 'rock solid' behind her diaphragm. When I check her low back and hips, I can feel that there is plenty of room for her to 'settle into' her hips/support. Yet, she has no awareness of the possibility. She is almost entirely supporting herself from the diaphragm, up.

3-10-3 (Modulated) There is a shift when she says she feels tired. The body responds and there is a softening around her ribcage. This is the first moment in the session that she has connected to herself.

3-10-4 (Modulated) I have my hands on her hips and talk a little about the pelvic support that is possible. There is response as the breath begins to move more freely into that area.

3-10-5 (Modulated) I am pondering what I am seeing and feeling within and under my hands. I did not want to interfere with the movement I saw occurring. I wanted, several times, to say something about wondering if she ever felt supported by anyone. I realize I didn't say anything because this was the first time I have seen her respond in this more relaxed way. Just the experience of this was enough for her, I felt.

3-10-6 (Restorative) When she turned over, this new sense of tiredness and ease continued. She asked if there was a Rosen way to think about her problem with the tutoring and I responded. Emotion crept into her chin and face coloring. She spoke of something someone had said that she was remembering and the ease of breath in her body and softness in her face continued.

3-10-7 (Restorative) This was the quietest session I have had with her. *I felt a heartfelt connection with her in this struggle of hers and relief that for a few moments at least she was able to know she is tired and was able to rest.*

This document is organized by States of ESA (Dysregulated, Modulated, and Restorative), rather than by sessions, as in the example shown above. It is easy, however, to reconstruct the sequence of any session by finding – from the samples below – the statements from any particular session and placing them in the original sequence of occurrence.

DYSREGULATED STATES

Client 1

1-1-1 There is muscle tension in her low back. As she talks about the history of her condition some words pop out for me... "taut," "stretched to my limit." As there is no response in her breathing, no change in her voice nor change in her facial expression or coloring, as she says these things, *I decide not to comment one way or the other. I adopt a neutral place (or I find I feel quite neutral), which seems to match or mirror hers.*

1-1-2 Several times, and she has a pain response in her right hip to some pressure or movement I have done. I make a verbal comment about this, but there is no response. *I feel like a woman alone out into the woods and fields foraging for interesting objects.*

1-2-1 I said different things about her body function list or muscle function occasionally throughout the session. I could sense her listening, but there was not a response, verbally or physically.

1-2-3 After the session ended, she was filling out the form, a yawning and yawning.

Subject- "does this happened after Rosen sessions to people?" Practitioner- "sometimes. Sometimes people don't know how tired they are. Sometimes as muscles relax, and the body is adjusting we need more oxygen." Subject- Smiling, beaming "Oh- how nice." As I experienced in the first session. *I feel like I am waiting for the subject. Less actively curious. More contently curious.*

1-3-1 I am working on T's shoulders as there is a lot of tension and holding there. I bring up the metaphor of "shouldering" responsibilities. She listens. Her breathing becomes more shallow, her eyes open slightly as if she is waiting. She does not reply.

1-4-3 I talk about the low back as being the transition from the support of the lower body to the action of the arms and upper body – the doing part of the body. "I wonder about your support, how you are supported and how you use your support." (Again, there is little or no response, either physically or verbally. I continue to work with the low back and up the spine.)

1-5-1 I start to focus on the muscles in her low back more specifically. There is considerable tension on the left from the top of the pelvis to the bottom of the lower ribs from the spine out towards the side of her body. There is also tension in the erector spinae muscles. I say, There is quite a lot of tightness here. Can you feel that? T No it feels normal to me. It doesn't hurt. (I register this comment, but as there is no response, no emotion, no softening or change in the breath, *I don't say what I am thinking – that pain is what feels abnormal to her – not tightness.*)

1-5-4 I begin to work on her legs because the issue of support and the lack of it is a huge issue for her and say something about liking to work on the legs with people who have low back pain because of the anatomical support we all get from our legs. I mention the metaphors of standing on your own two feet, and having a leg to stand on. T I feel like my legs are strong, because I hike a lot. No breath or response. Her voice is slightly guarded.

1-5-5 I say, That must feel good that you know your legs are strong. *I feel a little sad after the session, even though T thanks me and says how good it felt. I feel a little conflicted about trying to pry her open. She is guarded. She is private. I don't know what that's about. I am also a private person, and used to be very guarded about opening up in Rosen sessions, especially in front of others.* I know that there is much more going on. As I gently asked about her financial support, she did not reply. She is single, she is an only child, she is too young to be on social security. She does trust me with her body, mostly giving me her arms or legs as I start to move them. But there is some other trust issue going on.

1-6-1 She is quiet. *I feel like I am on the outside of a big balloon ball. Not like I am hitting a wall, but that I am bouncing up against a definite resistance or obstruction is too strong a word. Maybe an object which is opaque and a boundary, but softening.*

1-8-2 I continue to work quietly hoping she is continuing to focus on the way her body feels. I work in the same areas I had worked on the left, the top near the neck and out, and in the back between the shoulder blades. She is quite held there “contracted.” Earlier in the session I had worked on T’s legs, and she had noticed that she wanted to help me move her. When I had commented on that she had said that she guessed that it was because she felt like she had to do everything herself. I had moved to her low back, where her pain is and spoken about the need for support. Now I could see a connection between the lack of enough support and the “holding back” in the reaching out place.

1-9-1 Me How have you been? T Pretty good. My back has been pretty good. But then I was riding my bicycle and it was hurting again. Me Here (I refer to her low back)? T No up in my shoulders. I begin to work on her shoulders, wondering what else is going on besides bicycle riding. She reports that her shoulders are very tight as I work on her rhomboids and levator scapula on the left. Me I wonder if this is due to your shouldering things? T I’m always shouldering, but I didn’t hurt before.

1-9-2 I work on her shoulders as she talks about the difficulties with her father being ill. T I’m pretty weary of the whole thing. Illness and medical appointments. Her muscles are still quite tight. Some ease from my hands on work, but not much release from within. Her breathing is the same.

1-9-4 Me What does your mind focus on while I’m working on your shoulders? T Well I’m all over the place, thinking about a lot. Me Is there anything in particular that stands out? Sometimes relaxation can come when we speak something that is bothering us out loud to someone. T Yes, there is something. I just got a letter from my dad’s lawyer saying that we have to give back a lot of money that we had gotten from a settlement. (This is in reference to a hip replacement prosthesis that was defective.) T My dad’s not going to be happy when I tell him. (She talks about this and her breathing gets more shallow.) No I really don’t look forward to telling him. I wonder about who T’s dad is and whether this is a pattern – his getting angry and her bearing the brunt of it. *I decide not to explore this with her right now. I don’t want to go into the past.*

1-10-1 T’s shoulders are very tight. Both shoulders from the tops, around the trapeziuses to the levator scapulae and the rhomboids. She had earlier said, “you’ll find rocks in there today,” and I definitely did. Her breathing is more shallow than usual. I have in my mind our session from last week, when she talked about a particularly stressful situation with her father. She talked more than usual. *At the end of the session as she left, she said “I don’t feel as relaxed as I usually do after our sessions.” I had been thinking about this on and off during the week. This feels like an edge for me with her. I think the Rosen sessions are a rare experience of nurturance and support for her.* When she is more quiet, she finds some respite from the very real difficulties with which she is living. On the other hand, without more self-awareness of how she is internalizing and carrying this stress and emotion, she will not have the possibility to hold it differently. These thoughts are in my mind as we proceed.

1-10-2 Me I said before that it wasn’t usual for Rosen bodywork to cause an increase in pain. However, Rosen Method can cause an increase in awareness of tightness and discomfort. T Yes, I know what you mean, but this feels different. It feels like it used to. I used to have a lot of pain like this and it’s the reason I stopped doing things. What kind of things? (There has been no real change in T’s muscles or deepening of her breath as we talk. *This strikes me as odd, as she usually does release tension in her shoulders and her breath becomes more fluid after 15 or 20 minutes.* But that didn’t happen last week until after she processed some deeper more difficult emotions.) T Oh, I stopped bike riding and backpacking. This pain feels sharp, like the old pain.

1-11-1 T is very quiet in the session for a considerable time. She does not speak about last week. I work in silence, noticing and noting to her, less tension in her low back and in her shoulders. Her breathing slows and deepens throughout the session; however, there is no pause between the inhale and the exhale. The tops of her shoulders in the deep muscles close to the bones are quite tight. I speak about a “yoke,” and she laughs and says yes she has one of those. And she saw people in China carrying buckets on them.

1-11-3 I asked how it was for her, to speak about the accidents. She said, “Now?” Me Yes, now, as you’re talking about them. T Well, I’ve gotten a lot of treatment, bodywork and chiropractic. (She then goes into a description of how the chiropractic work didn’t help, and how she eventually became more assertive in letting chiropractors know what works and what doesn’t.) I am working on her neck, which is stiff, there is no particular reaction – no softening, no tensing, no increase or deep breaths, no flushing or peacefulness in her face. Me How is it now, to talk about this – the accidents and the treatments? T Well, I just have stopped going to get treatment; nothing really fixed it.

1-12-1 As I run my hands over her shoulders and back, asking if there is any place in particular she wants attention, she says no, nothing stands out. However, I notice that her shoulders are quite tight from the mid-scapular area across the scapula, the trapezius and the levator scapula. It’s a typical stress response pattern for T, “shouldering.” I just work quietly for a few minutes checking in. Her muscles stay tight and her breathing is shallow, and breaths are taken in short spurts.

1-12-2 As I continue to contact these tight places, she begins to talk about how the trip ended with her father falling on the final day. There is tautness in her voice. I perceive that, although this is four days since she has returned, the events of that last day are still with her. Often times with Rosenwork, physical contact in the form of gentle touch with an area of muscular tightness will result in the person talking about tense situations. Sometimes this comes with consciousness: “Oh, I’m tight there because I got a call from my ex-husband; he makes me so uptight.” But often, as with this situation with T, the connections are unconscious. While an acknowledgement is made that there is tension in her shoulders, she talks about the stressful events as though there is no connection between the two phenomena. There is then a possibility of making the unconscious conscious for the person. I have done this many times with regard to the stress T experiences being the sole caretaker for her parents, and her body “shouldering” this responsibility. Yet, today she seems not aware again that her body is bearing the burden in the form of tension and pain. Another step in this process, once a person has some awareness of the mindbody connection, is the possibility of insight, or new awareness or change. Often, as with many experiences in life, one can hear or experience something many times without realizing the significance of it for them. Then, one time, perhaps after many, many sessions, the mind and body and consciousness come together in an “Aha, now I get it!” moment. [Today, I decide to let T tell her story.](#)

1-12-3 She describes his fall, striking his head and bleeding, taking him to the hospital to get multiple layers of stitches, he and her mother insisting on going to a restaurant to get breakfast, driving 85 miles an hour to get to the airport 2 hours from where they were staying, and just barely getting on the plane as she was being paged. She speaks with irritation and shortness of breath as she describes these events over several minutes. Her shoulders remain tense.

1-13-1 She had to cancel a couple of Rosen appointments, in order to attend to additional medical appointments for her parents. She had also told me that she had a rash which she attributed to stress. As the session started, I asked how she was, and she said “Oh, alright.” She was clearly tense, as she did not fully

engage with the table. Her legs were held close together. Her back was flat, like a board and her breathing was shallow and irregular. As she had told me the above reasons for canceling and the rash, I brought up her parents, and asked how she was doing with all that was going on. *I had thought about the session in advance, thinking that she might really need a 'soothing session'. So I was thinking this would be a quieter session, with T going into a deep relaxed state.* So in asking, I was making a connection with our phone conversation and allowing her to take the lead in how to pursue the comment.

1-13-2 T then talked about how stressed she felt. She described how her father did not do well with her mother's care. How he would not disclose falls or other problems to his doctors. She said "I've been to 11 medical appointments with them in 2 weeks." As I worked, she was not responding. No softening of her shoulders, no shifting of her pelvis or legs. Her breathing was ragged and shallow. After a while she became more quiet, but her body did not relax.

1-14-2 I have to acknowledge that T is in too fragile a place to explore these issues in more depth in a short time on the table. She finds the verbal exploration a distraction from the ability to focus more deeply on the physical sensations of muscular release and opening in her breath. She said recently that she could not have a conversation and track her body at the same time. This is a skill that takes some time, more for some than for others.

1-15-1 T I have noticed that that area where you are now gets quite tight when I am in a hurry. The area remains flat and tight, shallow is the word that comes to mind. Restricted. I work gently there with my hands, both mirroring the holding and working more deeply around the spine just below the rib cage. The area of muscles around the spine which are tight are deep, giving a sense of stability by connecting each vertebrae closely to the one above and below.

Client 2

2-1-1 Me "can you let me hold your leg?" I say this because she is trying to do it for me. Client, M "Am I holding it? I can't feel that at all." I work some more on her legs in silence. *There is something very "speedy" about this client. I am aware that I'm not sure how I am getting this impression.*

2-2-1 Earlier in the session she has described feeling "locked up" in her upper back due to stress at her job. We have been exploring this issue. She has considerable tightness in her midback area around the scapula on both sides, but she experiences the pain more on the left. When she turns over, I am drawn to working on her legs as they seem quite "loglike" when she places them on the table in the new position. There is little movement in the hipjoints. The thigh muscles are quite tense, as are the muscles around the knees and the calves.

2-2-3 M Sometimes when I am at work, I feel like I have to hold on until I get home. Or else I will become "unleashed." Me. Unleashed? What would that look like? (I continue to work on her legs. They continue to be quite tight and held.) M Unleashed. Falling apart. I wouldn't want to do that at work.

2-3-1 M comes in after having taught a session in Napa about cancer with massage therapists. She describes having at one time had a specific intense interest in the subject, due to family members with cancer. There is no particular somatic response as we discuss this topic, although she is clearly interested in it. She feels strongly about the need for education with somatic practitioners with regard to the older caveats about not

working with people with cancer.

2-3-2 M My interest is people with life threatening illnesses need touch more than most. I am listening – interested in this topic personally – find myself having to restrain from asking about it in greater detail – as it is clearly my desire to have heard her lecture! The session then becomes more quiet.

2-4-1 I have been working on M's upper back especially on the left. She is very tight from the upper trapezius to the mid-scapula and lower scapular muscles. As well there is quite a ropey feeling in the erector spinae muscles along the spine between her shoulder blades.

2-4-6 Me I remember that last week you said that you thought that people kept busy so that they wouldn't feel anything. M I don't know what to say about all that. I like being slow. In fact I just bought a book about being slow. I want to stop racing around. When she says this, there is not a big change in her somatically. No breath, no conviction in her voice, no connection.

2-4-7 Me What's it like when you say that? M talks about feeling guilty when she's not productive, but again not much connection. Me Say it again. That you want to stop racing around. M I want to stop racing around. (Still no breath – no energy, no connection.) Being here I can slow down. But here is not the real world. Out there is the real world.

2-6-1 M has been describing some pain in her left shoulder, which is more acute that it has been before, or at least for a while. She has tightness in the rhomboids (the holding back muscles), but not too much, and some more actually in the mid thoracic paraspinals. After making some comment about the broadness of her shoulders, I work quietly in the midback area, and begin to have a sense of something being warded off. I move to the area behind the heart and work on tightness in that whole area. Again it is not rigidly held, but flat and tight in the spinal muscles.

2-6-2 Me This area where I am working is the area behind your heart. It has to do with openness and trust. With feeling safe. M Very quickly answers – It's a good thing that's not where my pain is. I am taken back by this answer, and am at a loss for words. I have been feeling a sense of openness with M, but with this response, I feel somewhat pushed away, as though I had touched a sore spot -, or come closer than she welcomed. I wait and work quietly. She did not tighten up or have a somatic response. So as I write this, I think it is a comfortable way for her to be. Guarded in some areas.

2-7-1 I am drawn to work on M's legs. She is a big boned and big muscled woman; her legs are large and there is considerable holding throughout. M I'm so glad you are working on my legs. They're so tight. I noticed when I got in my car that they were really tight. Tense.

2-7-2 Me Umm. Yes they feel tight. I continue to work in silence. M's breathing is shallow and fast. I ask something about the tightness "I wonder why they are so tense." M I'm not sure. It's new for me to be tense there. Well at least I've only noticed the tension in the last few months. Well, I've been rushing from thing to thing all day. No time to rest. Me No time to rest.

2-7-3 I am slowly working on her right leg, calf, knee, hamstrings, adductors and some rotating her hip. M I can't tell if I am helping you or not. Me Well lets pay attention and see if you are. I continue to work – now picking up her lower leg and bending and straightening her knee very slowly. M Well, I think I'm not. But I can't tell.

2-9-3 I am drawn to work on her calves, which are quite large, and quite tight and held. I work deeply at first, kneading away at the contractions. Her breath is shallow and moderately fast and she continues to “chat.” I find myself thinking about my own calves, often knotted, cramped and sore. I have a neurological condition – benign muscular fasciculation – which causes the muscles fibers to “fire” on their own. I smile, knowing that is my own little condition, wishing someone was working on my legs. I take a deep breath and bring my being back to my hands and M.

2-10-2 I worked for a while on her neck, finding some tightness up at the top of her spine where the vertebrae are attached to the occiput of the skull. Me It feels tight up here, these are the “yes” and “no” muscles. Not the big motions, but just nodding or shaking your head slightly. (She is quiet, listening, I wait to see what she has to say about this.) Is there a yes or no there? She is quiet, her eyes are moving under the lids. She has not responded after several minutes. Me Where are you? How was that? M Well, I was remembering a situation at work, some people not being nice, and trying to decide what I would or wouldn’t do about it. Me Ah, you went to work. She is quiet again, as I continue to work in that area for several minutes.

2-11-1 Me Where are you? M Hmm, What? Me What are you thinking, where are you? M Oh, I was thinking about my friend Mary, who has a terrible medical condition. And another friend who has such a painful neck that she ended in the emergency room yesterday. Me Mmmm. M I guess I was thinking about this pain in my left shoulder, that bothers me. It’s not so bad when I compare what’s going on with my friends. Me (I have noted to myself that when I asked M. about herself – did she learn about her own body when she was taking the anatomy class with clay – she went away and thought about her friends. She has done this before, gone away – “reflects” on food or work. I think it’s the way her mind works, a pattern at the end of the work day to be somewhat free ranging and loose with her mind. However, it’s also a pattern I want to follow more closely – when and how does she leave herself. As you’ll see there’s more to this pattern than meets the eye.)

2-11-2 As you check in with yourself, what are you feeling now? M Well, I hate to say shoulder; it’s really more next to the spine. Me Here? (I find a very tight spot in the area very close to the spine, and it is surrounded by holding in the whole shoulder girdle.) M Yes, there. Me What muscles do you think it is? M Well I know the rhomboids are there, but I think it’s deeper. Deeper even than erector spinae. I think it’s really deep, those multifidi that wrap themselves around the spine. Me Yes. And what is it doing? (I often ask this, even though a person generally doesn’t know, but it brings more possible consciousness to an unconscious process). M I don’t know. I really don’t. I wish I did.

2-11-4 I wonder to myself, “Then what is this shrinking about?” And I make a comment about her shoulder “girdle” holding her in. M I’ve always carried a lot of tension in my neck and shoulders. Me When did you learn to do that? M Well sometimes it is just, you know, sleeping in the wrong position, or getting up with a stiff neck. Me Yes, or a plane ride. (This is of course quite possible, but this is not what is going on with her chronic holding pattern,) What about the way you learned to do this, when we grow up learning how to be in our bodies? M Well, my sister has worse pain in her shoulder than I do. I’m going to see her today. I think I’ll tell her I got it from her.. She laughs. I laugh. I can feel myself getting frustrated. I want to hit her over the head with a proverbial hammer. Everything is outside her, not inside her. I take a deep breath, notice my countertransference, bend my knees, feel my feet, know that I will have time later to sort this out. I am back with M., gently being with her with my hands, eyes and breath.

2-16-3 Me How is the tightness in your chest? M Funny you should ask, I was experiencing that last night. Me Oh? In what way? M Well, I think it woke me up. I woke up and thought what is that? And then realized that my chest felt tight. I have my hands on the upper ribs, just below the collar bone. They are still, flattened down. No breath is coming in here. The scalenes and sternocleidomastoid are also held, as though she has exhaled, and not inhaled in this area for a long time.

Client 3.

3-1-1 What I had observed as she was walking to my office was very evident. There was little movement in her body. She reported that her back pain was around T8-12 and that she also had some difficulty in her lower back. While she has experienced back pain for a long time, she said she was in an automobile accident 2 ½ years ago and that is when she became more aware of the upper back pain.

3-1-2 I turned my attention to observing her body more. The tension in the upper back felt to me to be very deep and old. The tension did not respond to my touch. The muscles along the spine felt like tight ropes. There is more room in her hips so that there is the possibility of 'settling in' more, but today the tension there is also very deep into the hip sockets. *Her face is solemn and I had the feeling that she didn't expect much from the session.*

3-2-1 I wondered if this would be a quiet session but she began by saying this was the most intense week in her entire life. She doesn't say more about that until I ask. She does say her body has been doing really well. There is very little movement in her body.

3-2-2 Again, she speaks about the stressors in her life. There has been too much writing to do, too much to do, having to work, to begin a new program, turning 30, tax audit. Then, she tells a fairly long story...so many words that keep her from the feeling/emotion. Words kind of running into each other, like a report.

3-3-1 She begins to talk and tells me she has gotten through the tests and feels she has done well. The audit has been postponed (it was to be today). Her birthday is past and she had a small party and will have another one this weekend, a costume party. The theme is the Shadow. She is looking forward to the upcoming party. The biopsy results have not come in. She talks of her amazement that she was able to complete her tests/exams. She has had no pain in her back this week. *I'm amazed, because there is not that much difference in the tension I feel under my hands.*

3-3-7 This stops and when I asked her what happened, she laughs and says "anxious ruminations" and that she "gives her power away." I tell her what I saw and felt happened; that she was experiencing the ease, then the thoughts came through and the ease stopped. (Her breath caught in her chest and then stopped).

3-4-1 She says her back is feeling much better. *This is somewhat of a puzzle to me since my hands are on the area between her shoulder blades (the area she initially reported) and I feel a lot of tension in those muscles.* Then we begin to talk about it. She says she does still feel the tension when I put my hand there. There is nothing more she can say about it though and for her, that is a good thing. I realize she feels relieved that that is all she feels...the tension. I talk some about what I am feeling under my hands. She says all the tracking she has been doing shows her that she is feeling significantly less tension in that area. My touch draws attention though and she feels a little more of the physical tension.

3-4-2 I ask her about 'waiting'. This is what I sense in her body. *I am going over in my mind all the things she has told me in the last three sessions:* school tests, the cancer screening test, the IRS audit, her 30th birthday, her new friend. Waiting for everything. She starts to talk about all the things she has been waiting for. I ask how she does this in her body: wait. I ask if there is anxiety with the waiting, and she says dread, powerlessness. She is no longer waiting for the cancer results, but there is no breath.

3-4-3 She then begins to relate an experience she had of a shadow side of herself showing up. She is wondering how Rosen will work with this. It was a very intense experience for her and she got the desire to smoke. She finally got the cigarette, knowing that the doctor had told her there are two things that exacerbate the type of cancer (her abnormal cells), smoking and stress. The voice she hears is one of self-hatred. She, for the first time, realizes that happy thoughts or new-age thinking is not going to get rid of this self-hatred. She is at a loss as to what to do.

3-5-3 She speaks of the 'shadow' self that she portrayed at her party. *My mind is starting to get very curious about this same material over and over again. I wonder what would happen if it would be possible for her to stop talking. I consider saying something like, "you could just take some time for yourself here and not have to do anything, even talk." But, that didn't feel right to me.* Something about the talking and repetition is necessary, it seems.

3-5-5 She then says she should have been a CEO by now, and that Gwyneth Paltrow had won an Academy Award by the time she was 30 (her age now). I tell her that her diaphragm got tight in the telling of this. Then, I tell her how the body responds to 'trashing oneself', although I don't think I used that term. She was curious about this. I then remember saying something about how we are meant to follow our own path that her body tensed with the criticism of herself but the breath came through when she spoke of justice. When something is true, there is room for the breath to come through, and when the criticism is there, there is a gripping.

3-5-6 Again, I feel I am missing in my notes some of what occurred, but the tracking was a little easier today. *At the end I was so touched by her. She is SO smart, and SO out of touch with herself, and SO young (younger than her years, I feel). I wonder what it would be like to be 30 years old and being in the struggle she is in. My sense of her youth comes from somewhere I cannot name yet. She has done so much work to learn about herself and yet she had no connection with listening to herself, very little connection to her body. And I think, oh my god, that's how most people are in the world!*

3-6-1 She says there is a lot of tension in her body. When I ask where she experiences this, she says in her heart. Then goes on to say she feels the tension in her back, shoulders and neck. This tension is quite obvious under my hands and I begin to wonder what happened. I do ask her and she talks about the tension in her house, how library books are overdue. She wonders what she is going to do and there is a lot of heaviness in her breath. As she talks, trying to work out some solutions, she asks for some information. *I find myself talking more.* I tell her of restaurants nearby. Throughout the first part of the session there was quite a lot of conversation.

3-6-2 The conversation shifts and she says clients had cancelled and she has no money coming in. She gets so tense. She doesn't know what to do. *There were several 'entry points' during this session, and this was one of them. I know these places because the words really stand out for me and I find myself 'drawn in'.* She is feeling that nothing she does works anymore. Everything is work, is too much. There is so little money coming in and she questions her chosen work of psychology. She feels hopeless and overwhelmed (another

entry point.)

3-6-5 Soon after, I have her turn over because her neck is still very tight and she is having to move her head from side to side quite often. My hand is there at the base of her neck. Even though she is moving her head, she is talking quite a bit and doesn't seem aware of what she is doing.

3-7-2 She reports many things about what is going on in her life and there is very little movement in her body. Her mind seems to never stop. She says she will have to move in April. Later, it appears this is only a possibility. She loves her room and her one housemate. The other housemates are problematic. *I keep wondering if she ever gets any rest. This thought was quite insistent, yet this didn't seem the time to say anything. I can't say what that monitor is inside of me, but I felt this was not yet the time to speak.*

3-7-7 The conversation then turns to her weekend. She speaks of a place she visited where people all live together and she begins to compare and criticize herself that the household she put together is not working well. Her breath stops. She laughs and says she feels like a failure.

3-7-9 This is familiar to her she said, painful *and* comfortable and with some laughter, she went back to another topic. At some point she is talking again about her dissertation and not having any original ideas. *I think to myself that there seems to be so much within her that she is not able to listen to yet.*

3-7-11 When I say to her that it looks to me like she has a lot to say she wonders how I see that. *I feel my awareness comes from both listening to her and hearing something in her voice that is longing to get out but not knowing how.* There is so much chatter and the comparisons are so insistent. I feel the smallness in her ribcage. I say she is containing and holding herself smaller than she really is. True, she says.

3-7-14 The comparisons begin. He is a 5 on the enneagram, and she wonders if he wants children...and with all of this, the breath stops again. It feels very risky to her to open her heart. Here, finally, we are literally at the heart of the problem.

3-7-17 *I also wonder if my insistent thoughts are in some way mirroring hers. I think so. I feel I am beginning to know within myself how she 'works'.*

3-8-3 She feels the anxiety. She talks about how she thinks the anxiety may sabotage her relationship. The movement between her thoughts and her feelings happens so quickly *it takes my breath away.* There is no resting place in her. Her body is holding on so tight and I can see why: the shift from thought to feeling to thought is so fast there is no room for integration of any of it.

3-8-4 *Now I realize that all along, from the first session to this one, I have been looking and listening for her. As I write this I think, well, this is what I am always looking for, the person underneath the held places. Yet, this is a different sense that I get, as if the threads don't hold together. Her experience of herself as she is here on the table, as I hear and sense it, is of thoughts, feelings, sensations that are completely disconnected from each other. I get the image of 2" threads floating around in space and I wonder where they all connect. I wonder, 'how far down and in will she have to go to get herself together, to connect all the threads?' Then I have a sense of despair.*

3-8-5 With emotion she says she is really scared of being hurt in this relationship. No intimate relationship, she says, has gone well for her. No ease in any relationship. Quickly, she is talking then about her boyfriend's

troubled childhood, so again, the emotion is thwarted.

3-10-1 So little movement in her upper back. It is as if she is 'on hold.' As she speaks of taking some steps to find out if she wants to be a therapist, there is more movement around her shoulder blades. She has taken some action toward defining her goals. *There seems to be a definite struggle between what she is doing and thinking and her ability to 'take steps' to resolving the issues that hold her back. This thought goes through my mind as I feel the tension,* see the movement as she talks about the action she has taken, then, the tension is back again.

3-10-2 Her back is 'rock solid' behind her diaphragm. When I check her low back and hips, I can feel that there is plenty of room for her to 'settle into' her hips/support. Yet, she has no awareness of the possibility. She is almost entirely supporting herself from the diaphragm, up.

3-11-1 I was aware of a lot of tension under my hands as I placed one hand between her shoulder blades and another on her shoulder. Very little breath was moving through her. Hips and legs were less tense.

3-12-1 After a short silence as we get settled, she says she is anxious. Her body is quiet with very little movement. Muscles are tight between her shoulder blades and across her shoulders. It doesn't take long before she is turning her head as her neck is uncomfortable.

3-12-3 I observe her back and see how little movement there is in her rib area and how small her upper back is and I think of her being 8 years old. It is quite a while into the session before I say this to her because her waves of words keep coming. So much talk about what she thinks about, how she worries, and her proclamations of what she is going to do.

3-12-4 She feels the anxiety in her heart as a tightness and clenching in her shoulders. *She says she is in a state of anxiety all the time, but then says it's not all the time. I am aware that it is all the time. I am experiencing it within myself as I work with her.* She says she has taken medication in the past for anxiety.

3-12-6 *No rest!! In this child,* is the thought I had. *Her struggle takes my breath away.* She speaks of guilt, yet, no bodily response.

3-12-8 She talks about fire, and how anger has always been easier to access than sadness. So much self-blaming and worry. Tears...she has screwed up, she says, others are doing so much better and now, at 30, there is no room for error. *Unrelenting. Pressure.*

3-12-9 In her childhood she was in *danger* on a daily basis and it is becoming increasingly evident to me that this is the underlying experience she lives with. The 'holding back' between her shoulder blades makes me think there was no one for her to turn to. It does not occur to her now to reach out or ask for help in any way.

3-13-3 *But what about the tension between her shoulders? I felt curiosity and concerned about this.* There was more tension than in the past. When she mentioned her boyfriend there was very little movement in her breath. She talked with him, she said. She told him she wondered why he hadn't been in touch with her more.

3-15-1 As I touched her lower back I could feel the tension, like a gripping in her muscles along her spine.

This tension went right up her spine and the area between her shoulder blades was very tight.

3-15-2 She had been to a weekend workshop where she had experienced her heart opening. An amazing workshop she reported. Now, it appeared that she was shut down. She was feeling frustrated with her schedule and anxious about the new group she is leading for the first time tonight, she said.

3-15-3 *There was no movement under my hands, so I felt there was something else, but decided to see what would happen.*

3-15-4 The group she spoke of is one she has wanted to start and lead for a very long time so I was curious about her anxiety. Yes, some anxiety would naturally be there, but what about excitement? This was missing. It appeared any sense of her heart or of heartfelt feeling/emotion was missing.

Client 4

4-1-1 She is lying face down on the table. Right away I notice that her upper back is a pronounced hump with her shoulder blades pulled in close to her spine. Her hump rises up from below her waist. She shows me where her pain is on the left side and her fingers leave bright red lines. I put my hands on the right side of her neck and around her right shoulder blade. She says, "Ah, you've found just the right places." And indeed, there is tension, not right on the surface which is soft, but down a few layers where the muscles are slightly spasming. I explain that I will be exploring her body, but I am already hooked on her upper back so I fumble the rest of the sentence. There is very little movement anywhere on her backside; I am drawn to exploring muscles.

4-1-5 After a pause, I ask her about the job evaluation again; she gives me a little bit more information: "There were two of them, it was a client. Yes, they were sitting at a desk." It takes some time, and we go on to something else and then come back to this event. *I clearly don't want to rush her, I want to go at her pace, to let her tell me and her what this experience was really like.* She understands about it, but I sense from her upper back that she has held in her feelings, not really experiencing them.

4-1-7 I have turned her over onto her back. At one point in the telling, she is almost sarcastic/angry: "No, I never was able to say how I felt or to make choices for myself." *I can easily imagine a migraine headache at this point.*

4-2-1 She gets on the table face down. I am again struck with the constriction in all directions of her upper back and shoulders and immediately go there. Her trapezius muscles and many neck muscles are very tight.

4-2-3 She continues, "Of, course, I had hoped to be done with my period because I have read that headaches get better after menopause...I'm very hopeful". She sounds a bit worried, a bit nervous, her muscles tighten up. I am back at her neck and shoulders, having explored her back, hips some and legs briefly.

4-2-4 She goes on, "It was very busy, there were a lot of things going on, and I did have headaches and pain. I was stressed out because I had a big, time-sensitive report due." She goes on with the rush of words and challenging events that I noticed last time. Her voice gets slightly hoarse, and under my hands I feel her neck and lid muscles tighten, she is not breathing noticeably and her shoulders pull up toward her neck.

4-2-9 She sometimes goes off to her other cats and there is the flatness, no response in her body. So I point that out to her, she feels it and I suggest we go back to talking about the cat who recently died. I ask her questions to draw out her feelings about him, to give her lots of space to talk and mainly to feel. As we talk about this cat, she tells me all of the medical interventions she did for him. She thinks that was wrong and blames herself for not listening to him, for not letting him go. She is very tight as she talks. She is so hard on herself; she has to be perfect.

4-3-1 I have my hands on her neck and right shoulder. As I put my hands on, her skin feels hot and also lifeless. Her skin doesn't seem attached to what's underneath. There is no response from her body to my touch. I have an immediate sense that she will be hard to contact today. She makes a few comments about over-scheduling this morning, "sometimes I do that."

4-3-2 She explains what was happening this morning to make her late. I ask her if she accomplished what she needed to do, hoping to find something positive, something to take a breath about, but no such luck. She keeps going at a fast clip.

4-3-4 She is talking fast and, even though I ask her to slow down or to let the feeling be, she keeps going. I am contacting her tight muscles on her shoulders and back but not her.

4-3-5 As the tale of the doctor's visit unfolds, she reveals one catastrophe after another, at least that is how it feels and sounds in her body and her voice, which is tight and slightly squeaky. There is a lot of tightness around her neck, shoulders up into her skull, but also around her clavicles and her throat.

4-3-6 I have a strong sense of what is happening here, yet I am also on the train with her moving fast, feeling breathless and overwhelmed as the tales unfold. I have the image of a logjam as these events she's relating pile up on one another, and they in turn pile up on earlier events in her life that are "logjammed." Once again I am holding on to tight muscles but not really making contact underneath or with her.

4-3-9 I try with, "You really are alone with this," and while I know she hears me, she can't go there again. She is back with Friday's horrendous visit. "And of course, if I say anything, they'll cut me off. So I have to stuff it!" That is really true. She sounds angry and this is not new. I say, "Yes, I can feel you keeping the lid on and stuffing it. Can you feel that?" "Yes, around my throat," she shows me with her hand and she's right! "I sense this is not the first time, this is familiar to you." "Oh, yes, VERY familiar."

4-3-10 I tell her we have to stop now. I have just repeated that this is familiar and that she is alone with it. The session is not ending with any peace or resolution. She is still worked up and not at all settled. I ask her to take a few minutes before she gets up. I ask her again and suggest she take some quiet time because she is about to start in again. I take my hands off.

4-5-1 I go up her back a few times with little response. She talks some about how stressed she was last time. I take the opportunity to repeat how quickly she responded and that there was some relaxation. She agrees. She continues talking about saying yes to things she doesn't want to do to get a momentary gratification and avoid conflict. She then feels trapped and resentful.

4-5-2 I am now working some on the muscles below her diaphragm on either side of her spine- they are tight but accessible. I like being there but I don't feel these muscles' connection to above or below along her spine. This is curious to me because they are connected. It will probably take more time to develop her

awareness there. As I listen to her talk, I say little for a while. She has many things to say, and it's hard to stay with her in her body as her stories unfold. They feel emotionally loaded and tangled. I am figuring out how to untangle, sort out, slow down maybe, to give her a chance to experience her feelings, especially in her body.

4-5-3 She starts talking about feeling trapped and resentful in her family. Her parents were "always caught up in their own things, whatever was the next "in" thing to be doing. "Didn't they work?" I ask. "Oh, yes, they both worked. They never should have had kids. We were a bother to them." As she's talking, I am slowing going up her spine to the apex of her hump. It's thick here, like gristle. I can't feel her here, but I sense her down inside as I hear layers of feeling in her voice. I stay here while she talks on.

4-5-4 "We were always being left places. They would drop us off at my grandparents' and sometimes we didn't even know if they were home!" "Didn't your parents take you inside?" I ask. "Oh, no, they dropped us off at the end of the driveway and drove off." I am having a hard time taking all of this in. There are many questions to ask just to get the story straight, but I refrain from that part and say instead, "That must have been so hard for you and your brother." "Of, course, but as I said, they were too involved in their own life. They never should have had children." She talks fast. I can slow her down with questions easier than when I ask her what she feels.

4-5-5 She answers but doesn't elaborate or let it be. I can feel her shoulders tighten. I work with my hands around her shoulder blade, but no contact.

4-6-1 As she talks I place my hands on her neck, which is tight, her shoulders and upper back and these areas are tight, too. These are the chronic areas of tension for her. Her upper back is tight and raised in a hump down to about the point of the scapula, around the diaphragm. There seems to be a band across her back at that point. It's tight, I'm holding her tightly there and ask her how that feels, She says, Harder!" I tell her I am not sure I can go harder which is true, even if I want to. She knows this and tells me she knows it's not "the program."

4-6-4 She continues talking about men and women masseuses: she doesn't trust men, she trusts some women. She reiterates that trusting, I think she says not trusting, is a huge issue for her. "What I've already told you that's happened to me is only one tenth of the story. It is a repeating pattern throughout my life from people whom I trusted and who should have done better." I say, "Yes, like your parents and primary caregivers. As we are talking about this, do you notice your voice and your shoulders?" I ask her. She nods, "Yes, my shoulders are tight."

4-6-6 I ask her if she trusts me. She tells me she does; "You have never done anything untrustworthy." I think, that's good news and bad news. I'm glad she trusts me. I genuinely care for her AND I worry about what could happen if I fall off the "Pedestal!" This is a fleeting thought, I just note its importance for us both.

4-6-7 She talks, I keep my hands on, occasionally saying something. I am not feeling anything deeply. I feel her tighten at times and I note her voice change.

4-6-8 Things go along for a while. I begin to wonder if I am spaced out, if something is happening that I am missing. Her neck and left shoulder especially feel tight.

4-6-10 She keeps talking, telling me she feels blocked in her neck and shoulders. When I ask her to say a bit

more about how it feels to her, she repeats that it feels blocked, like it's congested there, and she segues into talking about her family.

4-6-11 She tells me about the one absolute rule in her family; "We were told repeatedly to never tell anyone anything that goes on in this house." At this point, she's on her back and she is activated. Her neck is quite tight. I have my hand around her neck lightly but securely, my other hand under her left shoulder. Her voice sounds constricted.

4-6-17 I just feel such strong, distraught holding in her neck and right shoulder. We are quiet together for a minute. Then she says in a rational voice but her neck is filled with such emotion. "I just have one question for you....I've told these stories so many times, I've cried over them. ...pause...What makes this work different? Or why should this work work? Or, is there any hope????" I am really aware of holding her neck, speaking softly to her. *I feel such desperation beneath the rationality.*

4-6-20 *I am very tired and deeply moved. I am so grateful to have my own bodywork session now!!! I can feel my shoulders and upper back pulling in, even though I have tried during the session to keep myself loose. What a session.*

4-7-2 I am struck with how tight and narrow her upper back hump is. There is barely any room for me to get my hands in, for instance between her scapula and spine. I feel mostly bone and hard muscle. She seems small, almost dwarf-like in this area. Likewise, her shoulders, especially the right one, is very bunched up and hard to get my hand in...to get hold of her.

4-7-4 Her back calls me but is so defended. While I am exploring she asks me in a slightly forced cheeriness how my Thanksgiving was. I reply, "Busy and good." She seems surprised, slightly. I think maybe a good holiday isn't possible. She tells me that "this Thanksgiving certainly wasn't as bad as a previous one, but it definitely had its moments." I can feel the tension in her voice as she speaks and put a hand on her neck, using some pressure because the muscles are hard like bone underneath a layer of soft skin.

4-7-7 As she talks about the current holiday, I notice she is getting flat in her voice affect, so I know she is talking the story and not connected to the feeling. It is also a way she gets herself riled up. I ask her to notice her voice; she does very quickly.

4-7-8 She tells me how, when she was younger, she and her brother watched her father kill an animal with huge eyes. She is not breathing and her shoulders and neck are very tight. I say something to her about this incident. She says, "Yes, we were terrified and horrified." We are talking back and forth and she finally says, "If his anger was so out of control with that animal, what would he do to us?!" She is on her back now. I can see and feel the guard up. "We really learned to stay out of his way."

4-8-3 As she speaks about her own treatment, she is very tight in her neck. I am up on her neck and her shoulder, mainly noticing her neck, which tightens and her voice gets squeaky. I ask her what she is noticing in her neck and shoulders now. She does not respond to that query about her felt sensation but continues with her words. This happens two other times where I ask her what she is feeling in her body and she responds with her narrative. I just notice this to myself each time and move on with her.

4-10-7 Shall I work on your feet a bit now?" "No, they're much better. My neck and shoulders need it much more." Both hands are under each scapula, probably on the trapezius muscles. They are bunched up and

very tight on both sides. I have told her earlier that I can feel her shoulders and upper back pulling up and in toward the neck and that I will work on that part, too. So now I am.

4-10-9 She starts to launch into a whole description of the accidents and I slow her down by asking a question. "These were in the rain? Were you driving?" She answers and we slow it down. Her neck is tight and so are her shoulders. She tells me she totaled her car in one accident and that it was her fault. I ask her if that was on a highway. "No, that one wasn't but another horrible one was and I definitely had PTSD from that one." I ask, "Did you ever get any chiropractic or bodywork for these accidents? She says, "Yes, I did. They were terrible on my neck. The people all said I had recovered but I hadn't. My neck just kept getting worse and here I am now."

4-10-12 She tells me how hard it was to say no to her friend, to not keep her part of the bargain. It was a barter with a friend/colleague. "I don't like to appear flakey. No one knows about my headaches except my husband; he's the only one who knows. I don't want anyone to know about them." "You don't want anyone to know about your illness? (she sometimes has to stay in bed and has been hospitalized)." "No," she says and she is struggling some. She is tight under my hands.

4-10-15 After a few seconds, the conversation moves to her being sick as a kid. "We were NEVER allowed to stay home when we were sick. Both my parents worked so we were always sent to school." "Even if you had a fever or a bad sore throat?" I ask. "Oh, yes." She is a bit wound up now, no softness. It's hard to reach into her muscles but I am still on her shoulders and neck.

4-10-16 There was definitely favoritism in our house. She adored my brother and didn't like me at all. It was worse to stay home!" she tells me. I have my hand under her neck and as I feel the tightness and her neck arched slightly back, I think about "keeping one's head above water." [I think about telling her about support about how babies who don't get support need their necks held. But I say nothing, I feel these things as I feel her hard-working neck.](#)

4-12-1 Her arms are up closer to her neck so I know there is tightness in her shoulders and neck. I also know that my not being here when she arrived could be a big deal. I am remembering an early session when she told me that I hadn't done anything to cause her not to trust me.

4-13-2 Her story is this: last week she blew up, she "got very, very angry" with her doctor's office because they did not mail her results "in a timely fashion" (her words), "I am so angry. I just blew up at them and I feel horrible about it. This is terrible." "You are angry right now?" I ask. "Yes, I am furious!" she replies. "I feel it right in my trapezius where your hands are. Yes, my neck is tight, but I really feel it where you are," she tells me. I do feel the neck tension. [I am not yet sure what I feel in her humped back.](#) There is not any movement and her muscles there seem hard and flattened over the hump.

4-13-3 Her story continues. She is upset at herself because she has to leave this practice (she has fired them already). She is also worried about her health insurance carrier. [Her body doesn't change much but I tell myself to slow down and wait for her response. The draw to "fix her" is strong.](#) Instead, I go back to her rapid increase to anger to look at that, which doesn't work. She does acknowledge when she is getting "wound up" again. She can tell me that her neck tightens and her heart is beating rapidly. Also initially she says she is frightened but we can't get to that yet.

4-13-4 As I listen and [talk to myself silently](#) and to her out loud, she tells me that she is so angry because she

actually, after twenty years of carrying health insurance, decides to TRUST her doctor and go to him for help with her headaches. "I took care of myself all those years." I comment on "keeping the secret for all that time, including your childhood secret." "Yes, that's true," she replies and moves on. I note that sometime I want to come back to "keeping the secret."

4-13-7 Then we are back to the story which is so tragically self-repeating and self-injuring. It is hard for me not to jump in and "tell" her what to do or what is happening, BUT I don't.

4-14-2 Her arms are folded under her chin and her chin rests on her arms. I haven't seen her for two weeks and I am startled by how rounded and pulled in her back looks! (Who's her bodyworker anyhow????)

4-14-3 My hands are on her neck and shoulders, but I am not making contact. She talks and I listen, trying to feel her beneath the hard tension. She is very upset and also resentful. She just can't conceive of canceling any appointments...she feels too guilty.

4-14-6 At some point she says she had an intuitive feeling that something would not happen. I try to emphasize this so she can acknowledge her "knowing" and possibly feel it in her body. I wanted also to linger on something positive. This was very hard for her; she resisted.

4-14-9 I have my hand under her shoulder close to the spine as she talks and the muscles really tighten there. There is a lot of talking with us today. I am trying, maybe too hard, to get to her, to pin her down to what she feels or wants. It is hard work.

4-14-11 She worries about doing it right and feeling so uncomfortable around her husband's family. I ask her what her husband would do if she told him how important it was to her to do what is best for him. She says he would just say, "Drop it," and walk out of the room. At this point I can really feel her body close down. I say something about a curtain coming down.

4-15-5 I say something about appreciating our work together and how available she has made herself to our work. I can feel her shoulders pulled in slightly toward her spine. I talk to her in a softer, slower voice. Immediately, she moves to talking about all the things she knows are wrong with her physically, but she is matter-of-fact.

4-15-8 We start talking about her work situation which we had discussed last session, also. The last few weeks, she worked with people "I didn't trust. It was horrible. I did everything and they never even responded...didn't tell me 'til the last minute." She is upset and very tight and pulled in as she describes this.

4-16-2 She was driving and it was raining (describing an accident). This is where her aversion to driving in the rain comes from. As a result of these accidents, her neck and upper body suffered greatly. As she talks, her neck gets tighter and her upper back on the left side is very stiff.

4-16-6 She says that sometimes she says no to clients because of this fear of driving in the rain. She feels responsible to the people she says "no" to. Here her back tightens again.

4-16-8 She is saying that the situation "made her heartsick." The feelings are present which I think she knows, but when I ask her to notice what's going on in her body, she doesn't or can't.

Client 5

5-1-1 *My first impression is of a ceramic doll.* She is slightly built and the skin all over her body is very smooth. There is very little movement from the breath and no definition of muscle or bone.

5-1-5 I wonder, I say, if this is something she is aware of. At one point she says yes, that she can get depressed but then she goes on anyway. Sometimes the depression lasts for 2 or 3 days, but then she 'gets back on the bandwagon.' I wonder, I say, if she can feel what it takes to do that. I think she said yes, but I wasn't aware of a response in her body.

5-1-7 I talk about effortless breathing and how we have to use other muscles to 'do' our breathing. Yes, she knows something about effort. She speaks of anticipation. There is a response to her words: tightening in the diaphragm. She says anticipation makes her anxious and panicky.

5-1-8 In a while I move up to the end of the table to have my hands under her neck and shoulders. This is where I see and feel the deep tension. Her shoulders are like bricks.

5-1-10 I could see how she is holding herself up with the thoracic muscles. So much effort. There is plenty of room in her hips for her to settle in to. *I had a sense of the anxiety she feels (most of the time, I think) in my own body. She seems to me to be a serious and determined person who never stops. No room for herself at this point in her life. I wonder if she has ever had room for herself. I wonder about her upbringing. About always having to make sure she is "on the bandwagon."*

5-2-1 Once again I am aware of how little movement there is in her body. She is tense and talks a little about the past week and where she has noticed discomfort. She has had discomfort off and on in her low back. Some due to starting her period, she thinks. Shoulders are tight. She says she is always thinking of all the things she had to do.

5-2-2 When she talks about her shoulders I wonder if this is the time to talk about 'picking things up and then, putting them down' and what it takes in the body to carry so many things at once. *I didn't say anything.*

5-2-4 She related that this is her last day of school. She just has to go in and do her last case study and she is through. There is no response in her body to this statement and *I am, again, very curious. I am thinking that there are so many ways a person could feel about this, including relief. With no response from her body, I know there is something there.*

5-2-6 Today her friend asked her about her father. He was never around, she said. It is disappointing that no one really kept the family together. I ask if there is anyone she can depend on, she says her sister, sometimes. Her sister is very moody. Then she says, her boyfriend. She has never known anyone she could depend on before. Again, I wonder where the breath is with this statement. There is no response in her body to what she said. I said, 'you seem to be cautious about this.' She said yes and then wonders how I know this. *I was grateful I was able to find the word cautious.* Yes, she says, she is very cautious about depending on anyone. How can one be independent and depend on someone at the same time was the gist of her statement.

5-3-5 Her face is unreadable. I understand something at that point, but not sure I can put it into words. As I ponder this now, I think it is because she is so VERY out of touch with herself.

5-5-1 Her upper back is very tight. As I place my hand there she talks about boredom. She's always been bored, she says and needs a lot of stimulation in her life. Later she says she can remember when she had time to sit and read and how wonderful that was.

5-5-3 She procrastinates, she says. Studying is boring, mostly. Two-thirds of the way through the session she says she wonders if she should stay in her relationship. Nothing changes, she is bored. There is no passion, they never talk about anything deep. I see and feel the tension between her shoulder blades. I tell her how muscles work (contract and relax) and about the unconscious tension created from needing to protect. I wonder what gets 'held back' under my hand which is over her heart. She feels the tension. I suggest she 'slip in under' my hand and notice what is there.

5-5-4 I am aware of her deep protection of her heart. As the session proceeds I recall a past session where she felt the pain in her heart around a lost relationship. I say that if the heart is closed, the loving cannot get in, or out. I wonder out loud if it feels risky to her to open her heart and she responds by saying she is 'not going there.'

5-5-5 I am thinking of her talking of the boredom and wondering how much energy must be consumed by holding in the aliveness and passion for life. How frightened she must feel to risk her heart being broken again. And there is no breath to speak of.

5-6-1 As I looked at her body lying on the table I was taken aback. She was unmoving, arms to the side. She looked barely alive. Her recent trip was stressful. Now she is stressed by time and procrastination.

5-6-2 Her right upper shoulder was like a fist. Her entire upper back was tight and solid underneath the very smooth surface. Angry all the time, she said. Angry and then talks herself out of it. Apparently she does express anger when she feels it, at times, all the while worrying she will hurt someone with her words.

5-7-1 She was ill over the weekend. She no longer knows, she said, if she gets a cold or if it is allergies. She looks exhausted all the time...ever since I have started seeing her. On the table it looks like she is a small, exhausted child.

5-7-3 There is no breath. Her lower back and shoulders feel painful to her. I work quite lightly, one hand resting on her arm, the other gently moving across her back and up to her shoulders. I think to myself that her mind and body have such a *grip* on obligation. There is no room for her. I wonder if she feels there is no way out.

5-8-1 She began by telling me her dream. I could see she was disturbed about something, but mentioning the dream didn't shift anything. Her body was quiet and held along her spine.

5-8-3 She seems to have an amazing (to me) ability to convince herself that everything is all right. Her friend doesn't share her study material with her, but 'that's all right,' she is stingy, but that's 'all right.' She doesn't have to worry about money, but 'that's all right.' Her upper back is getting tighter and tighter. It seems like she has no connection to her actual feelings about all of this.

5-8-4 She can't find the words to describe how she feels. She says maybe she is jealous, but there is no response in her body. She uses several words or phrases, but none of them elicit a response. She talks of growing up poor and how she doesn't ever expect anyone to see things the way she does. I ask if she is angry, but there is no response. Still, her muscles are very tense.

5-8-6 I wondered out loud if this was a familiar experience and she said yes. She said her boyfriend didn't see her. I looked for the breath, but there was none. *This mystified me as she has said this before with conviction.*

5-9-1 She appeared tired to me as I placed my hand on her arm. When I asked how her body was feeling she said her right hip was sore as well as her low back, As my thumb sank into the right hip joint I could feel the tension. Her low back was not so tense and there was very little response of breath from my meeting the tension. *I wondered to myself about what else was going on.* Her breath was shallow and face drawn.

5-9-2 She told me it had been a difficult week; car not working, the need to find a new roommate, then having a nightmare last night. Her body felt very tense under my hands...very tight between her shoulder blades. She and her roommate had made a decision to take a man as their third roommate because they need someone to help with the rent. Her body was very still in her recounting of this. The nightmare had been about this man. She was caught up in her words, completely unaware of her body.

5-9-3 *As she talked (without any awareness) I was caught up in my own thoughts.* It is very seldom that I see clients that need to focus on their survival needs (food, shelter, transportation). *I wondered, at that moment, if our work together could move her into any new inner awareness when survival was so much on her mind.*

5-9-6 The talking she does...*I wonder if there is ever any rest in her mind.* So many things seem to be problems to solve or ideas of how things should be. There has been a life-long searching in her for what she wants or envisions she wants, or, 'how it should be'. Searching outside herself. She wants communication with her boyfriend. Her breath stops as she says this and the tension is very much between her shoulder blades.

5-10-1 It has been a difficult two weeks for her. She helped a friend move which caused low back pain. She had an on-going headache for nearly a week. Her car repairs cost \$400, then a hit and run did another \$500 worth of damage. Her roommate moved out and she was sad about that. She had to compromise with her other roommate and let the man move in; now she locks her bedroom door at night. There is hardly a breath moving through her body.

5-10-5 It is difficult to read her face. There is little to no expression and while I can usually get information from eye movement, there was none. *I was very curious about this and became even more aware of how much I use the facial expressions and eye movement to assess a shift in consciousness.*

5-12-1 *Now that the exam is over I expected more ease in her breath than I found.* She was quiet at the beginning, then said that her low back on the right side was bothering her some, she has had headaches for the past three days and a couple of other things. She says she is anxious waiting for the test results. There was a response in her breath with this, but little and *I became very curious about what else was there.*

5-12-2 The roommate. Apparently uncommunicative and noisy during the night when he gets up to use the bathroom. She is still locking her door when she is at home. This week her female roommate is gone. What

is he doing at all hours of the night, she wonders. He does not participate in any way in the household. She plans to talk with him, but never sees him. This is not news, but an on-going litany of how she has felt about him from the beginning. *I think to myself there is some kind of resignation within her. I wonder, again to myself, why doesn't she begin by writing him a letter?? I feel my frustration with this and then, wonder about her frustration. And yet, is it frustration, or something else?*

5-12-5 The exam took over her life for a while, as it would for anyone, I'm sure. She has never liked it that she now has a male roommate, but she was able to put that away during these last couple of weeks before the exam. Now, here is the situation again that she cannot ignore. It seems to me there are many unexpressed words and feelings that tie back into her early life.

5-13-1 She begins the session by telling me about the pain low on her left side, then says her sitz bone on the right is still bothering her, and her upper back/neck area and her low back. I am most curious about the pain on the left side/sacrum area and as my fingers sink into the place she indicates, I can feel the tension. I move to her low back and feel the tightness on either side of the spine. She feels the connection between the two places, she says. I continue to make fairly deep contact in the low back area but there is very little response in her breath.

5-13-6 A little later when her breath shifts and becomes more shallow I ask her what she thought about and she tells me she is considering moving in with her boyfriend. This would give more stability and a place for her daughter to come to. Yet, the breath is not there in response. She says she likes to move around and I say something like maybe you are a gypsy at heart, but there was not a full response in the body to that statement.

5-13-7 *Many thoughts were going through my head* as she talked about her immediate response always to her daughter, no matter how inconvenient or difficult it might be for her. *I wanted to open up the thought for her that perhaps her daughter was old enough now to take some responsibility for herself. I think I said a couple of things, but felt then that that was perhaps my agenda, so I stopped. I could give her some very good advice*

5-14-2 She was so afraid of too much responsibility that she eventually quit a job. "What else?" I ask. Her parents put a lot of responsibility on her as a child. My touch is light as she speaks of this. There is very little breath moving through her. *In my mind I am wondering about trust/trusting.*

5-15-1 She jokes right away about wondering if my hands will be cold today. As my hand meets her mid-back my attention goes right there. There is a tight band running from side to side T8-12. *Curiously she says her low back has not been hurting her this week, no tightness or pain, so I am wondering about the tension under my hand, which is more than has been there. Has the tension just moved up, temporarily, I wonder?* The area between her shoulder blades is quiet.

5-15-2 She says she is overwhelmed. Friends and family are asking her opinion and wanting her help and she can't say no, she says. It takes so much time she continues because she has to get back to the person and get a history and so much information. She is not skilled enough yet either to not have to spend a lot of time looking things up. She can't say no. A classmate of hers is coming by several times a week also. It is too much. She feels suffocated. She can't say no.

5-15-3 *I am full of advice in my mind.* The tension remains as she speaks. There is very little movement in her

breath. I ask something about pressure. Yes, she says, she feel pressure around the situation. I'm curious about that. What about the pressure/how old? But I didn't say it then. I'm curious about her voice and the way she is speaking. Her voice is not heavy...I guess I would say, she talks about this in a matter of fact way. I am not meeting her. Yet, where is the meeting place?

5-16-1 On the table she began right away saying how much the work has helped her and how her back is so much better. So much talk, yet so important. She is talking and telling how she feels and thinks more than she ever has in her life. Still, under my hand, between her shoulder blades, the muscles were so tight. Along the spine the muscles were like a tight rope. She is talking about how much better her back is and I am feeling all of this tension and wondering, "how could she possibly be feeling better and having less pain?"

5-16-3 The way she processes her experience has been somewhat difficult to follow all along. Partly I think because of her culture and what she was taught. She talked about how the old pain was gone or at least so much better, then in the same breath talked about how her upper back feels pain and lower back gets sore; how she has learned to talk more about what her experiences and feelings are (and how good that is), and then how she complains all the time and vents.

5-16-4 Her boyfriend tells her she talks too much and she thinks all she does with him is complain and vent. He tells her this. I ask if she tells the truth about her own feelings. I think the answer was yes, yet in the same breath she says she complains and vents. This all feels like a Gordian knot to me and I wonder if there is any hope for her ability to untying it.

MODULATED STATES

Client 1

1-3-3 I continue to work in silence and then ask her about her care-taking of her parents. T I fix some meals, take them to appointments. Help my mother with her medications. She cannot be left alone because of her dementia. My father falls sometimes. As she talks, I continue to work on her shoulders, and the muscles soften, responding to my touch.

1-3-4 Me You are shouldering a lot of care for your parents alone (She has told me that she is an only child and there are no others who provide support except for a paid attendant who comes a few hours a day.) Again there continues to be softening in her shoulders in response to my touch, but there is no different response than before to my words. T relaxes more deeply with silence and touch than with the verbal dialogue.

1-4-1 I focused on her low back. There was some tightness there, on both sides. As I worked, she remained quiet. Her breathing deepened and her muscles released somewhat. Me What do you experience as I work here? T It feels good. Quite relaxing.

1-4-2 Me Sometimes when people are receiving Rosen method, as they relax, they may have an image, or a realization that "oh yes, that feels like this," something like that. (There is no particular response in her body and no verbal response. I continue to work with the muscles around her low back and spine. She continues to respond to touch and silence – relaxing more in the muscles and deepening with her breathing.)

1-5-2 I also work on the right mid back spinal muscles, which are also quite taut. T I feel these little knots where you are working. Me Yes its quite tight here and in the low back. I find it interesting and informative that the muscles are working even though you are lying down. Your body is supported now and the muscles don't need to work so much. T Takes a small breath.

1-5-3 You mean this is how they would work if I were standing up? Me Well, yes, at least they would need to work some to keep your spine erect. No response and no comment from T. I continue to explain that there is the metaphoric sense of support that the body understands. I ask Do you feel like you have enough support? T A big breath and a kind of cough. Well I have a lot of responsibility right now. But my back started hurting a long time before I was taking care of my parents. Me I know that I am addressing an important issue for T, but she is guarded about talking about it. I ask, Did you feel like you were supported enough before you started this phase of taking care of your parents? T She sighs, It's been a long time. As she does not volunteer anymore information, I decide not to ask.

1-6-2 The session proceeds quietly. Her body responds: muscles release, breathing deepens, gentle quiet sighs. I work on her shoulders quite a bit and talk about her tendency to "shoulder" responsibilities, and the quality of muscles to continue to work even when they are actually not doing anything. She is listening quietly; there is no specific response verbally or somatically.

1-6-3 Later in the session, after she turns over, she begins to talk about her mother's illness and some history and changes that she and her father have been through in caring for her mother. *It is the most open she has been with me about the details of a specific piece of what is a daily life for her. I listen and engage verbally, but mostly I am aware of this sharing of a more intimate nature. As she leaves, she is smiling broadly, says she feels different, more relaxed and thanks me. I feel like we're making some progress now.*

1-7-1 There are several "small" moments which stand out for me in my session with T today. When I opened the session, asking her how she was doing today, she replied that she was so-so. Me Oh, So-so? T Yes my neck hurts. The day started out all right, but then there were too many things, and I got all bunched up. Me Your neck hurts? When there are too many things, you get all bunched up. T Yeah, there's something I do with my neck and shoulders when I feel rushed and there's too many people to take care of. It used to happen when I was a tour guide too. We talked some more about the events of the morning and what she does with her shoulders. Over the next 15 minutes or so, she relaxed quite a bit and said she felt much better. What struck me is how much more open T was 'out of the chute' in this session. *I have the impression of a jar lid opening, or a can being opened with a can opener; she's starting to loosen.*

1-7-2 A second moment is more my internal process, but comes up for me today and is not an unfamiliar 'moment. I am working quietly, maybe have said something and there has been a breath or softening or maybe not much or a response. I go on working quietly, and the person is very quiet and getting more and more relaxed. Muscles are softening, breath is deeper, the body is flatter on the table, the face is softer, the color in the face and body may have changed. This was happening with T today. I am torn, she is so peaceful, she is in a deep quiet internal intrapsychic space. I want to say something (right now I can't remember what – but it doesn't really matter since I decided not to say it), but I also do not want to take the person away from this peaceful moment. I have the sense that it is a rare peace for T. Actually, as I write this I know that I want to say that at some time. I was going to say when she is not in it. But I think I could say it while she is in it as well, and it would affirm the experience for her without actually taking her away from it. But I'm not sure.

1-7-3 A third 'moment' happened with my introducing a process for helping someone increase their awareness of muscles 'doingness' as opposed to their being experienced as tension. T is very tight in her shoulders. They have loosened considerably from when she first came in, but there is a deep residual tightness. Me How does that feel? (I ask as I am putting considerable pressure on the levator scapula and trapezius muscles.) T Tight. It feels tight but it feels good to have the pressure there. Me Can you feel what the muscles are doing? T They are tight. Me Can you feel your way into what the muscles are actually trying to do. Can you exaggerate what they are doing? She tries to do this in a few different ways, not quite going in the actual direction of the holding. Finally she gets it – she elevates – shrugs hard up and around in a protective manner. Me What are you doing when you do that? T I stopped breathing. She says this with some amazement. Then she relaxes and takes several deep breaths. I decide not to go further with this, one small step of awareness. She is quiet again.

1-8-1 Towards the end of the session I am working on her upper shoulders which are held in an up and forward posture. The roundness of the top and outer shoulder is off the table. I work for a while in silence on the left side. I am working on the trapezius, the levator scapula on the top and the rhomboids in the back. After a while, I gently move the whole shoulder girdle down towards her hips and allow it to sink flatter on the table. As I move to the right, I hold it in my hands, one hand cupped over the top, one supporting from the bottom. After a few minutes of just holding, I ask "Do you feel a difference between your right shoulder and your left?" She responds with a puzzled look on her face and is silent, as though she is searching for some way to answer this question. She says "Yes. The left feels relaxed, alive. The right feels dense, tight." Me Dense, tight. T The right feels contracted.

1-8-3 Me In this area in the back, when we are contracted, we can't reach out. This is the area we reach out from. She looks quizzical again, puzzled. She does not have a breath response, but rather seems to be thinking. Then she relaxes again, her face softening and smiling. Me Ending the session I just say as I hold her shoulders. "Aliveness. I like that word." She smiles and nods and takes a deep breath.

1-9-3 She has had some deep breaths as she tries to let go. I work in silence for a while. While we are both silent, my mind wanders to a session I had just completed the hour before with a young man who had suffered significant medical trauma. We had been talking about the mind and emotions. I refocused on T and just restated what she had said earlier. Me Pretty weary of the whole thing. T laughs and says Yaaaah, takes a deep breath. But still the muscles are tight.

1-9-5 T Maybe I'll just have the lawyer tell him. She takes a deep breath. Me How does that feel, to consider letting the lawyer be the bearer of the bad news? Does that give you some space. T Well, I'll still have to deal with him later. He'll still be upset. She begins to relax, her shoulders drop; her breathing slows. Me Does that help to not be the one who brings the bad news, even if you have to hear about it from him? T Yes, that would help. The whole thing just makes me angry. (T gets a little teary) It's been so hard on my dad and on the whole family.

1-10-3 Me Ah. Perhaps then there is something else. I understand what you are saying. (No response). Another way Rosen Method may be effecting you is some focus we've had on this area. The 'shouldering' issue. And the issue with lack of support. A big breath.

1-11-2 Two other things stand out for me about the session. Towards the end of the session, while T is on her back, she begins to talk about four car accidents/bus accidents she was in over the space of a few years.

She was a passenger in all cases. I am listening, aware of the trauma a car accident can cause, and watching/listening/feeling for somatic indications that she is slipping into some trauma states. She talks about the accidents, not in a completely detached way, but not obviously in a traumatized manner.

1-12-4 T It reminds me of being a tour guide. I always felt tense when I was rushed. Me What was it about being a tour guide that was rushed? T There was always so much to do, especially getting ready to leave and the clock was ticking. (T is in a more chatty mood now. Her shoulders have relaxed some; her breathing is also more relaxed.) Me Ah, deadlines. T Yes, (a deep breath). I can't do that work anymore. I don't want to take care of people anymore. (Another deep breath, and her shoulders drop into my hands.) Me You don't want to take care of people anymore.

1-13-4 Me As you lie here, what do you notice, how are you in your body? T I feel more upset than when I came in. I had a pretty good day; I had decided not to let it bother me. Me Yes, it's a lot to be responsible for. T Sobbing suddenly, as she puts her hands under her face, I just feel like I want to cry. (She says this loudly.) Me Yes. (I just support this with my hands.)

1-13-6 In a few minutes T says "you know my right hip has been bothering me again, down here. (She shows me with her hand.) I take this as an unspoken message to move away from the charged material or moment. Away from her shoulders and breathing. I follow her lead. As I'm writing this, I feel more confident about what my instinct was at the time. This "outburst," as T referred to it later, was a first in a shared expression of her grief, frustration and difficulty. While she cried once before, it was very quietly and, I think she hoped I had not noticed. By staying with her after the outburst, but moving away from the intensity of the public sharing of the emotions, she was able to relax and let go. After the session, we sat for a few minutes and talked, as she said "I felt like I just had an unexpected outburst. I was upset with myself for allowing myself to get so upset."

1-13-7 I replied that it seemed perfectly normal to me that someone would cry given the stress she was under, she smiled and said yes. I then addressed the different strategies of what was useful for her, either to be able to talk and release some of her stress, or to use the sessions as nurturing and taking a break from the stress. T Yes, that is what I need. When I am here and get into a deeply relaxed place, it is like something I didn't even know I could do. I've never experienced anything like it before. It helps me to deal with what I have to on a day to day basis.

1-14-1 Today was a quiet session. T had told me after the last session that the quiet deep relaxation she achieves while in quieter sessions helps her to get through the difficult days taking care of her parents. This of course raises concerns, as she has only today and two more sessions until the study sessions are completed. I am in the complex mode of wanting to see T move into more self-care from an internal recognition that she needs to and she can do that for herself. Yet I know she is not yet at that place. I know that through the Rosen sessions, T has found a place of deep quiet in herself which is new to her and which she cannot access on her own. I made a recommendation to her to consider Rosen Movement classes, which I think would provide both physical stress relief as well as social connection and support. Of course, it would also continue the possibility of self-exploration and growth in a safe environment. She countered this idea with perhaps trying a yoga class again. However, as of today she has not followed through with either of these programs.

1-14-3 She did say at one point, in a very matter of fact voice, "So when I am more stressed, I tighten up unconsciously and use poor posture." She was almost saying this to herself. There was no particular

response in her body. She had been very tight as she lay down, and her breathing was shallow. As the session progressed, I maintained the quiet that we had discussed as being helpful to her. She slowly opened more, softened, breathing deepened. This continued over a significant part of the session.

1-15-2 Me This area in your back here is actually an area where you can breathe more. Sometimes people don't realize it, but their lungs come all the way down into the bottom of the rib cage, down here by your waist. When you breathe more slowly and deeply, you can loosen these muscles. The diaphragm can relax. She is listening. She begins to purposefully take a few deep breaths. This is a way for her to experiment with this area and increase her somatic awareness of it. After a few breaths she stops, and resumes a more shallow but more relaxed than before breath. I want to continue with this area, bringing her awareness to making her unconscious processes more conscious.

1-15-3 Me One of the experiences people often have with Rosen work is this increased sense of what they are doing with their bodies, with themselves. Just as you just said 'you notice that when you hurry, this area gets tight.' It reminds me of something you said before about not liking to rush, or be in a hurry. (I am thinking about at least 2 or 3 times when she talked about one of the things she did not like about being a tour guide was the feeling of being rushed.) T Well, there are always too many things to do. I am realizing more that I don't allow enough time for any given thing that I do. She says this in a rather matter of fact way, and there is no significant change in her breathing, no ease. But with something in her tone of voice, an importance she gives to this statement, I become aware of my own heightened awareness to this process. It's like my ears get a little hot, and feel bigger. I continue to work with the deep muscles and with the flattened lower ribs. I gently lift the side of the ribs towards me, and then let them down gently on each side. Her breath slowly becomes by inches lower in her body, deeper. There is some flaring of the rib cage and softening of the spine muscles.

1-16-2 Me There are many metaphors about the shoulders. We have talked about 'shouldering' responsibilities. As you have with your parents. But there are others which you may enjoy such as 'spreading your wings' which relates to the shoulder blade. And this is the area from which we reach out for help, or just reach out. There is a change in the breath, a shift. As though the body is considering this. T makes no reply, and continues to be in silence.

Client 2

2-1-2 Me "hmmm" her legs are strong and muscular and also very tight on the outside of her thighs. "Sometimes we keep working even what we don't need to." Client M takes a deep breath, and lets go some.

2-1-3 M-"I wonder why my legs are so tight. Sometimes they are tight at night.... why-I always want to ask the why question-I am like a two-year-old." I laughed out loud, and so does she. Practitioner-"or like someone with a scientific mind." (She has told me that she teaches anatomy and neuroscience-I also have a scientific mind and have taught anatomy and neuropsychology. So I am 'feeling in' for my counter-transference.... I love to ask why, but also know that sometimes it's not the right question. I feel calm, curious and happy. So I think I am on solid ground with my responses and interaction. I could go on about this some more-about how I look, feel my counter-transference responses. I will wait until another time.

2-1-4 Me "I have a sense-which might not be right, but you're happy to slow down, that you are a busy person." Client takes a breath. "Yes, that's right. My parents were workaholics and so are my four (or five),

siblings. I really want to slow down. But I know that I keep busy so I don't have to know how I'm feeling.

2-2-2 Me. I notice your legs are quite tight. M Yes I hold quite a bit of tension in my legs. Me There is a sense of taking a stand or digging in your heels. (She seems very interested in this comment. I have a felt sense that she is taking this in and considering it.)

2-2-4 Me Yes, but what would it look like if you did come "unleashed"? M I would cry or yell, or both. I would be a puddle of tears. *Actually, that feels quite good to think about being a puddle of tears.* (There is a softening in her legs and a big breath.) Me A puddle of tears. (she becomes quiet.) The stance of holding on is how you live in your legs. The lived anatomy is how we feel when we are in our bodies. She relaxes further. There is the energy of listening – her breath is a little held, and shallow and there is a smile on her face.

2-3-3 I work in silence around her upper back and shoulders. There is a beginning of a process I call "unwinding." A muscle fiber in one location twitches. The breath comes in. A muscle fiber in another location twitches, and the breath comes in again. More and more twitching, the body is relaxing and letting go. The person is letting go. Deepening and deepening. Less and less need to be doing. More and more just being. This process of twitching and breathing goes on for several minutes.

2-4-2 We are quiet for a while. Her breathing begins to finally slow after 10 minutes or so. I am working quietly, although I want to make the connection that she is tense when she is "on" and can't be aware of her tension.

2-4-3 I am learning about M that she is quite heady, easily comes out of a somatic awareness. I want her to have the experience of being "off" in order to have a different somatic experience with which to compare her "ON-ness."

2-4-4 Me When you are at work you are on, and when you are here you can be off. M Yes. She takes a breath, but not huge – just deeper than before. I have pain in my left shoulder and my low back.

2-4-5 I talk about what I am feeling, and she describes her pain in more detail. Over time the muscles soften and her breathing slows more. She is still breathing somewhat shallowly and not quickly, but only moderately slowly.

2-6-3 As I work on the right low back, hip and intervening psoas, she tell me the story of how she first injured that area a long time ago, slipping in the snow and landing on her tailbone. She says the pain came several days later. As she describes the pain and disability she experienced, she also talks about the fear she experienced. She mentions a boyfriend who was helpful and gentle with her then. (I wonder what happened to her boyfriend, but don't ask). Her breath becomes shallow, her voice quieter, almost in a whisper. I am gently rotating her hip, supporting her leg and massaging the low back. I say that I can hear how scared she was. She says yes, she thought she might be paralyzed. I say yes, one hears all those stories. . . . She says yes, stories. *I sense the trauma in the room.* Not so much of the original injury, but of the fear related to the pain and having to go in a car to an emergency room.

2-7-4 Me How is it for you for someone else to do the work? M Strange. She takes a deep breath. But it feels good. I like it. I move to her left leg and ask if she feels a difference between the right and left. M Oh yes. The right feels soft and alive. Relaxed. The left feels tense, like a block.

2-8-1 Me The word that comes to me is balance. (I wait, she has a small response with her breath.) I wonder if you notice things being in balance or if there is something out of balance. M takes a big breath, her ribs soften, she wiggles her legs. M Well, yes. Out of balance. And she giggles a little.

2-8-2 Me Can you say a little more about that? M Well, the world throws lots of things at us to keep us out of balance. This is an interesting response. Very distant, as though she is not part of that equation. *So I want to say something that will bring her into the "dialogue" with me and her body without being too directive.* Me Yes, I know. And everyone has their own unique way of engaging with the things the world throws at us to keep us off balance. How we are in our bodies, how we move through the world.

2-8-3 M Well, I think I am pretty in balance in my life. I mean in my personal life and my work life. The only area where things are out of balance is with my family. Me Things are a mess. She takes a deep breath and her voice is shaky. Me Things are a mess. M then begins to open up a conversation about a recent breakdown in communication with her siblings since her mother died 3 years ago; she is one of six.

2-8-4 The most problematic arena is with her twin brother who has stopped talking to her. She talks about the dynamics and her feelings. She is teary. Me How do you feel this in your body. How is your shoulder? (I have continued to work her, more in the upper and mid-scapular area where there is almost a rigidity as she talks.) M I can feel it tighten up as we talk.

2-8-5 Me Can you exaggerate the tightness a little? Make the tightness slightly more intense. (I ask her to do this to increase her awareness of how she is using her muscles) With some experimentation she pulls her shoulder back and down. Me If you could describe what you are doing with your shoulder, what is that you are trying to do with that movement? M I am trying to hold on. (Again her voice is teary, she takes a deep breath and lets go.)

2-9-1 She talks quite a bit as I am working on her back, at first and then her legs. She takes a deep breath and I comment "You just took a deep breath." M I guess I've been talking non-stop, and I needed to catch my breath. This seems related to rushing to me. I focus more on her legs. As I have mentioned, M is large boned and muscled, though not heavy.

2-9-2 Her legs are naturally strong, but not relaxed. Today her hip joints move more freely, and instead of having the image of tree trunks when I feel her legs, they are somewhat softer, at least at the surface. M My legs aren't so tense today. Me I wonder if that might have to do with taking the day off, and not feeling so rushed. M Yes. (She laughs).

2-9-4 Me What do you notice as I am working? M Well, it feels like a big block in there. Like I'm holding on, but I can't tell if I am. Me Yes, it feels tight. Like your legs have been working, and they are still working. Even though you are laying down. M (Sigh), yes. (Her breath slows down, she takes another deep breath.)

2-9-5 Me We talked about your legs and rushing. But, another thing these muscles are involved in is running. And tiptoeing. Have you ever felt like you had to tiptoe around anyone? M Hmm. Well not in the past. Not in childhood. But with my twin brother now, I definitely have to tiptoe around him. (She goes on to talk more about the current situation with her twin, but there is not a big resonance in her voice or breath. *I feel like we are closer to something, but I can't put my finger on it, and this isn't it.*)

2-9-7 I notice her breathing more, it is slower, but each exhalation is followed quickly by an inhalation. There

is no space between breaths. Still rushing.

2-11-3 I work in silence for a while. Then I say, as her shoulder has softened and spread out, “When you are relaxed and open here, you take up more space.” We then have a discussion about taking up space, which she says she has no trouble doing. Her body more or less agrees, deeper breaths, more softening. We talk about her twin brother, but she says he did not take up more space as a kid, and she always felt comfortable being as big as she wanted to. “I like my broad shoulders,” she says.

2-12-1 Me Oh, and I just remembered that we worked with your legs for several sessions. M Yes, they were so tense for a while. I couldn’t relax them. I remember that when I was here I could focus on them. I mean I didn’t have anything else to focus on. But they weren’t only tight when I was here. Sometimes at night I wouldn’t be able to get to sleep because they were so tight. Now that doesn’t happen. I don’t feel that tension anymore. Me Umm. Yes, they are much softer and looser now. (I rock each leg gently back and forth in the hip socket, and gently lift and hold the muscles of the back of her thigh and calf areas.) M One of the things I notice overall is that I’m much calmer now since coming here. I just don’t have to do everything all at once. I can tell myself ‘why do I have to do the laundry today, I can do it tomorrow.’ Me Yes. I remember when you first were coming that you said, not as a goal of this work, but that you had a goal to not be so rushed all the time. That you wanted to feel less rushed. I am now working on M’s left shoulder girdle and paraspinal muscles. They are very tight again, “bunched” she says. She is breathing rapidly and shallowly.

2-12-2 M I am glad you reminded me of that goal. I had forgotten that I had said that. Yes, I can’t quite name it. I get very relaxed when I’m here. It’s a very deep relaxation, even as we know that I’ve fallen asleep a couple of times (she laughs). But really, I’m not really totally asleep, I’m just somewhere else. And it lasts. It doesn’t stop when I leave. I feel umm calmer in general throughout the week. What M is describing as her experience here is an altered state. Later when she has gone into this state again, I maintain contact with her verbally as well as with my hands. Her breathing is quite deep in her body; her pelvis rocks with each inhalation; her ribs and diaphragm are fluid. However, the rhythm is somewhat quicker than one might expect in this state. Me Your breathing is deep in your body, but a little fast.

2-12-3 M When I am in this state, I start dreaming. I’m not sleeping, but I’m dreaming. Me Images. Yes. Anything in particular? (I am asking to see if this is an opening to some of her own unconscious material, or just random flutterings of color and shape.) M No. Just fleeting images. As she stays in this state for a while, her shoulder softens and widens. Her breathing slows some, but not fully exhaled. No space after the exhalation.

2-12-4 After I have her turn over, I continue to work on her shoulders, as the front of the body is often holding in a similar fashion to the back, or another way to say that is that the pattern of holding goes through the body; a whole area front and back can be involved. Me How is that? (I ask as I am gently moving the shoulder out from her body to give the possibility of more space.) M My chest is often tight, so that feels good like it’s opening up my chest. This is news to me that M experiences her chest as tight. She has not mentioned it before. But now the breathing pattern I have noticed many times becomes more interesting. Ahhh. I say to myself, as I put my hand on her sternum. Her breath does not change much. Nothing changes much. But I have the sense that another piece of the M puzzle has been added. And I take a deep breath.

2-13-1 I have moved to M’s legs and notice some tension in her hamstrings. They are still much less held than they were earlier in our work together, but a little held. I work as she goes on with her description of

what she would want in a relationship, if she could have it.

2-13-4 M I can't be with someone younger than me. I had three relationships with men much younger than I was (her body shudders). It didn't work for me. No. (She takes a very deep breath, a smaller shudder, release, breath. Quiet slightly quick breathing. Slowing down. Quiet slow breath.) *A small burning curiosity is aroused in me. I want to know all about these three relationships that were with younger men and didn't work out for M.* But she has shuddered, she has breathed. She is quiet with this piece of her past. For now it is neither alive, nor held for her. *For now I will have to live with my curiosity.*

2-15-2 Her shoulder is tight though the rhomboids and the levator scapula and trapezius. All hunched up. She is slowly relaxing, the muscles are twitching and softening. Her breathing is slowing. Me I remember that you had said a goal was to stop rushing. How is that going? M I am glad you reminded me. I'm not rushing as much. I remind myself that I don't have to do everything all at once.

2-15-3 Me Does rushing have anything to do with your shoulder getting tight? M Well, maybe. Hmm. I mean when I am rushing I am stressed. And any stress goes to that shoulder first. She takes a small breath. Like "yep" that's the truth. But it doesn't settle in and generate more space. Me Does it remind you of anything? This tightness? Sometimes people get a memory like "oh yeah that was that telephone call, or I remember when I got stressed". M Well, I know this sounds funny, but I think it's because of the cold weather. Sometimes my house is too cold and I hunch up trying to stay warm. She then pulls her shoulders in and up, just in the way the holding is. This is new information and definitely a thread to follow (in the midst of this randomness. Me Yes. That is exactly how your shoulders are held. All hunched up. She relaxes down some more. Being met and having a verbal mirror of what her body is doing and/or what she is doing in her body, gives her some security.

2-15-4 I work quietly for a while. She is quiet and more relaxed, but present. Me I remember last week, you had a memory about being called by your nickname because you were so giggly as a child. M She laughs. Yes, and now my parents have died, no one calls me that anymore. It's sad, or weird or something. It's like something is missing. But I did tell my best friend, whom I've known for 28 years. She didn't know that that was my nickname.

2-16-1 M has been quiet and in a state that she describes as deep relaxation. Over a period of 15 minutes she has released significant muscle tension. She continues to be quite unaware of how she carries tension in her body, often saying that she did not notice that she was tight in a place, or feel pain until she lay down or I touched her in that place. I have been working on the tightness in her left shoulder. She is not as tight there as she has been over the past several months. I am tracking her breathing. Her pattern is to breathe deeply into her diaphragm and abdomen. As she relaxes, her rhythm slows down, but the pattern is very inbreath/outbreath/inbreath/outbreath. There is no pause at the end of the inbreath/outbreath cycle.

2-16-2 With M, I find that there is not yet much success with this. She does not connect with my words as they speak to her holding patterns, at least not in an obvious way in the sessions. As there is more ease in her body, and other changes have occurred, *I think the connection is happening on an unconscious level.* So today, as it is her last session, I am speaking to what she already knows – to a physical process she knows something about and can immediately relate to.)

2-16-4 M Well, my theory, that's a funny word, but anyhow, my theory is that if I am breathing into the lower lungs and abdomen, I am breathing everywhere, because the air has to go through my lungs. Me Yes.

However, one can focus one's breath to go to certain areas in the lungs, to the exclusion of other places. (I feel a little teachy as I am saying this, but M is an anatomy teacher and knows the structure of the lungs. Even as I write this, I am not quite sure about my comments in this process. Perhaps it will come to me later.) M (Takes a huge breath into the whole of her lungs.) Me Ah, nice. A big breath. M I just wanted to see if I could do it. I feels weird. Me Why don't you do it again. (I am wanting her to have the experience several times, here so it increases the possibility of remaining more conscious. Now I am back in the realm of making the unconscious holding more conscious. This also has to do with another Rosen tenet, bringing possibility into consciousness.) M (Repeats the breath, and I ask her to do it again). She returns to quiet normal breathing, but now there is softness under my hands and she is breathing more fully in all her lungs. Me Now there is more breath here as well as in the lower lungs. Space and softness. (She continues to breathe softly and more fully.)

Client 3

3-1-4 I began by telling her the 'story' of coming into the world and how we breathe and express ourselves so easily. Her body began to ease some and she felt it, and then told me she had stressors in her life right now. She felt her body as rigid. Her voice was strong as she told me of being audited, having exams coming up and papers to write, and that she was waiting to receive the results of a cancer screening. *As she spoke I felt myself melt (my body felt warmer and there was some sensation in my face.) and was then easily able to meet her.* I spoke of the muscles along her spine and how they are used to hold ourselves up, even when we don't feel like it. My fingers sunk in fairly deep to meet the tension in her upper back.

3-2-3 Unexpectedly, at least for her, her friends' wife died. Then, the emotions come with the deep sadness. For a brief moment, her body moves with the emotion. Then the words come again, the feeling goes underground and the stillness is back. She talks a while and then giggles, and this is true throughout the hour. She's like a little bird that settles on a limb for a moment, and then flutters off again.

3-2-4 The words keep coming and I look for any connection she might have to herself. She is aware when she is in/feeling her body, alive and enjoying, but this happens seldom, from what she reports.

3-2-5 As she talks about a group she led this last week, the joy and breath and movement come. Then, she said, completely in her head, "I have so much to learn"...and the stillness is back. I am hearing, seeing, watching, sensing through my hands and own awareness a pattern emerge, but *I don't know what it is yet other than stopping herself, feeling, for a brief moment, then stopping again.* This is evident from the stillness in her breath and tension in muscles. Later, emotion and movement comes back when she talks about the suffering in the world, how it breaks her heart. And after that, the feelings of resentment she has for those who also have the papers to write but who don't have to work.

3-2-6 Grief, sadness, deep feeling of suffering in the world, overwhelm, resentment, dread of turning 30 this week (can't play any longer), no one challenging her (school), and the giggling. Mostly words, but when the emotion comes, it arrives from a very deep place.

3-2-7 I see the breath, near the end of the session, move up to the top of her chest. It seems like, for a moment, she has run out of words. The movement stops at the clavicles. I move to the end of the table so I can work on her shoulders and neck. I say a little about the "lid" muscles and expression. *I wonder what it is she really wants to say, but do not voice it in this way.*

3-3-2 Yes, there is some ease, but as my fingers sink in, the slightly deeper tension is still there. The thought comes to me that there is ease, then, in the surface of her life, but still, there is so much tension just under the surface. I felt I settled in more with this thought. My contact with her was deeper and she became quiet for a few moments.

3-3-3 She remained quiet for another short while. This is the first time since I have worked with her that I felt she was beginning to settle into herself. I recalled my thought about the surface relaxation and said to her, "I wonder if you have ever had a break?" The breath came, then she began relating this: she has been in school for a very long time.

3-3-4 Listening, watching and feeling her under my hands, it is clear to me that there has been a deep struggle and a push/drive within her that seldom shows on the surface. She indeed, has had only one break in the last number of years and that was one week in Hawaii a few years ago. Retelling that, there is breath.

3-3-5 I begin questioning, within myself, how it could be that she is unaware of hardly any ease. I wonder if she has ever felt ease. I want to know more about her childhood, but this is not the time to interject any question about that. I want to stay with the ease. I have never seen this in her until this moment. Just mentioning Hawaii recalls the experience in her body.

3-3-8 After relating this to her, her breathing became easier. I mentioned this and talked about ease: how we grow up thinking that we are strongest when we hold ourselves together, but that really, we are strongest when we are at ease and vulnerable. Then we can be more aware of what is happening and respond.

3-4-4 I start connecting more at this point. I become even more interested in her bodily response and I ask a few questions about what had occurred before this awareness. She realizes that she knew how powerful the voice was because she knew it in her body. When she said this voice 'could care less', the breath came through some. I get such a sense of her loneliness and despair. She is somewhat 'taken aback' by the intensity of the voice, as if it just wanted to be numbed out. There, the breath is full. An awareness dawns, but still there is a helpless feeling about being able to do anything about it. My heart just goes out to her. It DOES feel like a helpless situation. I say it feels as if you have to endure. Her body begins to soften under my hands, but quickly she is back in 'waiting for the worst'.

3-4-5 I ask her if she can just feel my hand on her back. She is very quick to move from the feeling to words and thoughts. A good thing might happen that she will relate, but quickly she is back in what doesn't work. Her body seems to be in a state of confusion: one moment she gets in touch with herself and the next, the words are there to take her out of the feeling.

3-4-6 She does, then, notice the place under my hand. She feels jealously. This way of relating goes back and forth over and over again. A brief awareness, then assuming the worst. At this point, I tell her we have to be taught to expect the worst. Then, quiet is there and the muscles in her upper back soften and the breath begins to come through. The softening was there, and then the tightening returned. She recalls at the age of 9 how her pet dog was killed, and after that 3 other pets die.

3-5-1 I keep looking at her back and whatever movement I can detect. She is not as tense as I have seen her, but not relaxed either. It's more like it is such a relief to lay down and have the table support her for a change.

3-5-2 She talks of waking up at night and thinking she is not getting enough rest. Her appetite has returned some after the intensity of the last few weeks. She has heard from the boy she has dated a few times. Finally, there is a breath. It felt very good to her to have heard from him after a few days of waiting.

3-5-4 She relates, however, that the grade point average could have been higher if she had not gotten caught up in a political/justice issue at school. This is where the shift happens in her body. There is much more aliveness, more color in her face, and she tells me: She gave up, during this political turmoil, the decision about her grades that she had made so long ago and instead, fought for the justice she believed in. The emotion comes (trembling in her belly and color in her face, diaphragm area softens). Just before this injustice happened at her college she had returned from being with Thich Nhat Hanh. She had learned so much from him, but could not hold what she had learned in the face of being in the middle of this crisis. She felt anger and hate toward the people that were creating and furthering the injustice. She feels the sadness of this for a moment or so.

3-5-7 I suddenly feel it is a life and death matter for her to learn how to listen to herself in order follow the path of her heart/soul. This appears to be a career in social justice. I don't know that I have ever felt this urgency before for someone. This is a strong feeling in me right now, mainly in my chest. At the same time, I trust the path she is on...

3-6-3 At one time that I may not have in sequence is her saying she never had a childhood. (entry point)/ She connected during the week with the part of her that doesn't want to grow up (a continuing theme). She relates many things and even though there is the occasional laugh, the general feeling is hopeless. In her body there is very little movement. She felt and expressed the sadness. All she sees ahead is hard work and she would rather just die. There are tears with this.

3-6-4 I talked with her about the muscles between her shoulder blades; how they are the muscles that go to the arms for reaching out, taking, giving. The small response comes with the 'giving' and this was an entry point for her because there was some breath that moved up into her back and chest.

3-6-6 After she turned over more ease came into her body. I don't remember when I asked her about not having a childhood. She related that from about the age of 10 she was responsible for her younger brother and really was responsible for herself too. She had a full-time job in college, had a full schedule, made A's, was in the theater. Before the age of 10 she felt neglected. My response was 'when a child feels neglected, they will do almost anything to be noticed.' Then the breath came.

3-6-8 I was very conscious of the 'conversation' that seemed to me to go on for a very long time. I kept wondering how to get underneath it. Yet, now, I believe it was important. There is so much going on in her mind all the time. As she stated, it seems many of her thoughts are worrisome. For her to be able to say what all these things are, I think helped her to get to the end of the session where she could finally experience her body, her heart and the breath.

3-7-1 My hand is on her upper back and right shoulder. She says the contact feels good, and as she says that a breath comes.

3-7-3 When she talked about her house being next to the redwoods and that she has secret trails, the muscles between her shoulder blades began to move and she was obviously touched. She felt some

sadness about the possibility of leaving.

3-7-4 She said she feels like she is breathing more when she is in nature and there was more breath as she related this.

3-7-5 *As she talks the thought came to me that she expects the worst.* When I say this to her, she agrees and there is more sideways movement in her ribs.

3-7-6 Something has eased in her mind. *I think the grip of 'the worst' let go some and she could sense another possibility. I can't say why I thought of 'the worst', but I think it is an accumulation of things I have heard from her over our time of working together.*

3-7-8 At this point I say "you compare yourself." She listens, she turns her head and says something about her neck. I asked her to turn over because at that moment, *when I felt in myself that a connection had been made, I also could feel it 'slipping out of my hands' & her body* as she suddenly focused on her neck. When she turned over she was right there with 'comparing herself'.

3-7-10 I remind her again of the redwoods and ask how she feels when she is there. It seems to me that her mind is a slippery slope. The minute she taps into herself there is a thought that pull her out. I want to see if she can stay in her body and experience a little longer so I ask her to notice how it feels in her body to be in the redwoods. This works for a short time. The breath begins to move. I mention the breath as inspiration. She mentions smoking and I reply that smoking is sometimes a way to keep down what it is you have to say.

3-7-12 When she later says something about getting into her own power, I say, maybe she just needs to take one step at a time. Then, there is a shift. Her face softens and there is more movement.

3-7-13 She speaks again of the weekend and her time with her boyfriend. Her chest begins to move and it is clear that she has warm feelings toward him.

3-7-15 Although she is quiet for a few minutes, I can feel under my hands as she goes in and out of thinking/ comparing/feeling.

3-7-16 Her mind hardly ever stops. It feels, under my hand, as if she has only microseconds of ease before the grip of her mind takes over. *Again, I feel that I am talking a lot more than I usually do, yet, she does listen and seems to hear what I say, even though briefly.*

3-8-1 She looked sad to me as she entered the room and was subdued at the beginning of the session. *My hands rested on her quiet body and I felt some relief within myself. Something had shifted in her. I experienced this through the quietness, what I had observed on her face as she first entered the room and the tiny movements I felt under my hands, one on her upper back and one on her left arm. I felt a sense of softening in her although I could not feel it in my hands or see this in her breath. Perhaps it was the sadness I saw in her face that touched me.*

3-8-6 I ask her if she can sense how the breath is there one moment and then gone with the thoughts. She is becoming more aware of this pattern. *I become curious* about the area above her heart and across her shoulders. The breath stops there.

3-8-7 Her neck begins to ache so I have her turn over. She says she has always had problems with her neck. The metaphor "Can't hold your head up" comes to my mind." She doesn't connect with the words being metaphoric until I tell her. I ask if this is something she's been aware of. Yes, she says. Then, after some more talking she experiences feelings of sadness and shame; having to know how to do everything without guidance. Her mother was depressed, attacking and critical. (Much like her boyfriend's mother and the material she is worried about with him). The breath comes through and her body softens. *I think of the connections to her current life, fears and anxieties.*

3-8-8 She is more aware of her fear, anxiety, sadness, anger. She heard herself shift from the feeling to the thoughts and words. She allowed herself, for the first time here, to stay with the feeling and emotion for a longer time. *I have wanted to find the path in and today we went there.* In order to help her keep the internal contact with herself, I found I had to keep speaking...*and I am very curious about that.* If not, her words would blurt out. There is no room for silence in her life, it seems.

3-9-1 Her ambivalence around her assistantship comes up again. As she mentions it, her breath stops. She could feel it. To me, it is clear this is not her path. At the same time, *I am very curious what keeps her on this stifling path. What is it that keeps her from listening to herself, and, more importantly, what keeps her from hearing herself and taking steps toward a goal that allows some breathing space. These are thoughts that go through my head.* At one point the entire area behind her heart 'sinks'. When I ask what happened she said she just thought she should breathe. The thought of a 'breathing space' or 'resting area' allows some ease in her body.

3-9-2 *I feel we are on the right track here, even though, as usual, there is very quick movement between the feeling/sensation and the thoughts.* As I ask some questions I am watching the response in her body very carefully. Anything to do with doing individual therapy does take her breath away. Because the thoughts, words and talking come so easily to her, I have found the only way to keep her in contact with me is through my words to her. I talk much more with her than most clients.

3-9-3 *Today this leads to a very quiet moment where I feel there is an opening to meet her. As I sense the contact I have with her, she mentions her boyfriend and a shift occurs.* There is more tightening behind her heart. She says she is frustrated, but, there is more, I say (since there was not a breath with the feeling of frustration). She talks about not feeling safe and a breath moves all the way through.

3-9-6 There is much more breath moving through. She is feeling the sadness. I ask her several times during the session to 'see what else is there'. There is more ability for her to do this now, even though briefly. She becomes a little more aware of what words take her breath away. She speaks of shyness and the breath comes.

3-10-3 There is a shift when she says she feels tired. The body responds and there is a softening around her ribcage. This is the first moment in the session that she has connected to herself.

3-10-4 I have my hands on her hips and talk a little about the pelvic support that is possible. There is response as the breath begins to move more freely into that area

3-10-5 *I am pondering what I am seeing and feeling within and under my hands. I did not want to interfere with the movement I saw occurring. I wanted, several times, to say something about wondering if she ever felt supported by anyone. I realize I didn't say anything because this was the first time I have seen her*

respond in this more relaxed way. Just the experience of this was enough for her, I felt.

3-11-2 She is aware of anxiety and pressure within. The idea occurs to her to get a part-time job and there is some breath with that idea, but the tension returns quickly trying to figure out how to do it. Logical questions that go on and on and trap her. I think, "she is caged." She says she feels like she needs to figure it out now and this creates so much anxiety. The ideas are there and a tiny breath can get through, then the thoughts come and everything stops. This pattern I want her to become clearly aware of. She is beginning to notice what thoughts take her breath away.

3-11-3 I ask her about the pressure: how and where does she experience it? Between her shoulder blades she says, and into her shoulders. I say, "your head needs to know, and your body just stops." This helps her. She settles in and hears the song, "Slow down, you move too fast."

3-12-2 I could feel the anxiety building up in me as she touched in and out of the feeling and the words that expressed the anxiety.

3-12-7 Then, feeling selfish and not very nice. There is something there. I wonder about the guilt and 'not being nice'. She feels the tension. I say 'seems like being nice has a grip on you'. There is a breath, but before it can really sink into her, many words follow.

3-12-10 There was some breath and ease at the very end of the session. She said "I really am hopeful for 2006" and there was a deep breath. She seems to be very gifted in working with people and certainly is service minded. She loves doing service work. I find myself hoping she can find her way through the maze of this grip and do what she truly loves to do.

3-13-4 This was a departure from her usual holding-back worrying that she can't talk about their relationship with her boyfriend. (so many 'should's and 'shouldn't's run through her mind) He said he wondered if she felt forgotten. When I repeated that, there was easing of the tension between her shoulder blades, color came to her face and tears flowed. I said something about that 'thread' being very old and deep for her and there was more easing.

3-14-1 I can feel the tension between her shoulder blades under my hand, but I have to sink in deeper to meet it. I am clear that there is more ease in her because her breathing in general is less contained. There is not as much pulling in around the ribcage as there has been in the past.

3-14-5 The possibility of reaching out or letting the love in or out is diminished. When she said "I don't know," meaning she doesn't know what to do about the relationship, or where it will go, I encouraged that. There was a breath every time she said "I don't know." This is movement forward, even though uncomfortable for her.

3-16-1 Over the sixteen sessions I have seen a gradual shift toward a greater ability to make some good choices for herself. Along with this she has seemed somewhat more settled within herself, perhaps feeling more confident. As she has arrived for each session I have noticed less 'holding back' in her as she enters the room. Today she looked at me with a small smile on her face. Usually her features look more serious. All of this is going through my mind as I think about the pain in her upper back. I wonder also, "What's missing here."

3-16-3 She had taken a big step she said. She is auditioning to be selected as part of a play. The color in

her face heightens and the movement of her breath begins to move up toward her shoulders. Her voice becomes more animated as she talks about her acting experience and how she always loved to act as a child and also in college. She is being called back to audition more and has been given good feedback.

3-16-5 She is just now being able to tolerate some heart-felt awareness. It is not easy for her to stay very long in a place of being tuned in to her inner experiences. Perhaps the most significant awareness at the end was her being able to identify how it feels to be in the “not-knowing.”

Client 4

4-1-2 As I explore her two shoulders and lids with my hands, she begins to talk. It’s as if she can’t wait to tell me; she’s excited, too. At this point I have both hands on her left side, one cupping her shoulder blade and the other on her shoulder, almost surrounding the whole blade area with my hands. She comments, “That feels so good, like you are holding my shoulder.” I stay for a while. *This feels good to me, too, as if I am holding her and her tightness. I am not particularly calm, still excited, yet I feel like I am beginning to get a sense of her, and we are both humming with the new connection.*

4-1-3 She tells me a lot. “I’ve been thinking, ever since I made the appointment, about what could have happened two or three years ago (She’s read up on Rosen Method!) and I just can’t remember anything, well, there was a work evaluation which was hard but, well, there were all those car accidents but that was quite a while ago...” *She goes on at this clip and I feel like I’m on a galloping horse holding on for dear life. I feel overwhelmed and excited, still.* She is saying really important things. Under my hands I am beginning to feel her breath move slightly deep down as I connect with her tight muscles. I work slowly along the scapula, stop for a while and also contact the tight lid muscles. *It feels good to meet her muscle tension and to begin to feel some response, however slight.*

4-1-4 I listen to her rush of words, telling me of major events that have impacted her and her body, as she barely pauses for breath much less emotion. I listen carefully to hear tone and inflection. Her voice is slightly less flat now. *Marion’s words of so many years ago flash through my mind, I listen and they tell me what is happening in their lives. That’s all I do, and they get better.” That helps me let go of trying to contain her stories; I just have to wait for her clues as to what is important NOW and keep my hands in contact with her shoulders.*

4-1-6 Me: “What was it like in that room, the two of them and you?” “Well, I felt trapped,” she makes claw-like fists. Me: “Your hands,..that’s a strong motion.” “Yes, it was hard.” Me: “Did you know what was going to happen at this meeting?” “Well, I’d been working on this project for several years, it was going well...they, well this one person, had been saving up all these complaints for several years.” She says this several times, her voice becomes slightly more animated. I feel her presence more in her body, her shoulders where my hands still are. I have switched shoulders. *We are getting close to something. I am aware of her shoulders and upper back having held the impact of this event, still not sure exactly what, but I have my inklings. Her tightness is thick but more responsive. She’s in there.*

4-1-8 My hands are on the tops of each shoulder with my thumbs on her lids. There is less spasming, but tightness. Now there is a tiny bit of elasticity in the muscles. Her face has more color but not flushed. Somehow we segue back to the job evaluation and we are deeper into the feeling. This evaluation was unexpected.

4-1-9 "They attacked me; I felt trapped, there was nothing I could do.It was a shock..." At this point, we are on to something. The words say it and there is still more. "It was a shock:" there is a light bulb going on deep inside her; with this awareness comes a slight, softening deep inside, not much, but we have come a long way!

4-1-10 I have one hand under her neck and the other on her chest very softly. I feel and see a little bit of breath moving in her chest; her neck is less tight on both sides. She is connecting with something and it is definitely a felt awareness and "new." I think I say "You felt trapped and it was a shock." We are together for a minute or two and the session ends.

4-2-2 I ask her how she is, and she tells me she had a period right after our session. "I was so surprised, usually I have a premonition of its coming, and I haven't had one for 6 months. It lasted for 4 days, which is a really long time for me. I didn't have cramping or anything..... it's like washing something away; that's the image I have....a lot of psychological stuff from last time and I think it's been washed away." She seems slightly delighted. Her muscles soften under my hands.

4-2-5 There is a pause before she says, "And this other event: today is the one year anniversary (choke-up, barely audible, tears) of my cat's death." We had touched on that event last session and it was emotional then, too. As she is trying to talk, I urge her softly to take her time. Initially her neck and shoulders are pulled up and very tight: no one could breathe in that condition. As I speak she breathes more, her muscles palpably soften. Her upper back drops down toward her feet and sinks in below her diaphragm. I say, "there," and "Can you feel that?" She nods yes.

4-2-6 I am clearly noticing her muscles tightening and drawing up, then letting go slightly so she can breathe. It's time to start commenting on this to her.

4-2-7 I spend most of the time on her lid muscles, her neck and in one place on each side of her spine at the "highest" point of the hump. I also comment on her breath stopping and ask her if she can feel it; she nods for both conditions: no breath and letting down to breathe. This is a big step in awareness.

4-3-3 I am beginning to see this pattern: everything gets dumped out of the pocket and the real treasure is briefly touched on, but we work our way back to it. Sometimes it is buried amidst all the other things, and I will bring us back.

4-3-7 As it turns out, she had very high blood pressure on Friday. She went to a new doctor to get a prescription for her pain medication for her headaches which another nurse practitioner had denied her in June, resulting in a disrupted relationship and no access to her medicine. This is A LOT. She seems to have a solid medical knowledge and can go into a lot of detail. At this point she is beginning to sound choked up, she's wiping at her eyes, she looks softer, but there is no movement in her breath. I comment on "choked up" and gently encourage her to be with the feelings, but she keeps going, very squeaky now. "I am making my decisions all by myself and that's what happened with the cat and he died." Yes! The muscles in her lids soften slightly and she takes a very small breath. "Yes, that's it. You are all alone with this, there's nobody with you." A few seconds pass. She's struggling.

4-3-8 I say, "Are you afraid, are you afraid that you will die?" She has a very slight amount of wetness coming out of her eyes, certainly not tears, but she's upset. "I wish I could have someone I could rely on, someone to tell me what is happening and what to do, someone with guiding wisdom." Here she is younger, real, softer.

My hands are on her chest softly and under her neck. She quickly pulls herself up and together, closes up that moment of tenderness and goes on.

4-3-9 After the session, "I really wanted to talk about the asthma attack I had on Friday. It was scary. I was on the plane and they wouldn't let me get my inhaler, they told me they would arrest me if I didn't sit down. I got a bit aggressive trying to take care of my health." I put my hands on her shoulders, she goes for a hug, which I give. I tell her, "Our time is up now and I don't want you to get going into another upsetting incident," or something to that effect. Even though she is still talking and wound up, her face looks softer, has more color. *I can feel more of her presence. She thanks me as she leaves and I feel as if she means it.*

4-4-1 She says some things. *I am aware of choosing what to respond to based on her tension or ease in her body, focusing on the ease that I feel. She does not need more emphasis on the tension or negative as she does that herself.* Early on she admits she feels relieved to have finished with this big talk she had to give. I can feel some response in her body- a little muscle softening and more breath present – and I tell her so.

4-4-2 She moves on right away to something stressful. I gently intervene to say, "Let's go back to your relief at having the talk over; you had more ease in your shoulders when you said that." She again has some ease. "Can you feel that?" "Yes, I can.....I rush all the time so I don't feel anything in the upper emotional register and I am afraid of feeling anything in the lower register." That is true and there is response in her body. I respond, "Yes, that's true-right now in your body." She nods her agreement. I affirm her experience and underline that this is one purpose of Rosen work and our purpose here together.

4-4-4 She shows me where on her back she feels particular pain. I tell her I am going to go up her spine so that I can feel her and she can feel her spine. As I do so she says that that feels really good; I can feel her muscles soften under my hand. Despite incredible tightness, she readily responds to contact.

4-4-5 A door has opened by giving her permission to feel good. I watch her take that in; will she TRY to feel good or will she allow herself to feel good? She lets go a little bit, she breathes; we have made contact.

4-5-7 After a while I am on both of her shoulders with some pressure but watching my own level of tightness in my hands and shoulders. She tells me that feels good to her and I stay for a while. I can feel her soften some and then tighten again and I tell her this. She says she can feel this.

4-5-8 I ask about her grandparents, she doesn't answer directly but starts to tell me again about being left there. I say, "You were just left there? Were they glad to see you? Did they take care of you?" She didn't answer directly, but she says, "Yes, when they were home they took care of us. But what was hard (she begins to talk faster and to get choked up) when my grandfather died."

4-5-9 "My grandmother remarried and moved away. I was about 12." "That must have been so hard for you. Did you still see her?" "No, she left us. She favored her other grandchildren and didn't see us very much at all." "So, you were left?" For a second she touches into the feeling. I can see it and feel it under my hands, one around her shoulder and the other under her neck.

4-5-10 She starts swallowing down and I softly encourage her to let the feelings come up, knowing she can't very much at all. There is anger and pain caught up in her body. Today it sort of leaked out for a few seconds here and there.

4-6-3 Then she starts telling me about this Russian masseuse she had for 6 sessions who was fabulous: she ached for 3 days after a session but she was “relaxed”. *I don't feel connected to her, but as she talks, there are changes in her voice that I am beginning to notice.* When she is talking about a charged subject, she speaks louder, her voice has more tautness and tension.

4-6-5 She doesn't seem to register her voice changes yet, but it is definitely an indicator of some emotion.

4-6-9 As she talks I can feel her neck tighten, let go, tighten, let go which I report. She, too, can feel it.

4-6-12 I want to make verbal contact with her. “You sound upset. Can you feel that?” She nods, her throat being tight. “This is very upsetting,” I say quietly. I feel that I have slowed down the story slightly. She allows herself to hear me and feel her feelings for a moment.

4-6-13 *I know she feels my presence and that she knows this is a terrible story of her life, but she is swallowing repeatedly to keep as much emotion as possible down.* I talk softly to her, “Let the feelings be here....swallowing down....take your time”. There is some wetness out of the corner of her eye. She is working hard, struggling. I think I say something about how hard this is, that she couldn't show any feelings. She tells me more.

4-6-14 She tells me about not seeing her parents for about ten years. She hasn't seen them since and has had no contact with them. She doesn't know if they are alive. She's getting upset again. She actually starts to cry and covers her face.

4-6-15 She is almost sobbing but choking back or swallowing down her crying. I encourage her to let her feelings come. She slows down some but she can't give in to her emotions. *I feel she does sense my presence, that I am with her.*

4-6-16 “My father never talked about anything or showed any emotions except anger. I hated him, for what he did to me, for how he treated us.” She is trying to pull herself together but there is such a terrible conflict for her, emotionally and physically. She is caught between this overwhelming grief, regret and the experience of actually living with her parents.

4-6-19 She is not calm and relaxed but something important broke through, like an abscess opening. There is such darkness in her story.

4-7-3 I can contact her neck which I do almost right away. I ask her how she is today in her body. She tells me she averted a bad migraine by quick action early this morning. She doesn't even have residual pain. Her left shoulder allows my hand more room to get in. Her neck and left shoulder are a relief because of being able to contact her. Her hips and sacrum are softer but no juice there. The same is true down her legs.

4-7-5 As she talks, the anger is washing out of her. I ask her if she is angry. “Yes, I really am. That woman was so selfish, making everyone wait to eat until 6:30 when we had been invited for 5pm, which she denies having done.” “You really are angry! Where can you feel it?” Her hand goes to a place on the left side and back of her neck. I place my hand there and another on her left shoulder in as far as I can go comfortably. I wait while she continues to talk, but she is not as fast a talker today so I can get her to slow down. I ask her to do so but I can't remember when. She does for a moment.

4-7-10 She is talking slower than usual. I can sense her feelings are present but not expressed. Her neck is very tight and I hold her there and under her shoulder.

4-7-11 "What's hard for me is the juxtaposition of what mothers are supposed to be-kind, nurturing, caring for their children- and what I got." She begins to choke up but continues. "I feel robbed." "Robbed?" I ask. ""Yes, Robbed" she says strongly. "I never had what other kids had." Her voice breaks a little and some water seeps out of her eye. This is authentic and she is allowing the feeling, at least a little.

4-8-1 She starts choking up. Her neck, which was initially softer, starts to seize up. She begins to cry (mainly tears coming out, some inability to speak) as she talks about this. This is quite upsetting to her. She lets herself cry some. The tears come a little easier now than at the beginning of our work, but there is still a lot more room for ease here.

4-8-4 Something inside is compelling her onward. The apex of feeling passes quickly for her. I felt it most when she spoke about her family and her and her brothers' treatment. The moment was taut with feeling, some tears and then she moves off of that point back to the narrative. I find myself keeping my hands in the neck/shoulder area of her body. The tension is here for sure, but also the narrative and [the moments of full emotion come so quickly that I want to be close to her neck and to her voice.](#)

4-8-5 She is getting upset again. Her words come out in small gasps and she is crying. She tells me about her cat, whom she had since she was a small child. "The cat was the only one who ever gave me any love." There is some conversation back and forth between us, her telling me how sweet she was, me acknowledging the cat's love and importance.

4-8-6 She is choked up and words and tears are spilling out of her. My hands are on her neck and in the middle of her upper back-the heart area. She can barely breathe.

4-8-8 She is struggling in her breath, sobs and words now. Her neck is tight. So tight. I speak softly I think. [Sometimes I feel like a parent soothing a child.](#) I am close to her ears, her voice, her tears.

4-8-9 She is devastated, so heartbroken and she says she feels so bad about having left her cat. "I had to do it again in school. I was never home. I couldn't give her away. I just couldn't." [It feels like a struggle here for her, I am with her as she lets herself feel and unwind a bit. I am emotionally and physically tired.](#) She pulls herself together but there is more ease in her neck. I think I ask her at some point if she can feel the tension in her neck and she nods yes.

4-8-10 The session is almost over. This feels like a good place to stop- she is somewhat settled here. Yet she starts talking again. She is beginning to rev up again and is moving toward the upset. Because of time and the pattern I am seeing, I stop her here and work to orient her to the present time: being on the table, hearing the heater-sensory awareness of the here and now. She goes with this.

4-8-11 She talks about not being able to say no and feeling caught. [I sense a struggle and my frustration gets triggered, maybe hers, too!](#)

4-9-1 She's on the table now and somehow feels more settled in than ever before. She sinks more into the table. As she lies there, I have my hand on her neck softly and her shoulder. I don't feel the level of tension I have felt in all the other sessions. We are quiet for a while as I work. I explore. I check out her hips which have

some movement, are not as hard as her back, yet also don't feel connected to the upper body. Her lower back, around L1 and up, is very tight but I can get hold. As I work I also can feel how narrow and rounded her back is. I have noticed this before, but this time there seems to be more definition.

4-9-2 On her shoulders, I can get my hands in. I am able to touch the muscle at the edge of the shoulder on top that pulls her shoulder in and forward-I'll have to look it up later. I'm excited that it's so clear on her shoulders, not just one tight block. I ask her if she can feel that muscle and she nods.

4-9-3 The muscle clearly contracts and expands. I start working some from her spine out toward her shoulder blade and below that, indicating with my hands a possible new direction for the muscles to go. When I ask her if I am using too much pressure, she answers, "No, it feels really good." I continue to work in this area for a while, using some pressure as I follow the ribs outward or pause at certain points. She begins to talk but she is less frantic, less tension built up emotionally and physically. *I am curious!*

4-9-4 As she talks, there is a sense of well-being in her body, especially her neck and shoulders. There is no tightening up as she speaks. In fact, I feel that muscle on the shoulder top tightening and loosening which I tell her and she acknowledges with a nod.

4-9-5 She loves good food and is a very good cook herself, I gather and believe. As she describes the chocolate fountain, the mounds of fresh berries to dip in the chocolate, she breathes with some ease and her muscles move...not letting go completely at all, but a little loosening.

4-10-1 She tells me how she has improved her self-care in the last year, taking medication sooner to interrupt pain, massaging tools, stress tapes etc. As she talks I have my hands around her neck-splenius capitis?- and the other on her shoulder. She tells me it's the middle trapezius. I can feel her neck and shoulder muscles contracting and expanding and I point those states out to her. She acknowledges she feels them and mostly goes on with her story.

4-10-2 I tell her how much more distinct each muscle is in her neck and shoulders, as I have my hands on them. She can feel that. "See, they just relaxed there in your neck. Can you feel that?"

4-10-3 In her shoulder I tell her how much deeper in I am now than when we began our work. This is when she tells me I am on the middle trapezius. It tightens. I ask her if she feels it. She does. She adds that she also can feel that tightening right in her neck. "Great connection. There, they relaxed again." She smiles slightly. We go back and forth in this manner for a while.

4-10-4 She also tells me how she averted a conflict. She says, "I am so glad I didn't mail the letter I have been honing and honing. I hate confrontation." "That's right. Can you feel your neck tighten?" "Yes. I am so relieved it's resolved without me being inappropriate." "Yes, your neck and shoulder just relaxed."

4-10-5 She wants to go off a lot on how horrible the conflict could have been. As she tells me this, her shoulders and neck tighten which I say to her. She is able to let go a bit.

4-10-6 A few times I bring her back to how she doesn't have to fight and to feeling her muscles let go. I point out gently by asking her if she blamed herself for this current matter. "Well, yes, I do." "Are you able to sense how that blaming feels in your body?" She doesn't respond directly, I think, but she is feeling herself. *I feel her presence under my hands.*

4-10-8 "I really want to address what's going on in my neck this year and to make good interventions. If there is something that I'm doing that contributes to this pain, I want to do something about it." I am listening carefully to her to detect self-blaming and then feel that in her body. I do feel her bodily response when she says, "I'm doing everything I can."

4-10-10 A lot of information about auto accidents and SE is flashing through my brain but I stay with her. I do say, "Well, it really hasn't been until recently that people realize how much damage a car accident can cause. You've done everything that was known to do." She relaxes some.

4-10-11 Then I feel her neck tighten again and I ask her about it. She tells me, "My husband drove me today because of my headache and I don't like to drive in the rain...or at night, I don't like it. It's not good for me." Her body responds to that; she breathes and lets down some.

4-10-12 "That's hard for some to accept", she says and she's a bit upset. "Like this week-end. I had to say no to someone because I didn't want to drive in the rain. That's just the way it was. That was it." I say, "That's good that you knew your limits and did what was good for you. You're taking care of yourself by not driving in the rain." She softens in her neck and shoulder a little as I talk.

4-10-13 "What do you think will happen if they know?" I ask. "Well, they will find someone else to work with, someone who's not weak and sick." Feelings are welling up a little.

4-10-17 I stay soft and listen to her. She is choked up, not as much as other times. After a few seconds, I say something like, "So you've had to teach yourself how to take care of yourself. You are learning how to do that." I keep my hands on and say, "That's it. Yes, there you go," as she lets down in small steps.

4-11-1 She says, "I was so relieved. A 100 pound weight had been lifted from my shoulders." I asked her to say more: "Well, I don't have to carry my past around with me, that ancient history." She is delighted, she jokes around about it. "Well, that's just the way it is. Too bad (she pulls a silly face)!" She visibly lets go some in her upper back as she talks. She's not so rigid. *I am listening and am open to understanding and feeling what she is saying.*

4-11-3 As she lies on the table on her stomach, she seems to have more ease in her neck and shoulders than usual in this position. I comment on that and ask her if that is true. She says it is. She goes on to say that it has been a great week up until yesterday.

4-11-4 I have my hands on her neck, gently gripping it from behind with right hand, and left hand around her left scapula. For the next several minutes I concentrate on her muscles around her scapula and her lids, moving her scapula gently from side to side and up and down to test the range of motion and to suggest it. Sometimes I am just there, surrounding the scapula with both hands. After some time there is some give. Her scapula has moved away from her spine some.

4-12-2 Her shoulder and neck muscles are very tight, especially on the right side of her neck. I can feel them tightening and loosening as she talks. I am using pressure with my hands in these places as we talk.

4-12-3 I slow her down as we talk to try to allow for her emotions. This is hard to do because she is so vulnerable about being left, not being important AND this happened with me. *I am not sure if she trusts me*

enough to get upset or mad at me. There is also a chance she will just go away now and not return. She says she was blaming herself some: did she get the time wrong, did she misunderstand? But she also says she's pretty sure she had the right time and date. She was/is accurate and I tell her so. She momentarily pauses to take that in.

4-12-5 She winds back up a bit as she talks about how she keeps score when people screw up and how she makes snap decisions about people and situations. This gets her in a lot of trouble she says and she is sounding quite harsh about herself. We have talked about this before. I say, "And today you intervened in that process, you didn't make a snap judgment and go away. You turned around and came back!" I feel some softening here but then tightening again. I comment on the loosening gently. I am still working her tight muscles with a fair amount of pressure on both sides of her neck and her upper shoulders.

4-12-6 I lead her a bit to elicit some response: "Were you disappointed when you didn't see me here? Maybe a little panicky?" She smiles a little. I can feel some softening, but not for long. I encourage her to say how she felt and feels at different points in the experience this morning. I talk softly to her about our relationship being important to me, that I want to keep it clean between us. *I don't want things to build up without speaking about them. I am willing to accept my part in what happened. I tell her that she is important to me and that we have a relationship that I value.*

4-13-1 Her neck is pulled up and tight but I can still get my hands into the muscles on top and around her neck. I feel that the basic tightness in those two places has softened down to the next level of tightness.

4-13-6 As we talk, she goes through getting "wound up," me asking her to note it which she does, and her usually calming for a bit.

4-13-8 She has a few moments where she acknowledges that what has happened with the doctor's office is "really sad." She stays with that for a few moments and breath comes into her chest. She has that sense of tears without crying that I have come to recognize in her.

4-13-10 I wait a few seconds as the feelings are present. Her neck and chest are very tight. There is a lot of internal pressure in her chest down through the diaphragm area. She is close to tears. "What are you feeling?" I ask. In a small voice she says, "I am frightened." She breathes, this is so true. "You are really frightened," I say. We rest here for a second. I think something else is said.

4-14-1 She sounded upset. "I never can do it right...I am always wrong in that family," she said vehemently with hurt feelings. "That must hurt your feelings," I commented. She told me that the only person she really cared about was her husband, and she "didn't want to do it wrong!" She was tensed up and crying some here.

4-14-4 We talk about her in-laws and how they feel she is so selfish. She can never do anything right. When I affirm she isn't taken into consideration, she agrees and there is release in her shoulders, which I acknowledge to her. We have a few moments of silent connection.

4-14-5 She was distressed. As she is talking, I can feel anger and fear in her body. I ask her to slow down so that we can check into how she is doing. She acknowledges the fear, self-protection, in her body and *I, too, can feel it* and we acknowledge that.

4-14-7 We are working slower now, which is good. She goes back to her difficulties and we talk about trust,

safety and guilt. This is very important for her. We have a calmer moment, but it is brief. I am mainly trying to slow her down emotionally and verbally.

4-14-8 I can feel some miniscule amount of softening in her upper back. I am on her scapula, moving back to her shoulders some, too. She talks about feeling unprotected in her work, feeling vulnerable. I ask her what she notices in her body. "Well, I feel very vulnerable...I am afraid." Again we connect in her body briefly. Her voice always tightens when she has feelings come up.

4-14-10 I do feel that she cycles through being very wound up and overwrought to calmer in a shorter time. There seems to be more calm between us, but it's relative.

4-14-12 She refers to a time when her husband came to her years later after an event telling her how glad he was she was there. Here she starts to cry. She has strong feelings about being cared about and doing the right thing. She is really tortured about these two things. All I can do is engage her verbally, try to slow her down in her upset, maybe acknowledge some small sense of well-being, at least for a moment.

4-15-1 I put my hands on her raised back on each side of her spine. I wait. She says, "I am disappointed this will end." While her muscles don't relax (they don't do that much), I can feel that this is true because there is some give to her tightness. I can feel her inside her tightness.

4-15-2 She goes on to talk about the work she is just beginning: she will be starting PT three times a week. I can sense that she is pleased about this. My hands are on her shoulders where I begin to feel that tightening and letting go.

4-15-3 Her tone is positive as she talks about this next phase. I am aware that she is moving on right away to something new. She knows it will take a big time commitment on her part. She expresses concern about her work commitment versus her health commitment. That's still fine. I can feel her some and she is not wound up.

4-15-4 I say something about our four months together. She says again that she is disappointed for the session to end. I can feel something coming. She says, "I like you very much." She is a little choked up. I can feel her emotions catch in her neck/throat. I am stunned she is saying this to me. It is so risky for her.

4-15-6 She cannot hang out with softness, feeling for too long. BUT, she is talking slower. I tell her this, and that I can feel that "tightening, letting go, tightening, letting go" in her lid muscles. She says, "That's good." I wish I had stayed with that place longer but I go on.

4-15-7 I tell her I am sad we are ending, too. I can really feel some softening in her neck here, which I say. I ask her if she can feel it. She says, "Yes," and I respond, "Well, I am really in there." This is a brief moment of connection, then she goes on and I go with her. I wish I had said less.

4-15-10 She can only stay calm shortly and then is off again about her "boundary problems." I ask her to turn over. At one point we share a laugh and then she is quiet, but I stir the pot by talking. I wish I had hung out with her being quiet. I feel I am pushing the content, that slightly unsettled feeling I started with this session.

4-15-11 She talks about "doing everyone's job. I have to cover all of my bases to feel safe, I know this has a high price on my health and well-being....everything is in my shoulders." There is less vehemence in her

voice but she is also slightly choked up in her throat with emotion. I am touched by her self-awareness and her dilemma: she has to work INCREDIBLY hard to feel safe but there is a high price for her health and that path is very lonely.

4-15-12 I say quietly, "It must be hard to open the door a little to let people help you." She says, "I have this strong need for security." This is true in her body.

4-15-13 My hands are on her neck and shoulder. "Can you get security by mapping it out?" I ask. She responds, "I do, but I stay frozen." Now there are tears and a feeling of a well of sadness. She softens some as she cries. "When do the delightful, spontaneous moments come to me? I have so much fear and need for companionship."

4-15-14 She is really crying now. She goes on. "The crises are all the same; they seem different at the time but they are amazingly the same." I say, "There's a pattern." "Yes," she says. "There's the holding (in her shoulder)... can you feel it?" I ask. "Yes. I see that about my life...it's sad that I have to write all the lines..."

4-15-16 The dilemma that needing to feel safe causes, then the loneliness of always having to take charge, shouldering everything. There is so much sadness inside her, and at this moment it has come out. I feel we connect in these moments. I also sense we are barely scratching the surface of her feeling.

4-16-1 She starts talking about a chair and I chat with her. I realize that I chat to connect with her; I am not sure what I think about this -- if it's just my insecurity or if this really is an important way to build connection and trust with her. She is so fearful; maybe I am just picking up on that. My hands are on the tops of her shoulders and I am far into her muscles on both sides. This is so different from when we began our work.

4-16-3 She says these were the worst accidents; there were "accordion-pleated cars. My neck was wounded." I feel a response in her body to this and suggest we slow down a bit to see what happens. She can't and doesn't.

4-16-4 She describes her course of treatment, which didn't resolve the neck pain. The important part of the discussion is really about her not standing up for herself with the doctors and insurance companies, not saying "No, I am not better." She goes on to say, "I accepted a whole lot less than I should have." She sounds sad and is a bit choked up. Her back and shoulders have tightened up. I reflect back, "You have feelings about that." I am not sure that this is helpful. I feel like I talk too much through these moments with her.

4-16-5 She goes on to say that she is now more willing to speak up for herself. I acknowledge this but it is hard for her to pause here to take that in. Throughout all of this, she is talking in a calmer, slower manner, yet there is still a feeling of not being present.

4-16-7 She tells me she was in direct competition with the guy who was giving out the appointments. Once she laughs about the "competition" and her shoulder lets down. I point this out. She can feel it but goes on with the story. As she continues, I feel quite a bit of movement in her right shoulder.

4-16-9 After some quiet, she says, "I have prevailed despite the bizarre roadblocks." I can really feel movement in her shoulder as she speaks. She feels it, too. I say, "Your shoulder and back are getting wider here." "Yes," she says, "It feels good. There's more breath. I just wish they didn't close back up." "Yes, they do close up," I say, "But I can get in deeper and for longer. Now there are two directions of the movement: you

tighten up AND you let go...Yes, there you go."

4-16-11 "I have really enjoyed working with you. How is this ending for you?" I ask. "I think it's good; I am a little disappointed to stop, but I am interested in the Physical Therapy work I will be doing. I really want to give that a chance." She really wants change and she is going to keep trying. Her shoulder feels looser but underneath there is deep tightening. I ask her and she can feel it but she goes on.

4-16-12 "I want to modulate my work and my recuperation. I want this balance. I want this to change." There is quiet now. I can feel her. There is softening in very chronically held muscles in her upper chest, more air and more ease.

Client 5

5-1-2 I have my hands on the sacral/hip joint area and feel a lot of softness under my hands. I have to go in very deep to reach the tightness. I feel little twitches under my hand. I am working there, but my attention is on her upper back.

5-1-3 At some point I talk about the theory of Rosen. *i.e.*, breathing and unconscious tension. She is listening and I see and feel more breath moving her as I speak.

5-1-4 I talk about how the infant responds to feeling safe or not safe and the movement stops. I move my hands to her upper back and begin to meet some of the tension between the shoulder blades. Again the breath changes. This time there is more movement. I tell her about the smoothness in her body that I see, but that close, underneath I feel the tension. It is as if everything looks fine on the outside, I say, but underneath, there is tension.

5-1-6 With my hand on her belly there is gurgling and I tell her this is her body saying 'thank you.' I notice then that there is a lot more movement in the breath. As I watch, I see that it is measured and I ask her about it. She says she often catches herself not breathing. Then, she 'does' her breath.

5-1-9 The rest of the session is quiet. Her breathing shifts to ease. I am holding her neck with my hand on her chest. Her neck softened slightly. I put my right hand on her cheek and the relaxation deepens.

5-2-3 She has had a knot under her left shoulder blade all week. It is easy for me to feel this knot. As my fingers sink deeper there is response in her body...little twitches. She says she feels sensation in her right ribcage. I tell her the knot is behind her heart. I talk a little about how the body gets our attention; through pain and/or metaphor. I ask about this knot behind her heart. *I am very curious about this.*

5-2-5 At some point the words 'disappointment' and 'sadness' come up. I ask if this is something she knows about. Is this a familiar feeling? Yes, she says. I think I ask if she recalls her first disappointment. All disappointment feels the same, she says. *I feel drawn in with these words.* There is so little response in her body, yet, the words ring so true. *I wonder about the constraint she has. It is so deep and it seems as if to actually experience what she was feeling would just be too much.*

5-2-7 In myself, I went back to the beginning of the session when I was working on the knot behind her heart. *I had the sense of a 'bind,' of loneliness, of hurt.* I think I said "You've been badly hurt?" I

remember feeling a little stunned that these words came out of my mouth. Her body responded with deep contractions. She worked very hard to keep the emotion down, but it was too much for her. There was nothing to do. I was just there with her. After a while I talked some about how it can be painful to open one's heart, but to keep it closed means the loving can't get in or out, and we often feel lonely. She said she would rather feel lonely than hurt. I felt I was in the presence of a sacred moment with her as her feelings came to the surface. I wonder if she has ever before felt safe enough to allow that very deep expression come forth with another person present. Cautious seems to be the true expression of her body and lifelong experience. I wonder if having the emotion be expressed will make her even more cautious in my presence.

5-2-8 As I worked on her lid muscles, I talked a little about how emotions are meant to move through us and how tired we can feel when we have to keep everything inside. She is calmer now.

5-3-1 The knot is evident on the left and I contact it for a while. It doesn't release although there is response in her breath to always thinking about what needs to be done. The list seems to be endless and she is very controlled by it. I talk about how the muscles work re contracting and relaxing, how we are meant to pick something up and then, put it down.

5-3-3 I could see her eyelids opening and closing and sometimes fluttering. Her right thumb was continually playing with her fingers. Yes, there was more response in her body, but she wasn't in it. I am very curious about this. Her body is softer and more responsive, yet she is in her thoughts nearly the whole time until I have her turn over.

5-3-4 She spoke of being very poor growing up and never having anything, and that she never belonged. There was no response in her body to any of this, yet I heard her words very clearly and know they were true. It was then that I got the clear sense in my mind how very deep her holding is. I wondered why I didn't get it through my body, but then, she's not in her body, so perhaps that is it.

5-3-6 My touch is soft on her belly and some gurgling occurs. Her mind is still occupied, but the touch is reaching her. It is clear that to reach her I must stay very focused on her body and that teaching will be necessary because she has no idea of how to listen to herself (her own bodily responses).

5-3-7 I say a little about having to 'put oneself away for safe keeping' and wondering if she still needs to do that. The breath moves through her and her face softens for a moment. This is like a foreign language to her. The session ends quietly, but as I walk out the door I glance back and her eyes have already flung open.

5-4-2 I was amazed at her talkativeness. With each bit of information there was a lot of movement in her body. Her left shoulder muscles relaxed and the scalenes let go of some of the holding.

5-4-3 A shift in this occurred when she began to speak of what other people expected of her. Her body became quiet as she began to doubt herself. This felt to me like a clamp coming down on her and I said the word 'trapped' came to me. The breath came and she said yes.

5-4-4 I worked deep into the scalenes, talking about how we have to keep anger and sadness inside when we are little if it is not safe to express these feelings. Again, there was response with her breath and the word 'relief' came to me, but I did not speak it.

5-5-2 There is very little movement now. I say 'there is not much room for you' and there is a response in her

breath.

5-6-3 Still, this anger in her muscles is older. She mentions relationship when I ask her what else is there. There was a wave of movement and softening begins. Anger and relationship are intertwined as her muscles respond to my words. *I am aware that I am asking questions because of a need to clarify for myself what she is saying.*

5-6-4 She takes risks, she said. The breath moves around her heart, so I say to her, "but not with your heart." "My heart is standing still." Yes. Another wave of movement occurs, flowing across her back and up through her shoulders. My fingers sink in much more now to meet the tension.

5-6-5 The session could have easily ended there, but as I continued working and said something about listening to herself, her body responded with more breath. *I wondered at that moment if it had ever occurred to her to listen to herself, listen to her heart.* This seemed like a new possibility to her. Again there was more breath as I told her that listening to the wisdom of her body informs her mind so she can make clearer decisions.

6-7-2 She has spent the weekend doing things she didn't feel like doing or want to do. It is clear when she tells me this that she is deeply tied to obligation. There had been very little movement in her breath up until I spoke that word, then there was a long, deep breath.

5-7-4 I say there is nothing she has to do right now and there are visible signs of relief; breath, more ease in the musculature, face softened. In a few minutes, the tension was back. I asked her what happened and she said she remembered an obligation. I asked her to notice the difference: how she was relaxed and the thought of obligation stopped everything. She was responsive to this and was able again for the few minutes before the end of the session to find some ease.

5-8-2 As the fingers of my left hand sunk deeper into the soft tissue near the right side of L2, I felt a very tight muscle. She related that this was new to her and that it 'hurt good' to have me meet this muscle. *I didn't know what to make of it, but as she explained how she carries boxes at work, I could imagine a postural imbalance occurring which could cause this new knot. I wondered what else was there, though.*

5-8-5 Then, I know what it is. *I cannot say where this knowing came from, but I had no doubt there would be a response in her body. I felt certainty, no hesitation at all in what had occurred to me. I think I said, 'He doesn't see you.' The breath was there and the musculature between her shoulder blades softened.*

5-8-7 *Something has definitely shifted but I don't know what.* It apparently wasn't true anymore that he doesn't see her, yet her words sounded certain. She tells me about their differences. I ask her if she loves him. The answer came, 'yes,' with a smile on her face and a breath. Oh...I think to myself, then ask, 'does he love you?' Same response. *This is like news to her!*

5-9-4 When she said she had been emotional this past week, this was an opening that I hadn't expected. Her face began to soften as she spoke about relationships: how you can love someone but they aren't the right person for you. She experienced the sadness and for the first time, a tear slid down her cheek. *I felt like I was with a very different person than I have been with in all the past sessions.*

5-9-5 She softened but then began questioning herself about getting emotional. I talked then about

emotions and what it takes to keep them inside. She said "I'm not true to myself," "Yes, that's it." The breath was there to support her words and new awareness.

5-10-2 Her right hip aches, but as I explore, I can feel the tightness in the right sacrum. There is a breath as she allows herself to feel me meet that tension.

5-10-3 There was a lot of movement into her hips and some ease followed, only to stop after a breath or two.

5-10-6 Several times she returns to the upcoming test and says she hasn't studied enough...has had no time to study in her own way. She then says the test is 'tricky'...there is a breath that follows and I wonder what that means for her. When I inquire, she says the test questions are often written to mislead. At some point I asked if 'tricky' was familiar to her and her response with words and breath was yes...and I believe I said "Oh, you have to see clearly for this test." *Something clicked for me...I had the clear thought that while she is worried that she has not memorized enough, that it is really a problem of perception. After this, I was very curious about 'tricky' for her: wondering what she knows about that from her childhood and early adult life, but the moment had passed.*

5-11-1 She talks about how anxious she is; how she hasn't had time to study. My hands are gently holding and moving her rib cage as she speaks and I can feel a little tension under my hands, but the breath is moving from her shoulders through her hips. I tell her that one thing that helps with the sensation of anxiety is to draw her knees up to her chest. There is a long, slow breath. She says she can't sit long to study and that her breaks are longer than the study time. *There is a little less movement as she talks about this, but my inclination is to listen.* I said that sometimes we mistake anxiety for excitement and there is a breath. Yes, she is excited.

5-11-2 As she talks, her body relaxes more. It is as if the words need to be spoken (and perhaps witnessed), but there are two different things happening...the talk of anxiety and the relaxation of her body. I move to her sacrum where I feel some tightness, but still, the breath is there.

5-12-3 The 'giving up' has got my attention. She is quiet again, little movement, but then, gurgling in her belly. Something has shifted, but the breath doesn't follow. The deep relaxation in her belly is not in her consciousness yet. *I'm curious that the breath is not more full.*

5-12-4 I don't know exactly when the word loneliness came up, but she became quiet and the breath did move from her sacrum up to her chest. *I wanted to allow plenty of room to see how she responded to this.* I could see some color come into her face, but no show or expression of emotion. At one point she said her parents were never home. She and her siblings were 'latchkey' kids, always going home with no parents there. She and her siblings would fight.

5-13-2 She is talking about aging...she just had her 40th birthday. There is a deep breath of response when she says she feels and knows it is 'downhill' now. I wonder if that is what the gripping is about under my hand, but still, there is not much change in muscle tension.

5-13-3 Just before I have her turn over there is a deep breath that I ask her about. She is thinking about her daughter, she says. She turns over and I place my hand on her left side, gently moving her ribs. There is very little movement of breath as she tells me she will do anything for her daughter, just as her mother did for her. She feels this is what she wants to do, even though she often has to scramble to meet her daughter's

needs.

5-13-5 I tell her how our thoughts can tell us anything, but the body just knows the truth. The session is quiet for a while as this fuller breath continues.

5-14-1 There is a knot between her left shoulder blade and spine. It hasn't been there before. She says she has had headaches and is anxious. In a while she tells me she did not pass her exam...and a few minutes later she is talking about being 40. She laughs with more ease than I have heard in the past. She feels committed, she says, to studying and passing the test so she can work in her chosen profession. The knot softens a little, but is still there.

5-14-3 I wonder how she experienced her home life and asked. She didn't know, yet her body softened some under my hand.

5-14-4 When she turns over there is quite a long quiet time. There is much more breath, moving from her clavicles to hips. It appeared at one point that she was 'doing' her breathing and when I mention it, her breath became relaxed and natural again. She said she was looking forward to going home and relaxing and in the same breath, said something disparaging (like that is a lazy thing to do). At the end I said that our strength and inspiration comes from relaxation.

5-16-2 As she talked and expressed her gratitude her body was quiet, yet I know there is truth in what she is saying. This is a lesson for me, a reminder that she wasn't relaxed and breathing easy in telling this truth... but she was focused and wanted to be sure I knew about what she had become aware of. *I could see and feel that this was important to her.*

5-16-5 Then she says she can talk more about her true feelings with her girlfriends and the breath is there. *At that moment I feel there is hope.* She is quick to say all men are just like her boyfriend, aren't they? My answer is 'no' and a small breath comes up under my hand behind her heart.

5-16-6 She talks about the disappointment of failing the exam and for a moment she allows herself to feel this. It is clear through her talking that there is also some shame involved. During this period of talking, for the first time, she looks directly at me with soft, doe-like eyes. *I felt she knew she could trust me...her body softened some.*

5-16-7 As conscious as I am that the talking is important to her, *I also want her to have some opportunity to let go some so I have her turn over.* She is quiet for a minute or so. At some point she talks about her anxiety. At 20 she had anxiety attacks and when she was married she had pre-ulcer conditions that went away after the divorce. Now she is anxious again, waiting to take the test one more time. She was able to rest for a few moments at the end.

5-16-8 When I returned to the room she was waiting for me. We both expressed our gratitude and she asked if she could come and see me. I told her after the paperwork was done I would be happy to see her or refer her. She made very clear eye contact again...her feelings were close to the surface. When I looked at my desk she had left an envelope...a thank you note. *I was very touched by this. I don't know how deep the work went with her.* Certainly there were obvious shifts such as the eye contact and in her experience of pain. *I feel my ability to listen without judgment made cellular shifts within her that are just beginning to surface.*

RESTORATIVE STATES

Client 1

1-2-2 At times, she would relax physically and take a deep breath. If I asked, she would respond that she felt relaxed.

1-10-4 T (The client T) Yes, There's more of that. More of the same stress. I'm really sick of it. I'm very irritable now too. (There is some softening, and more breath as T begins to talk about the history of how she came home with some illness of her own (in order) to get her health back, and as she got better her parents aged and developed health problems of their own. That was seven years ago.) Me (the practitioner) Yes, you are in a difficult situation and that's the way it is right now. T exhales almost like a collapse – all the air rushes out of her body, and she begins to cry very quietly. She does not want me to hear her, so she keeps it very quiet. Because I know she is such a private person, I don't name this right now. It is the first time she has cried here. But *I want to acknowledge her feelings*

1-10-5 Me People sometimes feel very conflicted about caring for someone they love. They want to feel better about it than they do. Often they also feel anger and sadness and frustration. T slowly stops crying. I work in silence and she begins to relax more. At the end of the session she is smiling and says she feels so much more relaxed. T I didn't know how stressed I was

1-13-5 T cries softly for a few minutes. Slowly her body relaxes. Very slowly. Her breathing opens and deepens. I say "yes" or "Umhmm" as this happens, but don't comment further.

1-14-4 Finally, as time is drawing to a close, I ask: How are you doing? T I'm very relaxed. She takes a deep breath, smiling. Her face has more color and is softer. *I too was very relaxed, and found myself drifting in and out like the clouds floating past my big picture window. I remembered my recent cross country skiing trip with my son and his girlfriend where the snow was crystal white, the sky bright blue and the evergreens - just that. It was beautiful. I enjoyed the brief reminiscence.* As I asked T to turn over she said, stretching and smiling, "Ah, a power nap!" Me Yes, and more space.

1-15-4 T I am trying to become more realistic about how long things take. A breath. Another breath. Me Yes, become more realistic about how long things take. This is great. There is only so much time. She shifts gently into a deeper state of relaxation. Quieter and softer, allowing herself to take all this time for herself.

1-16-1 (Last session of study) Me Was there anything that you learned about yourself, or process you became aware of while you were involved in the study? T Yes, especially in my mid-back, I noticed consistently that if I'm starting to tighten, I really need to slow down and not rush. I only get more pain if I rush. She takes a big breath with this, deep in her back; the diaphragm swings. Me That is a wonderful piece of information to know about yourself. By paying attention and slowing down, you can avoid increased pain. T remains quiet. She is focusing inward, paying attention to her own bodily sensations. She has said in the past that she cannot both be talking, and notice what is going on in her body. This is not unusual for some, in the early phases of becoming more self-aware. After some time in silence, her shoulders are relaxing and her breath deepening.

1-16-3 Throughout the session, the interaction is greatest between my hands and her body. She is responsive, and trusting. As this is an issue I've noticed with T, *I am delighted that the responses are there.* Me Your body, you, are very responsive. There is much relaxation in your breath and muscles. T continues to be silent. As I ask her to turn over, she remains still for some time, then slowly turns, as if coming out of a deep altered state. She says Oh. That was great. *I feel a sense of sweetness in my heart, appreciation for who T is and where she is now.*

Client 2

2-3-4 M (client) I stay very very busy. It's really my belief that I stay busy so I don't know how I feel. Me You say that. Yet here you seem quite happy to be very very quiet here. M Yes. She seems to be taking this in, but has nothing to say. Her body continues to be more relaxed. *She is letting me in more.* She is dropping to the table more. She says What you are doing feels very very nurturing. She takes a big breath and sighs.

2-6-4 I work gently and quietly, and she begins to 'thaw', and relax. Soon she is lying on her back, I am gently supporting her lumbar spine and resting my hand on her stomach, below her diaphragm. She is pink and peaceful, breathing deeply.

2-7-5 Me What does it feel like you are doing with this leg? M Gripping. Holding on. Me To what? M To make it through the day. Me Oh. She takes a deep breath and sighs.

2-9-6 I suddenly feel like cradling her calves. I focus on the left and hold it cupped between my hands like a flower. She becomes quiet. Her breathing deepens and becomes more rhythmic. Over the next 15 minutes or so, we do not speak much. I work much more gently, stroking and smoothing her calves, first one, then the other, then both together.

2-10-1 As I was working with her legs, I found myself watching her breath, and remembering the session from last week where I noticed her breath being deep and rhythmic towards the end of the session, but not having a rest between the end of the exhalation and the beginning of the inhalation. This was true again today, but as I worked on her "breathing," it deepened even more in her body and eventually there was a small pause.

2-13-2 M Now what I want is a man who has a new townhouse. Not an old one because he would have to spend too much time fixing it or working on it. I want this man to live in San Francisco. I would move in with him and live in the city and we would keep my adorable little north Berkeley house as a pie de - - - - - (place in the country). Or I would stay there if I had to teach early in the morning the next day. Or it would be a place I could get away to if I needed some space for myself. *She is relaxed and laughing as she seems to be enjoying this fantasy. I enjoy it with her.*

2-13-3 Me Do you ever go to the city? M Oh yes, I have a few friends in the city. I love the theater and movies. I used to live in the city. So it would be great to be in a relationship there and go to movies and plays with someone I was involved with. I continue to work with M.'s legs. Her hamstrings have softened, her hip joints are quite loose and relaxed, and she is breathing more deeply and slowly.

M But I am not actively pursuing this fantasy. I'm pretty happy living by myself. Besides I don't meet many

men my age. It would have to be someone my age. And 60 year-olds seem so, umm, old. I mean he could be 60, but he would have to be adventuresome. Fun. She takes a deep breath. Me Yes, fun, adventuresome.

2-15-1 RANDOM The word came up as M described what some young students said about her. She was, they said, "Random." We laughed. M I mean what does that mean. Then the whole class had to go around and say what they thought the word random meant. We laugh. M It was a compliment. I think. At first I wasn't sure. Then I think they meant that I gave all kinds of examples in my teaching, that I was all over the place. But I think that they meant it in a good way. She takes a big breath.

2-15-5 She talks about nicknames for a while. She remembers a nickname for her twin brother. "Prunes" and tells the story. And how he used to ruin everything. P ruins everything. M That's what is wrong with my shoulder. My brother is what is wrong with my shoulder. She breathes. She looks softer in her face. Ahhhhhh.

Client 3

3-1-5 More softening occurred and then I could begin to see the effects of the session in her face. Her expression softened and more color came into her upper body and face. When I asked if she had experienced this before, she said yes, the pattern was old. At some point while she was still on her stomach, her breath changed. There was more movement and the upper back softened more. She said she had experienced energy moving through her body and out her feet, as if a burden had left.

3-1-6 She was becoming uncomfortable so I had her turn over. There was quite a different presentation now. She looked soft and vulnerable and somewhat worried. I touched her brow and there was more softening. I **felt very touched by her and the obvious struggle she was in**. The work I did with my hands while she was on her back was soft and contactful.

3-1-7 By near the end of the session I could see the emotion rising. She felt the shifts within herself. I told her the word that came to me was "courageous." She replied with "thank you," and then there was a deep response in her breath. I can't say how I knew to say this word to her. My mind was collecting all the information from the session; **I was deeply sensing the 'thread' of all that had happened. My heart felt very open to her and I wondered what it would take in her small body to live with all of her challenges. So, the word did not come to me from her body posture (like her chest being lifted), but rather from checking into the information I had gathered and then sensing that in my own body.**

3-2-8 We are at the end of the session; there is finally some small measure of calmness within her. I see the color spread into her face. **There is more breath than before and I am relieved we have made it to this place. I have a very tender feeling for her.**

3-3-6 She is quiet for a moment and then tells me she is thinking about a boy she just met. They have had two dates. It was so unexpected. She feels at ease with him with her mind, her body, and spirit. There is a melting as the breath moves throughout her body.

3-3-9 Yes, she says quietly. Her breath is at ease now and her face is relaxed and looks calm.

3-4-7 There is such a sense of enduring and being alone and truly suffering for so many years. Many

thoughts go through my mind. I wonder where her family is/was. When she tells me about her dog being killed, the emotion comes through. She was not expecting the worst then, it just happened. The sadness and tears comes through and her entire body responds. There is more. Everything just died. And, again, she says, things could be worse than they are now. She will make it through she keeps telling herself. I feel the resonance between us; the softening of her muscles, the easing in the environment, the truth and the struggle. Her grief touches me, yet it is completely her own. It is good to know, for me, that I can hold that place for her so she can meet that experience in herself. I breathe. At the end of the session her face is very soft. I see the coloring and the breath begin to move up. There is emotion there. The movement stops. I ask her what happened. She says she felt some emotion, then began making a list. I say, "Oh, this is how you stopped yourself. This is a good thing to know."

3-6-7 She then told me about the one thing that had inspired her last week. From there, everything in her body shifted. More breath, softening of the muscles in her neck. I asked her to notice the experience she was having in her body so that she would know, (could learn to recognize) that this is a path for her. She said she makes everything negative, but here, in her body and under my hands was the breath and the inspiration that had been missing.

3-8-2 When she does speak she talks about being anxious. She doesn't know what the root of the anxiety is but experiences it in her shoulders. She thinks she has been smoking because of anxiety. I ask her more about her experience of the anxiety. I feel I finally may have a pathway to help her into experiencing herself. The anxiety is now being named along with a desire to know what is at the bottom of it. She feels heaviness in her heart and as the breath slowly moves up, the tears come.

3-9-4 I say I am curious about her words and bodily responses and at some point I say "what about you?" The tears come and the breath moves. With, "What about you?" She feels the response in her body to that question.

3-9-5 There is more talk, but there is also more response and awareness of her own response within her. This opening I feel so deeply grateful for. Through this feeling/experience that I have, I meet her in a new way. It is as if the communication is on a different level. This is what I call somatic resonance. It is easy to teach her from this connection. I talk about learning to listen to herself and how the wisdom of the body informs the mind so that we can make good decisions for ourselves.

3-9-7 Toward the end of the session as she talks about doing group/organizational work, her breathing becomes much more full. I ask her what step she would take if she were to follow that path. There were many connections that came to her mind. The color comes to her face. Her body is very responsive and her thought(s)/mind is slowly, very slowly, beginning to listen.

3-10-6 When she turned over this new sense of tiredness and ease continued. She asked if there was a Rosen way to think about her problem with the tutoring and I responded. Emotion crept into her chin and face coloring. She spoke of something someone had said that she was remembering and the ease of breath in her body and softness in her face continued.

3-10-7 This was the quietest session I have had with her. I felt a heartfelt connection with her in this struggle of hers and relief that for a few moments at least she was able to know she is tired and was able to rest.

3-11-4 The deepening begins. I sense it in myself as a stronger connection to her. From here she

remembers being a teenager and putting on plays around teenage issues. Tears come as she experiences the connection with her aliveness around this. She is, at this moment, experiencing herself and what had meaning for her at that time. Nothing has changed. This is what she now wants, yet she had not remembered this teenage experience until now. She was doing what she loved to do.

3-11-5 She was able then to stay longer in the heart-felt sensations. At the end of the session she said the new awareness was like a baby that needed nurturing.

3-13-1 She has made a decision not to follow through with her graduate assistantship...and there the breath is. It had been so obvious to me for a long time that this would be a very difficult path for her to follow. There was never breathing room when she spoke of it; she appeared trapped. I feel she had spent all these educational years thinking that was where she was headed, yet, her body never responded with ease. She experienced her aliveness when she told me of interviewing for a new job this week. THAT was the ease in the diaphragm. At that very moment, it was very clearly the decision of moving toward her heart-felt goal that gave her ease and aliveness.

3-13-5 There was much more spaciousness during this session. She was so much more in touch with herself and available to experience her inner sensations and make connections to what she was saying or, what I said to her. *Because of the spaciousness, there was room for the resonance to come into the session during both times mentioned above. I experienced this as ease and settling in to myself while feeling a deep connection with her.*

3-13-6 I came into this session remembering her experience of 'danger' as a child from the last session. When she said 'forgotten', the word 'danger' came back to me and I spoke about the thread. *It was a beautiful moment as she made the connection between feeling forgotten as a child and, forgotten by her boyfriend.*

3-14-2 She begins the session with the exciting news of possibly getting a scholarship to study abroad, and also of joining a psychodrama group. She is enlivened by this movement toward her goal. The pressure has lifted and she is clearly hopeful. Her words, facial expression and the ease of breathing convey that.

3-14-3 When she brings up the confrontation with her housemate, there is a different quality to her expression. She is not just relating her experience, but is feeling the guilt and anger. When I ask her about 'being cornered', it is clear she knows about this experience from the past; her body was still and there was color in her face. *Perhaps it also touched something in me that I can't name, but know. I could sense the stillness in my own body and also a sensation of sinking in more with my hand on her breast bone. My hand wasn't heavier, but the sinking in was present.* She said 'being cornered' reminded her of confrontations as a teenager with her mother.

3-14-4 Her facial expression was softer than usual and a flicker of feeling that I would name as sadness crossed her face. *I recall being very touched by her acceptance of the experience she was having.*

3-14-6 I am looking for the physical function that allows for hope, *i.e.*, ease. I have never thought about it in this way before, but hope is one of the primary benefits of Rosen Method. *As we relax we can call upon our own inner resources to address our problems/issues, I feel this does give a person hope and resilience.*

3-15-5 When I inquired about her scars, she was able to go into the old experience of the pain of not feeling loveable. Everything moved, her breath, muscles and tears. After, she felt a sense of strength in her

vulnerability and became aware that the container she presents to the world is not really who she is.

3-15-6 In talking about her boyfriend, she could tap into her sensation and feeling that she is not certain he finds her loveable, and how that experience grips her.

3-15-7 As she left today she initiated a truly spontaneous hug. No holding back.

3-16-4 *Listening, touching, watching this all unfold I feel touched* and say "Oh, you are an actress." The muscles soften now and she is breathing much easier. I think she said acting makes her heart sing, but perhaps I said it. It was clear, as the breath moved through and the muscles softened, that she was connecting with that experience.

Client 4

4-2-8 At one point she starts talking about her connection to her cat who died, how sensitive he was to her. When she would lie down with headaches, he would lie down on her pillow right next to her head. She is crying, her talking very low, her muscles tight. She says, "I loved him so much and he gave me so much; he didn't ask anything from me, he just loved me." She's really crying, her muscles begin to let up as I say, "He loved you unconditionally." She really lets down, "Yes." She looks softer, younger. Her chest drops down and we acknowledge that. *I tear up, too.*

4-2-10 Finally, she says, "Everything I did for him, all these procedures, all the suffering, and it was pointless because he didn't make it. It makes me feel so hopeless, it's my fate, nothing worked, I made him suffer, there was nothing I could do." *The hopelessness, the failure are so deep and authentic. I can feel the up-welling pretty far inside her with my hands.* I wait while she feels and then say back, "Everything you did, nothing worked, you felt hopeless." *She and I connected, her chest drops slightly, being witnessed comes through for her and for me. Here at the end is the real jewel: hopeless, impotent about someone she really, really loves and who really loved her.*

4-4-3 I tell her that she can tell me what feels good to her and/or what places feel good for me to touch. She understands what I am saying and there is immediate dropping down onto the table. She responds and processes quickly.

4-4-6 We work quietly, my hands on the left shoulder and the spot to the right of the scapula that she has pinpointed. As I work and wait, listening to her breath and muscles, I say "That's it" or "yes, there you go", when I feel a shift. After a while, she says, "That's amazing!" I can feel her whole being soften a little. I wait a few seconds, then say, "What's amazing?" She responds and I can feel her excitement, "The spasming, it's letting go some!" *I feel that and it is exciting.*

4-4-7 *Something big is happening here. The word "hope" comes to mind but I say nothing, just keep my contact and my attention with her.* I am working gently but with intention on her left shoulder and adjacent mid spine area. Time passes, she continues to be with the process.

4-4-8 She then says, "This feels good....it's relaxing. The spasm is gone". A few more seconds pass. "This is so unfamiliar"

4-4-9 She repeats that and then, "I am afraid...I have no control...I don't know what to do with this feeling." I have turned her over at some point. I wait, she says, "That's sad." "What is?" "That this is so unfamiliar, that when I relax that I am sad." She looks sad. **I know we have a truthful, authentic moment.** I can see the sadness on her face; she allows it to be there for a few seconds. And she has felt relaxation of her back muscles and the spasm is gone. I consider these moments to be a breakthrough.

4-7-12 As I am with her here, her shoulders soften. I say, "Yes, that's it. Feel your shoulders soften," or something similar. **We connect and are quiet for a moment.** She is crying with her body, not so much with tears, but there is a sense of letting her feelings out somewhat. In a soft voice, embarrassed, she whispers to me. "I created a fantasy mother...(tears now) ..I wanted to be like the other kids so I made things up about her."

4-7-13 "I'm ashamed (she is whispering so low I ask her to say it again.) I was ashamed." She is crying some, my hand is under her neck and the other on her sternum. **I feel her chest drop down; it feels dramatic and I am almost startled.** "There you go...did you feel your chest drop?" She replies that she did. **We stay that way for a minute or two and the session ends.**

4-8-12 You know, I feel like I have to work so much to pay for all of my health care, but then I get so stressed from all the work. It's a vicious cycle that I am caught in and I can't say no." **This feels so true to me and is so insightful.** I just look at her and say, "Yes, I think that's it; you've described your cycle clearly." **I am moved and it is a poignant moment between us.**

4-9-5 She wants to keep telling me about this meeting, but I know she knows what I am saying because I feel her respond in her muscles. There is some softening, some fluidity in the muscles and in her presence. Her voice is smooth, no squeaking. What a change!!! She continues this pleased and delighted monologue by describing the food at this fancy party she attended. She is now actually happy.

4-9-7 **I can feel enjoyment in her body** by the relative absence of tension and by the sense of aliveness in her body. Her eyes literally "light up." **This is stunning to me.** As she begins on another tack, I ask her to just linger a second to feel this enjoyment. Hard for her to do but impossible to ignore because she is so "in it." **I can honestly say that she is/did enjoy herself.** Now she seems so pleased. Her voice is lower, her shoulders are on the table a bit more and right now they are not pulling in and up.

4-10-14 "So it was really hard for you to say no," I pause here and she agrees. Her body also agrees. I continue, "And you took care of yourself by not driving in the rain." "Yes", she says softly and her muscles relax.

4-10-18 After a while I take my hands off. As I leave the table, she says something in a soft voice. I have to ask her to repeat, "Yes, I am taking care of myself." She is about to cry. I look at her and say, "Yes, you are worth taking care of." Tears come down her cheeks.

4-11-2 We talk about (something) could be upsetting for some people, a real problem, but she feels so light. She also tells me, "I think if it were me, I would feel terrible and worried." She mimes being worried, **but what is so marvelous is that she isn't really wound up about this from either side!!!!** She is joking and is also genuinely relieved and delighted.

4-13-9 She is on her back now. I am asking her about what really makes her so upset, sad and angry. I say, "I know you feel that the doctor didn't treat you right, that you were brushed off..." "No," she says definitively,

"that's not it. What's so upsetting is that here it is all over again." Her face floods with color and she is full of feeling behind that statement. I say, "The cycle again..." "Yes, I trusted this practice and they have betrayed me." (great feeling).

4-13-11 I slow her down by saying, "You were really frightened." Yes, her body concurs. Then she says, which is amazing, "Should I go into the office manager and tell her I was frightened and that's why I got angry?" I say, "You were frightened and you got angry..." I wait. She is so vulnerable and soft now. "That's the truth for you."

4-15-9 "If I don't cover all my bases (do everyone's job)...I feel too vulnerable." This is really true in her body; I can feel it inside her radiating outward. She continues. "Last week I had the exact same job but with clients I've worked for and trust. I know their work and they know me. It was completely different and so meaningful; they were so respectful." I can really feel her muscles softening as she speaks. "There...yes, that's it," I say softly. Her shoulder muscles soften and I can move them around. This is a soft, authentic, maybe even SAFE place.

4-15-15 She is still crying but softer and deeper. "Sometimes...it gets to be different," she says softly. We are quiet. She really sees herself very clearly.

4-16-10 She tells me about the changes in her migraines: they are fewer and less severe. She has worked very hard to change this through diet, exercise, earlier intervention. I can tell she feels good about her hard work and the results. "You must feel good about what you've accomplished." "Yes. I feel less hopelessness and helplessness." She is speaking calmly with feeling. *I feel her in her body.*

4-16-13 She talks about people who never have any change when they get a massage. "Is this true for you?" I ask. "Yes, and no," she replies. "I've paid so little attention to myself...I want to stand up for myself." At this point her chest REALLY DROPS DOWN. "Yes, there, could you feel that?" *I am excited. We both felt it.* I say, "As your chest flattens (my hand on chest here) you're reclaiming your space, spreading out." *She is with me and I can tell she feels herself. There is quiet and connection. What a dramatic ending in her body!!*

Client 5

5-3-2 She is not putting anything down. Later, when the list comes up again, I say I think she has put herself at the bottom of the list. There is a deep breath that comes with this.

5-4-1 She said she and her boyfriend are going to Europe in three weeks to visit her daughter who is in school in Italy. More important was that her breath was moving her entire torso as she spoke of this past week and her plans. There was clear response of the breath when she talked of her home and later, when she said she was a gypsy.

5-8-8 Leaving, she was not the same person that walked into the session. She was relaxed and breathing.

5-9-7 Holding back. So familiar, but no specific memory. She makes the connection between holding back vs. feeling ease as she talks about feeling comfortable in her own home. Her shoulders soften, her body is at ease. This is a completely new awareness and connection for her. She expresses gratitude for this.

5-10-4 I held both sides of her ribs so she could experience the tension and it felt like a great relief to her. This is when the breath began to move thorough her. My hands were on her ribs for some time. I would sometimes hold the tension for her, gently move the ribcage from side to side, or softly rest my hand on her diaphragm or belly. The breath began to move into her chest and she was quiet for a while.

5-10-7 Her body became much more relaxed and the end of the session was quiet. At the end she tells me, "I feel more relaxed now." She had asked for a morning appointment next Monday since she has to drive that day to take the test Tuesday. She was waiting in the waiting room for me as I returned from washing my hands. When I told her I could see her at 9am, her face lit up and she hugged me and said thank you several times. *It was a very sweet connection.* I told her she would want to be sure and be warm during the test and she said yet, I will wear layers. *I am pleased that these shifts into relaxation can occur for her.*

5-13-4 She says her daughter does not think ahead and it often puts her in a difficult position. Then, she says she feels suffocated. The breath comes in and color comes into her face. This is the closest evidence of the show of deep emotion I think I have seen in her. *I wonder if this is the first time she has ever taken a truly full breath!* She tells me she has never said that out loud before.

5-15-4 When she turns over a shift occurs. She talks about spending the day with her sister and other family members and celebrating and having fun. She begins to relax. She is giggling. As she takes a deep breath she says she feels a sharp pain midway inside her moving out toward the back. This is a familiar pain. I ask several questions to identify where she experiences this pain. I say this is in the area of her heart and a full breath comes. I suggest that her breathing can be natural, without effort. There is a lot of gurgling in her belly, more movement, more ease.