

# A New Match - Out of My Practice: Rosen Method bodywork therapist & Medical Doctor

Kotona Kehossa - Home in the Body  
Tampere, Finland Oct 28, 2017

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# Medical private practice

## Space - Perspectives - Views - Encounter

Welcome - Finnish Tango Music

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# The Book of Secrets

*Unlocking the hidden dimensions of life - by Deepak Chopra*

„In the ancient traditions of wisdom a quest has been likened ...that you have to swim far out beyond shallow waters, plunge deeply into yourself and search patiently until the pearl beyond price is found.“

Modern state-of-the-art (technology) and deep wisdom - ?

„We live in the age of the higher brain. The cerebral cortex, that has grown so enormously over the last few millenia, overshadowing the ancient instinctive brain that drives our instincts. - After the rise of science the craving for knowledge should have faded, but it has only grown stronger. - There are no new facts to discover about life's hidden dimensions, nobody needs to peer at more cat scans or patients undergoing a near-death experience, or take more MRI's of yogis sitting deep in meditation. - That phase of experimentation has done its work. We can be assured, that wherever consciousness wants to go, the human brain will follow.“

# Health Care System / Acute - chronic trauma states

„Double bind“ messages & procedures - inherent in the system

**Acute** - emergency state, no choice = arousal in patients\* and helpers\*  
= *tight attention*\*:

- effective treatment procedures (e.g. cortison) with \*exhaustion in both  
- standard **mechanism**, such as:
- Airway - Breathing - Circulation = essential life saving procedure
- little or nil embodied self-awareness (unconscious, few feelings ?)
- dissociated, lack of perspective for the following healing process

→ → Hands-on-Shoulders !

## Health Care System / acute - chronic trauma states

„Double bind“ messages & procedures - inherent in the system

**Chronic** - protracted trauma state, **other-directed choices** - such as, insurances - irritation in patients\* and helpers\*

= *fixed attention*

- repetitive ineffective treatment procedures, such as multiple MRIs with exhaustion in both\* - out-dated therapy **guidelines** = **confusion**
- embodied self-awareness in **depression** - conceptual self-awareness spins the autonomous nervous system into a merry-go-round of restless thoughts with no or aroused dreams - quick fix
- no choice or perspective...; intermediate or long-term medication
- no trust in any healing way - how?

**Healing** - care state with free choice, awareness in patients\* and helpers\*

= *open attention*

- long term effective procedures with relaxation in both\* - **resilience**
- embodied self-awareness - familiar with sensations, feelings and emotions
- **self-regulation coming forth** - confusion and depression dissolves

# Challenge - Limitation - Possibility - Joy

- healing with embodied self-awareness (ESA) -

- **Challenge** - from other-directed ICD diagnosis to self-directed trust (PTSD, advanced carcinoma, fibromyalgia, multiple symptoms etc.)
- **Limitation** - personal life situation (support ?), stage of disease (if any), flexible work situation - set up frame for therapy process
- **Possibility** - in my practice, semi -“in-patient“ therapy arrangement through intense treatment dates or other time appointments - informative guidance, depending on the state of embodied self-awareness
- **Joy** - fear, doubt, obstacles, resistance fade - new learning and acceptance for new perspectives can be felt in ESA
- Examples ... Male - multiple surgeries (orthopedy) on left body side - **panic**  
Female - early childhood sexual abuse in family - **back pain etc.**  
Male - suspected neurological ICD, multiple sclerosis - **depression**

# Treatment - Embodied Self-Awareness (ESA)

- Healing the acute/chronic trauma states -

8 Basic principles for the treatment of lost embodied self-awareness (ESA) - Table 1.1 - Body Sense, by Alan Fogel

## → Resources

1. Recovering, finding and maintaining **resources**: People need resources as they reexperience feelings of threat, anger, or pain that led to the **suppression** (depression) of **ESA** → constant, reliable presence in the body, mental imagery, or surroundings that feel safe, stable, and supportive: **RMB =**
  - *memory of a kind-hearted grandfather as present in the emotional insecure relationship with parents, esp. with the own father. Now: own clownish nature can be safely lived with her husband; no fear dreams!*
  - *memory of childhood best friend, the big protective wolfhound, who later was shot by his father in his presence; linked with memory of the blond curls of his little dead brother who was so freedom-loving; HRV rest!*
  - *deep joy when recognizing the photo of Marion Rosens's hand beside my treatment table.*

# Treatment - Embodied Self-Awareness

- Healing acute / chronic trauma states -

→ Slowing down - Coregulation

2. Getting off the fast track of thinking and doing in order to linger in the **subjective emotional present - slowing down** - encouraging shifting from thinking to feeling by starting with what the person can already feel in their bodies and develop a sense of competence/trust to experience; coming back to resources when needed. **RMB =** *Depending on the state of embodiment (ESA), this can be observed rather prompt as visible deep, natural breath and also deep involuntary motions in TraumaReleaseExercises e.g. from the pelvis moving up to the shoulders (expansion in the therapy process), take up more space to also open it in the presence of ESA; dreams mirror the development!*
3. **Coregulation** supported by therapist as psychobiological regulator → a sense of safety in the relationship and the own body → monitoring autonomic arousal and relaxation, help to maintain homeostasis by shifting intensity, speed up or slow down, helping the person to come back to resources if needed; monitoring leave or come back to **subjective emotional presence**. **RMB =** *In a first treatment - left hand touches the neck with clear felt barrier, right hand at the diaphragm with deepening contact: both hands stay and linger for shift or dialogue to happen without knowing, if and when. It takes a while, then the neck barrier opens, softer - via new possibility of safety.*



# Treatment - Embodied Self-Awareness (ESA)

- Healing acute/chronic trauma states -

## → Verbalization - Links and Boundaries

4. **Verbalization** of interoceptive body sensations and emotions while remaining in the subjective emotional present → helping the person find words to describe their experience. Encouraging communication about experience without losing contact with embodied self-awareness. **RMB** = *Following deep TRE movements at the moment of working on her back and deep work/contact on the diaphragm at her body front, she wonders about a „speech shock?“ with participatory memory about a journey and enthusiasm upon returning home with interruption of the same by her father: „Don‘t yell!“*
5. Clarifying locations, connections in the **body schema**, its **links and boundaries** within the self and between self and others → Locating sources of sensation in the body, opening defensive or immobilized postures, finding and feeling „lost“ body areas (feet, legs, pelvis, the back), coordination of movements, finding links and boundaries ... **RMB** = *E.g. dreams with the image of her home on a slope and walking on a high path - with other people involved; bodily motions bring lost parts back and together - new Self- body- feeling.*

# Treatment - Embodied Self-Awareness

- Healing acute / chronic trauma states -

→ Self-regulation - Reengagement - Letting go

6. **Self-regulation** - taking the initiative on one's own **restoration**; becoming one's own resource - **RMB** = *Being in acute or surprising peace/rest, no panic for the first time, during treatments and in dreams; the meaning of own family and partner.*
7. **Reengagement** with active embodied self-awareness (ESA); e.g. making choices about well-being such as to leave unwanted situations, say ,yes' or ,no'- slow down or rest; experience of empowerment and triumph; to be able to stay in the subjective emotional presence of ESA - **RMB** = *Finding choices in the dream: not clinging on outmoded/dusty things - clear forms, profiles; being in contact with female family members on the bridge.*
8. **Letting go** - allowance to engage with recovery, engagement and normal absorption in embodied subjective emotional presence; to „step off the treadmill“ of life to take care of oneself. - **RMB** = *In several sequences of actual body treatments, her head involuntarily moved to the left side with yawning and soon happening deep, full TRE motions (pelvis, knees to shoulders) - that is letting go on the physical level! Mental letting go as with: „leaving outmoded things behind“ - her felt **gratitude** is a direct result of **LETTING GO!***

# More Space - Inspirations and Outlooks

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## WHO Congress on Traditional Medicine, 7-9 November 2008, Beijing, China „Beijing Declaration“

- *The knowledge of traditional medicines, treatments and practices should be respected, preserved, promoted and communicated widely and appropriately based on the circumstances in each country;*
- *Governments have a responsibility for the health of their people and should formulate national policies, regulations and standards, as part of comprehensive national health systems to ensure appropriate, safe and effective use of traditional medicine;*
- *Recognizing the progress of many governments to date in integrating traditional medicine into their national health system, we call on those who have not yet done so to take action;*
- *Traditional medicine should be further developed based on research and innovation in line with the “Global Strategy and Plan of Action on Public Health, Innovation and Intellectual Property” adopted at the 61st World Health Assembly in 2008.*

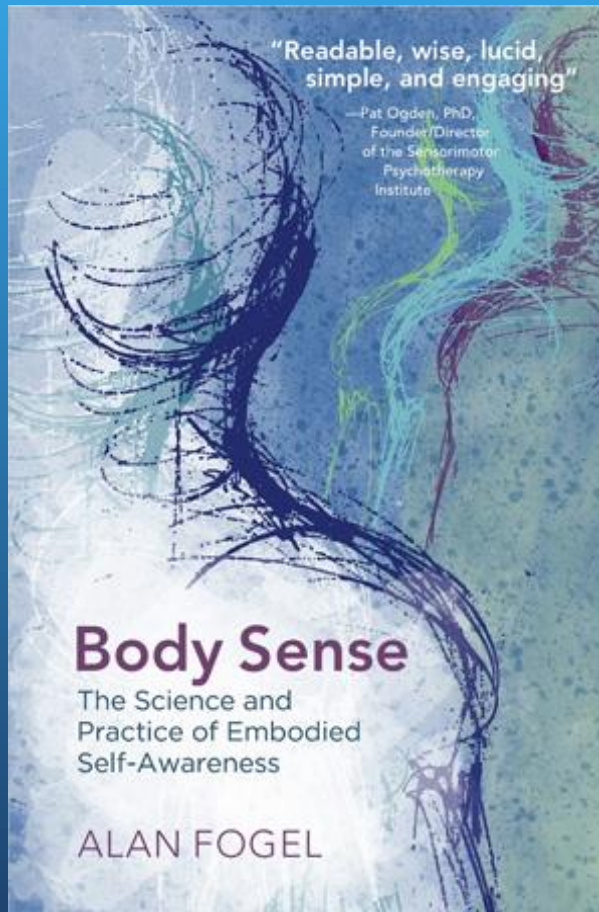
## Sylvia Nobleman, RMB practitioner, CA - email RMB treatment as part of a cancer wellness program to

- A darling 90-year-old man who had surgery on his neck area for Stage IV multiple myeloma. He said his shoulder, neck collarbone area was painful where "they were **digging** around" and that it was numb and painful.
  - After a while, he said he began to feel his shoulder, and this or that part.
  - At the end of the session, he shared:  
"I can feel my shoulder again and my arm - see I can move it again."  
He was beaming.
  - Then as he was still resting on the table, he took my hand and said:
  - "My great-great-grandmother was a Cherokee healer.  
She always said, "Touch with your palm."
  - My father was a horse whisperer. He always said:  
"Start the touch with the palm of your hand and you'll always be successful.  
Today I felt the palm of **your** hand." -
- The touch of Rosen Method - or the open palm mudhra of the Buddha - NO FEAR !

## WHO Congress on Traditional Medicine, 7-9 November 2008, Beijing, China „Beijing Declaration“

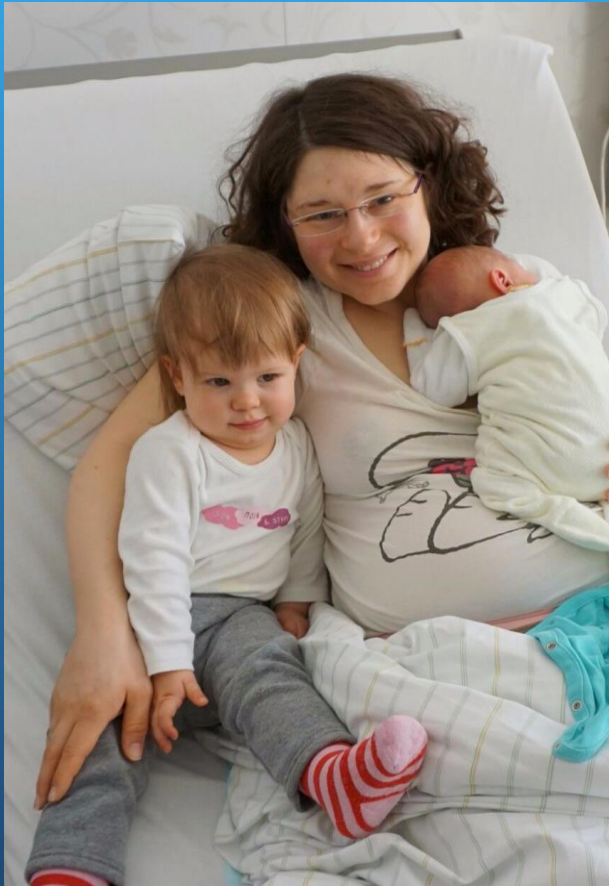
- Governments, international organisations and other stakeholders should collaborate in implementing the global strategy and plan of action;
- Governments should establish systems for the qualification, accreditation or licensing of traditional medicine practitioners. Traditional medicine practitioners should upgrade their knowledge and skills based on national requirements; and
- The communication between conventional and traditional medicine providers should be strengthened and appropriate training programmes be established for health professionals, medical students and relevant researchers.
- The Beijing Declaration will serve to promote the safe and effective use of traditional medicine, and to call on WHO Member States and other stakeholders to take steps to integrate TM/CAM into national health systems.

# Alan Fogel - Professor of Developmental Psychology, Rosen Method Senior Teacher



# Transgenerational Trauma - Attachment

March 2017



Summer 2017



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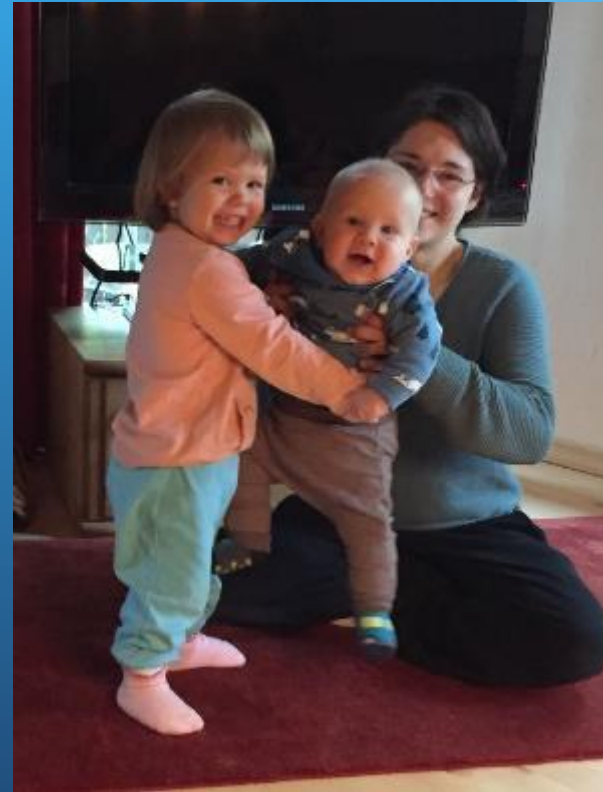
# Attachment - two ways

September 2017



October 2017

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# Attachment - teamwork in waiting

Summer 2017

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# ***The Book of Secrets***

*Unlocking the hidden part of life - by Deepak Chopra*

The cortex is often called the new brain, yet - the old brain has swayed humans for millions of years, as it does today. - The old brain can't conjure up ideas or read, but it does possess the part to feel and above all TO BE. The old brain that caused our forebears to sense the closeness of a mysterious presence everywhere in nature. That presence which is found in every particle in creation.

Spirituality (spirit = breath) fuses these three into a single reality. Thinking doesn't load it over feeling, feeling doesn't stubbornly resist the higher brain - doing occurs when both thought and feeling say: „This is right“.

Cells have no probleme fully participating in life, their's is the wisdom of total passion and committment. So, let's see if we can link the qualities of the bodily wisdom with the hidden dimensions we want to uncover, by identifying with the body's intelligence - in our lives and work.

May be in the afternoon workshop ... THANK YOU for participating this morning.