

Bringing More Presence to the Art of Palpation

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Format for this workshop

Brief intro

Demo and hook up of BioFeedback as our entry point into an experience of Presence

An ad hoc palpatory experience “from this place” in groups of two

Please pair up now in preparation for the exercise

Have paper and pen to hand, and select a joint to palpate

Keeping to time for the exercise will allow for more discussion

Discussion:

What was your experience?

How might you take this into your own practice?

About Me

- ◆ trained at BCNO, London, UK in 1988
- ◆ Practiced in Wales until 1994, when first returned to Canada
- ◆ Did Associate and Locum work in New Zealand for part of 1995 and 1996
- ◆ In private practice in Victoria, BC, Canada since 1996

My Practice

- ◆ I work with people of all ages, from before birth, to upper 90s, (as well as animals, mostly dogs)
- ◆ I have a special interest in post-trauma/injury/surgical soft tissue dysfunctions
- ◆ Most influential principles: of Functional/Osteopathy in the Cranial Field (OCF)/Bio-Energetic Osteopathic Medicine (BIOM)/"The Will to Heal"

the Will to Heal

- ◆ An article written by Dr. Frank Coulsting
- ◆ In hand out notes/Can be read @ howarddieno.wordpress.com
- ◆ Points to same phenomenon of Presence, though by a different name

Presence - working definition

- ◆ Presence is a state or condition, as a practice or goal, of awareness and continuous attention to the present moment - Rod Punnett

Methods for bringing Presence to Palpation

- Meditation
- Contemplative Practices
- Martial Arts and other movement /mindfulness practices
- Mindsight
- BioFeedback
- Presence Project

Insights from "Mindsight" -

Daniel Siegel's book
Mindsight - "a process that enables
us to monitor the flow of energy and
information" within our
Relationships, Mind and Brain.

- "We can then *modify* this flow
through awareness and intention,
fundamental aspects of mind,
directly shaping the paths that
energy and information flow take in
our lives"

Biofeedback

Heart Rate Variability (HRV) and Respiratory Sinus Arrhythmia (RSA)

- ♦ RSA is the natural cycle of arrhythmia that occurs through the influence of breathing on the flow of sympathetic and vagus impulses to the sinoatrial node. The rhythm of the heart is primarily under the control of the vagus nerve, which inhibits heart rate and the force of contraction. When we inhale, the vagus nerve activity is impeded and heart rate begins to increase. When we exhale this pattern is reversed. The degree of fluctuation in heart rate is also controlled significantly by regular impulses from the baroreceptors (pressure sensors) in the aorta and carotid arteries. When RSA is enhanced through biofeedback, the goal is usually to reinforce the natural feedback activity of the baroreceptors through our breathing pattern.

BioFeedback

- Rod Punnett and I have been experimenting with group coherence in the “Presence Project”
- The rest of this workshop will be an experience of something similar to that
- We’ll use the palpatory exercise I have set up

Palpation from this place

- Pair up and to palpate the joint you have chosen to work with on each other
- Both of you watch your own breathing and inner state while person "A" palpates person "B" (5 minutes),
- and make note of what you find (1 more minute)
- Change over roles - B works with A (6 min)
- Spend 3 minutes discussing and comparing notes
- Return to larger group

What did you find?

- Could you stay with your own state, while being present with the patient, and as the patient?
- Is this something that you already do/encourage in your patients?
- If not, do you think it would be valuable?
- If so, how might you enhance that possibility?

Where to from here?

- How will you take this into your own practice now?
- Please share your thoughts on this for I believe it is an aspect of the development of refinements in palpation skills, in the teaching and practice settings, and all aspects of practice as osteopaths.

Thanks for your
participation!