

**Inspired Health presents:
Level 1: PsychoBody Massage Training**

**Under Pressure:
Soft Tissue As the Emissary of the Mind**

In history, the Emissary had the mission to deliver messages of great importance often pertaining to war, peace and the well being of persons. On these missions, the emissary was able to adapt to many challenging circumstances, sometimes evidencing great brilliance and wisdom.

So it is with soft tissue and the mind during body work.

What this means is that our client's soft tissue is literally "Under Our Pressure" with a mission to carry messages, and rewire or repattern the connections of, mind, body, spirit harmony towards health and peace.

During this mission, soft tissue will dynamically adapt by reacting and responding , opening and closing, flexing and rigidifying, forming and un forming, creating the formation of boundaries and barricades all depending on the minds interpretation of our touch and pressure.

"The mind and body mission" in therapeutic massage can be experienced as threatening and unsafe or as life-giving and welcoming for our clients. Our consciousness to this mindbody homeostasis can greatly influence the way the client experiences this mission and healing process.

In this training course :

- 1. We will physically and mindfully work with each other to learn about modifying and adapting soft tissue and mental beliefs along a continuum of homeostasis. This continuum runs from flexible boundaries to acute rigid barricades within the soft tissue and the mind.**

- 2. We will explore the challenges both the emissary and the mind come up against during pressurized touch.**
- 3. Participants will learn to invite peaceful responses in mind rewiring and body tissue repatterning.**
- 4. You will learn to utilize masterful verbal communication in communion with pressurized touch to treat/support your clients journey of change, adaptation, and wisdom.**

This is an experiential, self-actualizing course with hours of unique hands-on and mindful techniques. Learn inspiring bodywork based on the presenter's 25 years in the field of body/mind trauma repatterning and mental health work:

- Humanistic Psychology: Holistic Mind /Brain Body Adaptation**
- Connected Intimacy: Revealing Self through the Verbal and Physical body (clinician and client)**
- The Homeostasis Emissary Model: Boundaries and Barricades Working with Body Mind Cohesion.**
- Breathing: The Tool to Self Directed Change**
- Touch/pressure : Our therapeutic Invitations**
- Integration Bodywork(Repattern Rewire): Steps -- Feel, Assess, Acknowledge, Action, Reassess and Appreciate.**
- Mind Rewiring: Shifting Mind Stories for Boundary and Barricade Alignment and Growth.**
- Soft Tissue Repatterning: Shifting Autonomic pathways for Boundary and Barricade Alignment and Growth.**

The human being is a masterful and purposeful organism who has the potential to heal under pressure.

It is our duty to utilize our pressure to benefit our clients. This workshop calls us forward in human engagement to support the emissaries mission of peaceful and sustainable mind-body health and living.

Trainer and Presenter:

**Gillian Enright
Registered Massage Therapist
Master In Therapeutic Counselling**

Limited Enrollment: to support individual coaching, feedback, and group self actualization learning..

**Dates for the course: April 15th Evening
April 16th Full day
April 17th Full Day**

**Times: Evening Session 6pm till 9pm
Day 1: 9am till 6pm
Day 2: 9am till 6pm**

21 hours of training

Cost: \$450.00 plus hst

**Location: Inspired Health Retreat Centre
Bayswater Nova Scotia
30 Backman Road**

Contact: 902 237 1673, enrightg@hotmail.com

This location offers a quiet, private get away from the city for learning in a small connected group. It resides by the ocean where you will have time to walk the beach rest in the hot tub and sauna. Enjoy the gentle space.

Agenda: Total 21 hours

Evening Session :

6pm – 9pm

Welcome and Introduction

Time: 50 minutes

- **Intent of course**
- **About the Trainer**
- **About the participants and their practices**
- **Goals**

Housekeeping:

Time : 5 minutes

- **structure of course: timing and breaks**
- **confidentiality and safety,**

Laying the Foundation:

Time: 1/2 hour

Concepts

- **Psychology: Holistic adaptation**
- **Connected Intimacy: Revealing self through the verbal and physical body (clinician and client)**

Break 10 minutes

Evening con't

Exercise 1:

Bodymind Intimacy: The Revealing Process

Time: 1hr and 10 minutes

Process: Verbal Interviews;

- **Beliefs about giving and receiving touch**
- **When connected and disconnected to client**
- **Touch history**
- **Speaking with the unheard body voice (hands on exercise)**

End of evening: closing and comments.

Time: 15 minutes

Day One:

Morning Session: 9Am – 6pm

Check In:

Time: 30 minutes

- **Review of any processing and questions.**

Concept Training:

Time: 1 hour

- **The Emissary Cycle : brain /mind body homeostasis**
- **Soft Tissue Boundaries and Barricades Formation**

Break:

Time : 10 minutes

Exercise 1:

Hands on Training Session

Breathing & Focused Pressure

Time: 1 hour

- **Breathe /Pressure Depth : Client Permission - Letting Us In.
Breathe Depth /Pressure Depth**

Lunch: 12pm to 1:30pm

Day 1 con't:

Afternoon Session

Exercise 2:

Hands On Training Session

Entering Soft tissue Layers: The Felt Sense and Belief Process

Time: 1 hour and 15 minutes

- **Entering 4 layers of Pressure**

Break: 15 minutes

Exercise 3:

Hands On Training Session

Tissue Formation: Observing Assumptions of Opening and Closing

- **Time: 1 hour and 15 minutes**

Exercise 4:

Hands On Training Session

Felt Location of Presence: Boundaries and Defenses (mentally and physically)

- **Time: 1 hour**

Closure For the Day

Day 2

Morning Session

9Am – 6pm

Check In

Time 30 minutes

- **Review**

Concepts:

Time : 1. 5 hours

- **Mind /Soft Tissue Pathways and Wiring(autonomic system)**
- **Integration Bodywork(Repattern Rewire): Steps -- Feel, Assess, Acknowledge, Action, Reassess and Appreciate.**

Break within the Concept lecture

Option either exercise 1 or 2 will be done:

Exercise 1;

Hands On Session

Repattern Rewire Defended Tissue Area

Time: 1 hour

Demo by Trainer: 20 minutes

Half the Group Works: 30 minutes

Lunch 12pm – 1:30 pm

Cont day 2

Afternoon Session

Check In:

- Time: 20 minutes**
- **Review/ questions**

Exercise 1 continued:

- Time: 45minutes (30 minute exercise 15 minutes debrief)**
- **Second group goes**

Break

Time: 10 minutes/ Set Up and partners

Option:

Exercise 2:

**Telling Stories and Letting Go : Creating New Beliefs for Body Work
Rewiring**

Time: 1 hour

Break

10 minutes/ prepare tables and partners

Exercise 3:

Hands On Session:

Full Integration BodyWork

Time: 1 hour

Closure:

Time: 30 minutes