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Beyond Palpation – an Approach to Apply Tissue Quality in Osteopathic Treatment

Gudrun Wagner and Angelika Mückler, OSEAN Potsdam 2011

Teaching tools to ignite students capacity of sensing and communicating tissue quality:

(How to integrate didactic tools in a specific experimental process to open up mind and touch to tissue quality)

1. Center yourself (individual approach, no theme in this workshop)
2. Center the students group (Finding a fulcrum or point of reference for the group at the present moment.)
3. Guide the students to center themselves in their own tissue quality.
4. Make the students play with sensing and communicating other person's tissue quality in different areas of the body.
5. Help them to expand their vocabulary (adjectives).
6. Guide the students to find and maintain a shared fulcrum or point of reference as help for sensing and communicating tissue quality.

Annotations:

You need repetitions over a longer period of time.

You can use the tools and the process from the very beginning of osteopathic training.
You can use it also for non-professionals (e.g. parents to help them bonding with their newborn baby).

You need communication about your experiences.

You need communication with different persons/colleagues.

Make it playful and full of respect of the wisdom of the body.