

Antja Kennedy

PRINCIPLES OF HANDS ON WORK

Preparation:

1. "Warm-up" your connections, cleanse and ground yourself, feel in a state of meditation and open to other people's needs.
2. Establish an atmosphere, prepare the space (warmth, mat, pillows, etc.)

Start of session:

1. What are the person's needs? What is their background? Major illnesses, complaints etc. Are they taking any form of medication? Listen to what they are saying and how they are saying it.
2. Observe and get a picture of the whole person, body attitude, state of mind... especially observe their movements while they are talking about their complaint.
3. Explain your approach. What you are going to do, tell them that you will touch them, let them know that the process involves both of you, that you are the facilitator and that there maybe different levels of activity throughout the session. Encourage them to give you feedback during the session, if they are uncomfortable or feeling pain. Also let them know that they should suspend the desire for results.

If this is the first session:

1. Go to the place(s) the client asked you to go to. Then later go to the places you think need attention.
2. Know your population. In other words, know what you can do and should not do for the kind of person you are working on.
3. Start working on "safer" areas i.e. start working on their back side instead of their front.

Before you touch:

1. Know that touch is loaded with psychological issues, which might arise...
2. Make sure your hands are warm and relaxed.
3. Find a comfortable position for yourself, paying attention to your grounding and your own connections, how mobile you want to be, how you need to face the client to be able to send the energy and the spacial intent in the direction you want.
4. Look at or send some energy to the area you are going to touch before you touch it.

When you touch:

1. Touch gradually, but with confidence. (Any sense of insecurity will be transmitted through the touch.)
2. Breath with the person and/or let them breathe into your hands (Cellular Breathing)
3. Be clear about your intent, if you are focusing on the bone, the muscle, the organ, etc. Let the corresponding intent be in your own body/mind ie. connect your muscle with their muscle. Visualize the anatomy and sense the body.
4. Let acceptance and curiosity, bodily and verbal feedback, and

your intuition guide your touch.

5. As you build trust let changes in effort, phrasing, body parts which are touching, and where you are touching change harmoniously with the situation.

6. Know that the place that you touch will be the focus of the attention for the client, so don't stay in the places where you don't want the focus.

In the process:

1. Don't expect anything, go with the flow, enjoy surprises.

2. Find out how much positive reinforcement or analysis this person wants. Let them know if change has occurred.

3. Be sensitive to their level of assimilation and fatigue. Maybe it's time for the other side or another approach.

4. Check where you are while you are working.

5. Know your time frame and what is realistic to get done, reevaluate in the process.

Closure:

1. Find a place in the process to close and acknowledge it.

2. Leave enough time for recuperation and a bit of processing before the client has to go back to the "real" world. You might let the client walk around and sense if their has been any subtle changes.

3. Talk about what happened and observe the differences in the persons body and movement.

4. If you are going to see the person again, tell them what you are thinking of doing next and possibly give them something to watch for/ self-observe and/or do in the time in between sessions.