

PULSING TRANSFORMATIONAL BODYWORK

Training course for personal and professional development

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1 About Pulsing

Vibrant and energising, relaxing and nurturing, pleasurable and playful, meditative and healing
- Pulsing is a delight to give and a joy to receive.

Pulsing is a form of transformational bodywork, a modality that works with the body and breath as the primary means to effect transformation in the **whole** person. In Pulsing we are working with the *bodymind* – the totality of the embodied self and the ways in which we think, feel and act in the world.

It has many similarities to bodymind practices such as yoga, qi gong and tai chi. Like these, it can be undertaken for mainly physical reasons – to improve mobility and flexibility and to combat stress. But as any serious practitioner of yoga or tai chi will know, their impact goes beyond the physical into the energetic, emotional and psychological dimensions of self. We stretch and open the body, we breathe more deeply, we bring focus and awareness to ourselves, and in doing so the whole *bodymind* resonates and we begin to challenge our deeply embodied patterns of thinking, feeling and behaving (body armour).

The most significant difference between Pulsing and such practices is that in yoga and tai chi a teacher *verbally* guides you through a sequence of shapes and moves to make with your body; in Pulsing the practitioner *physically* guides your body through a dynamic sequence of movements.

During a session the receiver will be lying on a massage couch. The giver uses a continuous rocking of the whole body to encourage the receiver to release both the superficial holding of everyday muscular tension and the chronic holding of body armour. The wave-like rhythm brings a sense of ease and flow, and coaxes the receiver to accept support and nurturing, to surrender to the motion and release their habitual control of the body's natural impulses.

Within this matrix of continuous rocking, the limbs are stretched, lifted, shaken, rotated and swung to encourage the whole body to open up. Different rhythms may be explored, from the slow and meditative to the dynamic and exciting. This allows you in your body to experience unfamiliar states or engage with ones you habitually block while being safely held. It grants you permission to connect with feelings and sensations, to release physical tension and emotional stress and attune to your natural energy and power.

A Pulsing session is likely to leave you profoundly relaxed, yet sparkling with energy.

2 A brief history

Pulsing was developed in the late 1970s by Curtis Turchin, an osteopath and practitioner of the Trager Approach and Postural Integration. Turchin loved the Trager approach for "the unique rhythm of rocking which is close to the heart rate of the infant within the womb (120-160 beats/minute)" and its respectful and supportive approach to the client. He recognised

that it had never been intended as a Reichian therapy, yet he also felt that it was the style of work most suited to assist in releasing body armour.

He developed a whole body sequence of joint manipulation to encourage skeletal expansion, which challenges the muscles to lengthen and lose their rigidity as they conform to the changed skeletal pattern. Meanwhile, the rhythmic, rocking motions encourage the body to "re-experience its movement potential and position in space." He summarised the form of Pulsing as one that "combines Trager techniques, Reichian-style massage, bioenergetic breath release work and verbal psychotherapeutic techniques to achieve a holistic approach to body therapy."

3 The benefits of Pulsing

This deeply enjoyable and gentle form of bodywork provides a wide range of benefits to physical health and mental & emotional wellbeing. Like massage it helps release stress, eases muscular tension and promotes the overall health of the physical systems of the body, such as the immune system, digestion, circulation and the lymphatic system.

It also provides benefits that are generally more associated with exercise practices such as yoga and Pilates and movement-based modalities such as Tai Chi and 5 Rhythms dance meditation. It can enhance balance, co-ordination and mobility; it stimulates energy and a sense of aliveness. It may also assist you in developing self-expression and psychological transformation, helping to shift old patterns of behaviour. This may be with conscious awareness of your process, or simply by allowing fresh energies to emerge within the body.

Pulsing may also be a very meditative experience, helping you connect to a deeper sense of self: a holistic self-experience.

Pulsing connects you to the security of movement: the rocking of a foetus in the womb, the rocking of a baby in its parents' arms, the rocking of the cradle and the self-rocking that children (and people of all ages) readily slip into. Rocking maintains the sense of safety and relatedness.

Like the pulse of music, touch can set a bodymind dancing. The effects of Pulsing occur below the level of conscious awareness and will continue to be felt for some while after the session. It is a joy to give and a delight to receive.

- Deeply relaxing yet energising
- Gently releases muscular tension and joint stiffness
- Releases emotional stress and decreases anxiety
- Encourages deeper, more relaxed breathing
- Improves physical flexibility, balance and co-ordination
- Enhances movement repertoire
- Helps you rediscover your natural body rhythms

- Promotes self-healing and homeostasis
- Develops your inner sense of aliveness
- Increases your sensitivity to your body
- Improves self-awareness
- May increase libido
- Stimulates the release of unconscious material and imagery
- Improves blood & lymph circulation and digestive transit
- Promotes relaxed sleep and may ease insomnia
- Meets the need for nurturing and support
- Provides a sensuous experience within safe, respectful boundaries
- An experience of embodied meditation and wonder
- Attunes you to the flow of life and your inner wisdom

4 Who is the course for?

Anyone drawn to holding and moving bodies who has not yet found a way to do that, whether in a spirit of play or as a mode of joyful work.

People interested in their personal development especially through making a deeper connection with their embodied self.

Practitioners or students of any other form of hands-on bodywork who are interested in other approaches or want to add a new skill to what they offer.

Counsellors and psychotherapists with a desire to learn how to use touch to facilitate deep emotional work and support the working through of preverbal experience in a regression mode.

Students and practitioners of performing, movement, and martial arts who would like to introduce hands-on work into their practice.

Searchers interested in the interface between the transpersonal and the pre-personal. Temporary ego loss and altered states of consciousness may be accessed via the trance that Pulsing can facilitate.

The course develops as a community of learning whose members make a deep, heartfelt and enlivening contact with each other. This means there is the option of continuing to exchange practice sessions between weekends, building the confidence to give a Pulsing to a friend or attract clients to your practice.

Previous course participants have included shiatsu practitioners, aromatherapists and reflexologists; deep tissue bodyworkers and practitioners of holistic and intuitive massage; doctors and physiotherapists; nurses, healers, and social workers; counsellors, psychotherapists and performing arts practitioners; Tai Chi and Qigong teachers; dance

movement therapists and people who practice 5 Rhythms and ecstatic dance - as well as people who have no interest in professional training, but are seeking a whole-person approach to personal development. The course is usually a mix of all types.

5 Contraindications

The contraindications (reasons to not receive a treatment or procedure) that apply to giving someone a Pulsing session apply equally to those wishing to attend the course.

Physical contraindications

Pulsing involves significant levels of musculoskeletal movement and stimulates the fluid systems of the body.

Common physical contraindications include:

- Recent fractures, injuries or surgery
- Contagious illnesses or disease
- Pregnancy
- Slipped disk
- Cardio-vascular problems (e.g. serious varicose veins, thrombosis)
- Advanced osteoporosis
- Cancer
- Epilepsy or other nervous system disorders
- Significant problems that remain undiagnosed

Because Pulsing focuses on opening up the body, it is most suitable for people whose body is compressed, with tense and tight musculature (the vast majority of people). It is not the best modality for those who are hypermobile (where the joints move beyond the typical range).

Psychological contraindications

People may experience an altered state of consciousness and loss of ego during a session, so Pulsing is not suitable for those whose grounding in consensual reality is weak or who have fragile ego boundaries.

Pulsing is regressive, connecting us to embodied memories of the past, so will be problematic for those who may have significant unresolved trauma.

As a body-centred modality, Pulsing may be challenging for anyone who has experienced physical or sexual abuse, although it can also be tremendously healing for victims. If you are or suspect you may be an abuse victim you should only attend the course if you have already done substantial personal therapy on such issues.

Typical psychological contraindications would include:

- Schizophrenia
- Dissociative disorders
- PTSD
- Complex PTSD (C-PTSD)
- Panic attacks

It is your responsibility to honestly assess your physical, emotional and psychological status and decide if this Pulsing course is suitable for you. A valued part of this training is the opportunity to go on a deep journey into your bodymind, and space is made for process. However, this is a shared learning experience, not group therapy, and there is limited time to directly address significant individual therapeutic needs.

If you have any questions, please contact me before booking.

6 Course details

Course format

The course consists of 3 modules:

Module #1 is 3 days, Friday to Sunday.

Module #2 is 3 days, Friday to Sunday.

Module #3 is 2 days, Saturday and Sunday.

All classes run from 10am to 6pm.

The training is primarily hands-on learning. Demonstration sessions are followed by supervised practice in pairs, during which you will receive one-to-one coaching on technique and general good practice. There are sessions on theory, with the opportunity to ask questions and discuss issues, as well as time to share your process journey. The groups are small and friendly, with no more than 8 participants.

Course dates

Module #1: Friday 19 April to Sunday 21 April 2024 (3 days)

Module #2: Friday 14 June to Sunday 16 June 2024 (3 days)

Module #3: Saturday 14 September to Sunday 15 September 2024 (2 days)

Location

Yuan Centre, Colwood Gardens, Colliers Wood, London SW19 2DT

(Please do not use this address for Pulsing correspondence.)

Travel

The venue is 1 minute's walk from Colliers Wood underground station (Northern Line). There are also buses into Wimbledon (British Rail and District Line tube). Parking restrictions are in force on weekdays and Saturdays in the roads closest to the centre; there are no parking restrictions on Sundays. Parking is not restricted on Saturdays and Sundays in Zone CW, just around the corner from the tube station.

Hotels

For anyone needing accommodation, the Premier Inn Wimbledon South is across the road from Colliers Wood tube station, and there is a Holiday Inn a short walk away. .

Refreshments

The venue has a kitchenette where drinks can be made; tea and coffee will be provided. Lunch may be brought or easily purchased nearby.

Clothing

Unlike conventional massage, it is not necessary to be unclothed to receive a Pulsing session. Wear or bring clothing that is comfortable and does not restrict movement; t-shirt and jogpants or leggings are recommended (preferably cotton, as Lycra tends to be too slippery).

7 What you will learn

The core of each module will be short demonstration sessions followed by supervised practice in pairs. During this practice you will get one-to-one assistance on whatever aspects you require: technical issues on the strokes; the application of theory; general principles of practice; good posture.

To ensure that everyone gets plenty of table-side coaching, the group is kept small (no more than 8 participants).

You will learn a basic forty moves with which will allow you to:

1. Give a whole body session for an hour. This repertoire is expandable and the sequencing variable.
2. Give short form sessions focusing on one or more of the mini-sessions within the long form (head and neck, arms, legs from the front, legs from the back, torso from the front, torso from the back)
3. Introduce single moves or short sequences into any existing mode of bodywork you practice.

Additionally, for those intending to practice professionally:

You can expect by its completion to take away whatever is personally relevant to your learning curve and future application of Pulsing from amongst the following practitioner skills:

1. Deep relearning in your own body, how it feels to be fluid, connected and whole, the necessary basis for communicating this to others
2. Developing good habits of posture and positioning for effortless working
3. Utilising different qualities of touch and engaging with the different types of body tissue: ectoderm, mesoderm and endoderm
4. Supporting the emergence of core body impulses; healing through respecting involuntary movements
5. Discovering body images & enhancing bodily aspects of self-image
6. Combining the moves with a focus on breathing to coax feelings towards expression
7. Maintaining contact without merging, managing your own body boundaries and supporting the formation of boundaries

8. Choosing a progressive or regressive approach and balancing the pleasure and reality principles
9. Combining Pulsing with verbal facilitation.

8 Qualification & Professional training

Everyone who satisfactorily completes the 3 modules will receive a certificate from the Pulsing Association.

To register as a Pulsing practitioner with the Pulsing Association:

1. You must satisfactorily complete the full course.
2. It is strongly recommended that you receive some sessions from an existing practitioner to gain a felt sense of Pulsing as a professional modality.
3. While in training you should try to undertake some peer exchanges with fellow students to embed the practice.
4. If you wish to practice professionally you should have a qualification in anatomy & physiology or hold an existing bodywork qualification that includes it.
5. If you wish to practice professionally in an explicitly psychotherapeutic mode, you should undertake suitable training in counselling or psychotherapy.

9 What it costs

Full course: The cost of the course (3 modules) is £800. There are no additional costs.

10 How to apply

If you have any questions about the course, please email me. We can arrange a Zoom session to discuss matters if you wish.

Places are limited to a maximum of 8 participants. Early application is recommended.

Step 1: Go to <https://www.bodymind-integration.co.uk/pulsing-apply> and complete the online application form.

Step 2: On receipt of your form I will contact you to arrange a video call so that we can talk about whether the training is suitable for you.

Step 3: Once I have approved your application, make your payment. Your place is not guaranteed until full payment has been received. If you cannot pay in full immediately, we can discuss a payment plan.

BACS: Sort code: 20 96 89 Account: 10432016 (reference Pulsing + your surname)

Paypal: Go to <https://www.paypal.me/Lawton123> and follow the instructions.

Cheque: payable to Richard Lawton and sent to me at 2A St Georges Rd., Mitcham CR4 1EB

Credit cards: Sorry, I do not accept credit cards.

Your place will be confirmed once payment is received.

11 Terms and Conditions

Please be aware when you book a course you enter into a legal contract and by doing so you fully agree to adhere to our terms and conditions. Your place on the course is not guaranteed until full payment has been received. If you have been on a payment plan you will not receive a certificate until all outstanding monies have been paid.

It is your responsibility to assess your physical, emotional and psychological suitability for the course. If in doubt, please contact us to discuss your situation.

Cancellation policy

After making your payment you have a statutory 14-day cooling off period. Please inform us in writing (email or post) within 14 days stating that you wish to cancel your booking and you will given a full refund.

If the course is cancelled at any time you will be given a full refund.

If you wish to withdraw once the course has commenced or if you fail to attend or if you are suspended from the course no refund will be given.

We wish to be flexible and fair to everyone, but this a small business and we make a financial commitment to the venue well in advance. In the event that you wish to cancel after the 14-day cooling off period and before the course commences, then any refund will depend on the notice given prior to the scheduled start of the course:

- 4 or more calendar months: 100% refund
- 3 or more calendar months: 75% refund
- 2 or more calendar months: 50% refund
- 1 calendar month or less: No refund will be given

Expected conduct

During the course participants are likely to share or reveal private information about themselves and their lives, and may become open and vulnerable. You are expected to maintain total confidentiality about anything you learn or witness about other participants.

It is expected that you treat fellow participants with sensitivity, kindness and respect.

No abusive or disruptive behaviour will be tolerated.

You will not be admitted on any day if you are under the influence of alcohol or recreational drugs.

If you are in breach of any of these conditions you may be asked to leave and may be suspended from the course. No refund will be offered in such cases.



Website for further information:

<http://www.bodymind-integration.co.uk/pulsing-training>



Please join us at

<http://www.facebook.com/pulsing-training>



The Pulsing Association:

<http://www.pulsing.org.uk>

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