

Verbal Guidance

A systematic way to focus your client's attention, in order to achieve a state of body attention that allows the body to work

Teaching your client to let the body work

teaching to let the body work

We use verbal guidance to focus the mind on the body's experience and not on anything else. With a focused mind and a high level of energy the body will work. Once the body learned how it is done the ability will develop from session to session.

- The client must be shown and convinced that what is happening in his body now is the most interesting thing in the world and that nothing else is relevant.
- We aim to capture the client's attention and concentrate it on the area that is most bothering to him.
- During the session attention may wander to other things, so it is essential to continuously give verbal guidance for the focusing of attention on the body's experience.
- Breathing will increase the level of energy and allow the client to be immersed even more in the body's experience.
- Unnecessary efforts prevent the body from working in a certain area, therefore relaxing is imperative.
- As the body begins to work we want to keep the client's attention focused on what is happening without reacting to it or losing concentration.
- We would like to enlarge the scope of sensations the client can experience in the areas that bother him (not just "it's painful" or "it's bad"). This will enhance his body attention and grant more routes for the body to work.
- When the client is encouraged and assured to experience the area or sensation that bothers him, rather than 'talk about it' or observe it "from outside" as if separated from him, we guarantee the best chances for the body to work intensively, unimpeded.

Remember that this experience is quite new and unknown for many people and it may take time to simply enjoy it.

L4 | TRAINING

Giving a session



Goal
Practice teaching the client to let his body work, through the structured session that you planned.
Basic requirements
<ul style="list-style-type: none">• a client or practice partner for whom you have a session plan• a completed Session Planning form
Time
45 minutes
Instructions
<ul style="list-style-type: none">• Give the session you planned while being attentive to your client and adapting to what happens in his body. You can keep your completed Session Planning form near you for reference while you work.• Teach the client to let his body work using the relevant verbal guidance as described in the How-to.• After the session when waking up the client, ask him about his experience and check what was outstanding in the results due to your focus on teaching your client to let the body work.

Optimizing Results

Practical tips and exercises to obtain long-lasting results from your sessions

practitioner's body attention

As a practitioner, the more body attention you develop, the more in tune you will be with your client, how his body works, how best to personalize and apply the forms of touch and which forms of verbal guidance are the most effective. You work together with your client, adapting the work to the individual, and in this way achieving long-lasting results.

