

Spirituality and Psychology Conference
Planet, Culture and Consciousness

The Development of Humanity in the 21st century

Workshop

"Treat the body well so that the soul finds pleasure living in it"

Integrative Gestalt Massage & IGM Body Therapy

With Anna Maurer and Maryam Khorassani Michels

ACT (The Catalan Transpersonal Association)

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GESELLSCHAFT FÜR
INTEGRATIVE GESTALTMASSEGE

"Love for all cultures,
light for consciousness,
and peace for our lovely planet."

The joy of embodiment goes along with an appreciation for life in everything and the world. The attitude of honouring the body can lead us to the act of caring. The IGM-Body Therapy (Integrative Gestalt Massage - IGM) makes use of sensitive and particular forms of touching the body and massage techniques, which are applied to both energize and support the body and soul to relax. Particular attention is given to the inhale and exhale. The breath vitalizes and animates us. Breathing interweaves the material and the subtle world. This cosmic energy within us is also called chi, prana, orgon and elan vital. Important fundamentals of Gestalt therapy such as contact with the here & now, awareness, holism and phenomenology are integrated. The experience of growth through embodiment and trust in the body can enable a greater appreciation for ourselves, for those around us, and for our world.

Workshop

"Treat the body well so that the soul finds pleasure living in it"

This Integrative Gestalt Massage (IGM) workshop will offer the opportunity to experience sensitive and precise touch. In the safe space of the group setting, we will learn how to welcome the body through practical exercises. The soft, deep, relaxing and energizing contact will increase our fundamental sense of well-being and will contribute to the appreciation for ourselves and others.

Setting

- create confidential and secure atmosphere
- relaxation music
- clean and nicely decorated massage tables
- a comfortable room temperature and gentle relaxing scent

Procedure

Preparation of the therapist and first contact

- Positioning in the centre of the table
- Giving support to find a comfortable position on the bed e.g. cushions
- Self-centring of therapist
- Therapist synchronizes breathing with breathing of client
- Rubbing of palms

Take up contact: Welcome the body in placing palms upon:

- Soles
- Heels
- Calves
- Thighs
- Hip (gentle rocking motion)
- Sacrum (stay 3 breaths)
- Back (with eyes closed, feel breathing)
- Arms (work down from shoulders to fingertips)
- work back up sliding with your fingertips
- Massage trapeze muscle
- Massage neck with gentle circling movements
- Place one hand on forehead and one hand on neck
- Hold hands in shape of triangle over head
- Slide your hands down the arms till fingertips
- Slide hands down the whole body till toes while breathing out
- Grounding

The IGM includes four phases as in Gestalt Therapy:

1. Initial phase	Initial talk / preparation
2. Action phase	Massage
3. Integration	Separation: time for her/himself
4. Re-orientation	Concluding verbal reflection

1. Initial phase

Initial talk

- Time to talk to get to know the client and to build a professional relationship
- Ask the client about previous experiences with massage, body therapy and possible physical or psychic problems

Preparation

- The correct position on the massage table
- The centring of the therapist
- The focusing on the breath
- The first contact

2. Action phase

The massage

- The oiling of the body
- The technical (massage) movements

The technical movements are precise, gentle, deep, structuring, and unifying. They vary in rhythm and pressure. It is important to touch every part of the body. Each part of the massage ends with the unification and grounding. The therapist is in motion throughout the massage – like a dance.

3. Integration phase

- Covering with pre-warmed towels
- Grounding (global): touching the client's whole body
- Separation: therapist leaves the room
- Time for integration

The client gets some time to integrate the experiences obtained while being massaged. The space to concentrate on and be aware of are bodily sensations that allow for resonance between body and emotions. During this time, the therapist leaves the client for washing her/his hands.

4. Re-orientation phase

- Using energizing massage techniques to bring back client into the world around him/her
- Feedback (verbal exchange)
- The joy of oscillation between the experience (with other words regression) and the verbalisation of the experience (progression) gives the client a possibility for therapeutic integration

The effects

- The self-healing power can be activated
- Unconscious material can surface and can be integrated
- Deficiencies can be recharged and be corrected
- Self-confidence can be restored
- The perception of the body can be intensified
- The respiration deepens
- The acceptance and awareness of the physical, emotional, and spiritual states become wider, clearer and more profound
- The body can feel more alive and the circulation can harmonize
- Muscle tensions can be released and stress can be reduced
- The sensual perception can be intensified
- The potential for intuition and creativity can open up and can be enhanced

Concepts of Gestalt therapy that are emphasized in IGM

Here & now

Through the process of conscious centring and the concentration on movement, the principle of here & now can be deepened to open doors for new experiences and feelings.

Awareness

The principle of awareness – a form of alert consciousness – can enhance the perception of bodily feelings through connecting with the body. The therapist supports awareness for bodily phenomena in the client through her/his touching hands.

Principle of dialogue

The IGM approach offers both therapist and client the experience of mutual resonance with one another: e.g.

Breathing: To become aware of your own breath, the breath of the client, and to try to synchronize both

Welcoming: Welcoming the body through contact with palms, and saying "Hello" with the hands. These procedures establish a good therapist – client relationship

Phase of "Saying Good-Bye": Thanking the client for trusting

Holistic principle

The holistic principle connects the different parts of the body and gives the possibility of experiencing the unity of body, mind, and soul. Every part of the body is integrated into a unity and its wholeness becomes reassured.

The phenomenological principle

In the IGM, the phenomenological principle of Gestalt therapy constitutes the philosophical basis for treatment. The therapeutical emphasis lies on messages received from our bodily intuition and awareness. The body communicates with directness and immediacy. The intuitive bodily communication is more complex and richer than anything we could verbally express.

*And at the end of a session - a "good Gestalt" emerged -
and if it is not yet good - the Gestalt is not yet closed!*



Anna Maurer (1950) Vienna, Austria. Trainer in Gestalt therapy and Transpersonal Psychotherapy and holotropic breathwork, supervisor and coach, specialized in body therapies, founder of IGM-Body Therapy (Integrative Gestalt Massage). Anna is vice-chairman of the Austrian Association for Transpersonal Psychotherapy and Psychology (ÖATP), giving workshops and lectures, and is author of various books.

A - 1010 Wien, Riemergasse 11/7
Tel. & Fax: 0043 (0)1 513 72 98
Mobil: 0043 (0)664 260 5884
E-mail: anna.maurer@chello.at
www.annamaurer.at



Maryam Khorassani-Michels (1958) lives and practices in Munich Germany. She is a physician specialized in psychosomatic medicine and psychotherapy, Transpersonal Psychotherapy, holotropic breathwork, and IGM body therapy. Maryam is a member of the Austrian Association for Transpersonal Psychotherapy and Psychology (ÖATP)

D - 80796 München, Jakob-Klar- Straße 9
Tel.: 0049 (0)89 278 18 418
E-Mail: MaryamMichels@aol.com