

THE DOZENS

STORIES OF
PERSONAL
DISCOVERY

BY JIMMY HARRIS

Rolfing Stories Of Personal Empowerment

Ying Liu



Rolfing Stories Of Personal Empowerment:

Rolfing(r) Briah Anson,2023-09-10 A Collection of 104 Documented Personal Stories of Bodies and Lives Transformed Through Rolfing Release from chronic pain or limitations of movement Release from scar tissue Resolve physical or mental emotional trauma Enhanced performance from athletes dancer and performing artists **Rolfing** ,1991 **Rolfing** Briah Anson,1998-07-01 Rolfing is about integrating the human physical structure through body manipulation In this text pictures and personal accounts show how remarkable changes and improvements in body alignment and posture occur after practising this healing art Fascial Dysfunction Leon Chaitow,2018-11-01 Fascial dysfunction is now recognised as one of the main underlying causes of musculoskeletal pain leading to impaired and reduced mobility These are the symptoms which confront all practitioners of manual therapy in their everyday practice In this second edition of his very successful book Leon Chaitow brings together contributions from 20 leading practitioners and researchers from many different fields of manual therapy Fascial Dysfunction Manual Therapy Approaches Second Edition aims to help those practitioners to assess more precisely the dysfunction of their clients and its cause and to increase practitioner awareness of the various techniques which may help them in their attempts to alleviate their clients problems New features of the Second edition include Descriptions of new research evidence and its implications for practice The dependence of collagen health on a mixture of balanced internal and external tension The importance of adequate hydration The possible role of the telocyte The importance of dosage of therapies in management of fascial dysfunction New chapters on Gua Sha and cupping Global postural re education Scar remodelling The book is in two sections Section I written by Chaitow with a contribution by Tom Myers presents a review of the current understanding of the function of fascia in the human body and describes what can go wrong the causes and effects of fascial dysfunction and disease and how to assess the problem and remove obstacles to the success of treatment Section II contains chapters by experts in different types of manual therapy including three by Chaitow Each practitioner describes their own approach to the problem of assessing and treating fascial dysfunction and explains their specialist therapeutic approach These approaches include Bowen Therapy Connective Tissue Manipulation and Skin Rolling Fascia oriented training applications in sports and movement therapy The Fascial Manipulation method applied to low back pain Fascial Unwinding Balanced Ligamentous Tension Technique Gua sha press stroking and Ba guan cupping traditional East Asian instrument assisted manual therapies Muscle Energy Techniques MET Myofascial Induction Therapy MIT Neuromuscular Technique and associated Soft Tissue Manipulation Modalities Positional Release Techniques including counterstrain Global Postural Re education Souchard Method Rolfing Structural Integration Management of Scars and Adhesions Manual Matrix Remodeling in myofascial injuries scar modeling technique Massage Therapy and Fascia Trigger Point release methods including dry needling Discovering the Body's Wisdom Mirka Knaster,2010-12-29 In an attractive oversized format enlivened with illustrations sidebar quotes personal accounts techniques to try and profiles of leaders in the

field Discovering the Body's Wisdom is a basic resource for well being and natural health Body disciplines and therapies have enjoyed phenomenal growth in the past decade becoming a major alternative to mainstream medicine and traditional psychotherapy But with more than 100 000 practitioners and dozens of methods available in the United States alone how can consumers choose the right one for themselves Mirka Knaster's richly informative guide provides an overview of the principles and theories underlying the major Eastern and Western body therapies or bodyways It shows readers how to befriend their own bodies getting back in touch with their internal sources of health and wisdom It also describes more than 75 individual approaches answering such questions as How does each therapy work What can we expect from one session or a series What are the reasons for selecting this method How do we find a qualified practitioner What if any are the consumer beware's

The SAGE Encyclopedia of Theory in Counseling and Psychotherapy Edward S. Neukrug, 2015-02-12 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two volume source that traces theory and examines the beginnings of counseling and psychotherapy all the way to current trends and movements This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind them while presenting them in context needed to understand their strengths and weaknesses This is a quick one stop source that gives the reader the who what where how and why of contemporary counseling and psychotherapy theory From historical context in which the theories were developed to the theoretical underpinnings which drive the theories this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter Features Benefits Approximately 335 signed entries fill two volumes available in a choice of print or electronic formats Back matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context A Master Bibliography and a Resource Guide to key books journals and organizations guide students to further resources beyond the encyclopedia The Reader's Guide a detailed Index and the Cross References combine for effective search and browse in the e version and helps students take the next steps in their research journeys This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory It is ideal for the public and professionals as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree

Healing by Hand Servando Z. Hinojosa, Kathryn S. Oths, 2004-10-17 Anthropologists have routinely overlooked the practice of body therapists one of the primary providers of traditional medicine Healing by Hand presents the first cross cultural primer on manual medicine studies As a particular modality of healing manual medicine has reached a high level of popularity and importance as its practitioners investigate the body's important capacities for self healing The authors describe how manual medicine takes numerous forms across the world's communities in urban and rural as well as Western and non Western contexts in individual and community lives Though frequently overshadowed and challenged by allopathic practitioners body workers

continue to help the sick and injured reach their health goals In this book the individual ethnographic analyses of manual medicine describe beliefs and practices about healing physical and psychological states and the relation between culture and health Given the therapeutic training of many of the authors *Healing by Hand* should be a fascinating resource for manual practitioners of western medicine including massage therapists physical therapists chiropractors and osteopaths as well as those with traditional training It is especially recommended for various courses such as Medical Anthropology Health and Human Culture Technology and the Developing World Sociology of Health International Health and Health Care Systems

Your Best Medicine Mark A. Goldstein, Myrna Chandler Goldstein, Larry P. Credit, 2009-03-17 Integrative medicine the practice of combining remedies from various therapeutic disciplines to optimize relief and speed healing is transforming both how health professionals treat disease and how patients manage their own care *Your Best Medicine* introduces the reader to this new world of healing options for everyday ailments like dry skin fatigue and indigestion as well as more serious conditions like diabetes heart disease and obesity All of the treatments and techniques in *Your Best Medicine* have been handpicked by two practitioners one a conventionally trained MD the other a specialist in complementary therapies based on established therapeutic protocols research evidence and clinical experience Conventional and complementary remedies appear side by side so readers can evaluate at a glance the remedies relative effectiveness safety and ease of use Every entry in *Your Best Medicine* also provides important information on risk factors symptoms and diagnostic techniques as well as preventive measures Armed with this knowledge readers can make decisions wisely and confidently at every stage of their care

Körperorientierte Psychotherapie Hans Müller-Braunschweig, Niklas Stiller, 2009-12-24 Mittlerweile gibt es eine Vielzahl körperorientierter Verfahren die Entspannung und Wohlbefinden versprechen Der Band liefert dazu einen Überblick und zeigt auf welche Verfahren wann therapeutisch eingesetzt werden können Welche Auswirkung zum Beispiel Autogenes Training auf den Blutdruck hat ob Atemtherapie bei Angstzuständen hilft oder wie Musiktherapie psychotherapeutisch eingesetzt werden kann auf diese und andere Fragen liefern anerkannte Experten ausgearbeitete Antworten Wissen das Ärzte an ihre Patienten weitergeben können

Encyclopedia of Associations V1 National Org 46 Pt2, 2008-04 *Tongue First* Emily Jenkins, 2014-09-30 A smart humorous exploration of bodily thrills and paranoia from aerobics to acupuncture strip shows to sensory deprivation Your perception of your body will change when you read this book You will be pulling on your boxer shorts or your black lace bra and suddenly consider why you decorate yourself the way you do You will shake up your martini kiss your beloved read a dirty magazine go for a jog and think about what your bodily behavior says about your soul And what it is doing to your soul You will notice the defenses you erect for yourself Perhaps a tube of lipstick Perhaps an addiction Testing the boundaries between fear and temptation Emily Jenkins takes us on a journey from ordinary physical experiences going to the dentist putting on stockings to extreme ones snorting heroin shaving her head She interviews people whose bodies are radically different from hers and enters communities where people share unusual ideas about

physicality Sometimes you will recognize your own habits Other times you ll be shocked or repulsed Always you will find yourself questioning the ordinary things you do rethinking your relationship to your body The Gale Encyclopedia of Alternative Medicine Kristine M. Krapp,Jacqueline L. Longe,2001 Authoritative objective and in tune with the subjects that matter to students and researchers the Gale Group presents The Gale Encyclopedia of Alternative Medicine unbiased information on alternative and complementary medical practices Covering all aspects of the subject therapies conditions diseases herbs plants and people the Encyclopedia identifies 40 types of alternative medicine being practiced today including Accupressure accupuncture Ayurveda Biofeedback Chelation therapy Chinese medicine Chiropractic Detoxification Feldenkrais Kinesiology Naturopathy Osteopathy Polarity therapy Yoga And many others For the practitioner or interested patient there are current training requirements listings of organizations as well as descriptions of treatments Information on recommended therapies for specific disorders and diseases medicinal uses for plants and herbs are balanced by conclusions of studies on efficacy and analysis of current levels of acceptance by traditional scientists and doctors Biographies of pioneers in the field including Deepak Chopra Edward Bach and David Palmer appear as sidebars through the text Included are 50 sidebars Each volume contains a color photo insert containing images of herbs Includes more than 275 disease condition entries 300 herb remedy entries and 150 therapies **Terapia Manual para Disfunção Fascial** Leon

Chaitow,2017-07-28 A disfunção fascial uma das principais causas subjacentes dor musculoesquel tica levando diminui o e ou ao preju zo da mobilidade do paciente muitas vezes com forte impacto em sua vida Com o objetivo de oferecer aos profissionais uma referência que auxilie na resolução desses problemas Leon Chaitow conta nesta obra com a colaboração de 20 importantes profissionais e pesquisadores de inúmeros campos da terapia manual reunindo informações sobre como avaliar de modo mais preciso a disfunção de seus pacientes identificar suas causas e definir a melhor técnica para aliviar a dor **The Guide to Medical Organizations and Agencies** ,2000 **Encyclopedia of Medical Organizations and Agencies** ,2005

Your Guide to Alternative Medicine Larry P. Credit,Sharon G. Hartunian,Margaret J. Nowak,2003 Describes a variety of alternative medical approaches including acupressure aromatherapy myotherapy and rolfing providing details on conditions that respond to treatment how each works what to expect cost and finding a practitioner **Medical and Health Information Directory** Amanda Quick,Gale Group,2002-12 **Handbuch für Strukturelle Integration** Hans Georg Brecklinghaus,2022-01-08 Das Handbuch für Strukturelle Integration SI ist ein Arbeits und Nachschlagebuch für die Praktizierenden der von Dr Ida Rolf entwickelten Methode Es ist auf ca 8 Bände angelegt die in unregelmäßigen Abständen erscheinen Als ein Kompendium praktischer Erfahrungen beinhaltet es alle Aspekte Struktureller Integration Theorie Wahrnehmung von Körperstruktur und bewegung Behandlungsstrategien und Techniken Psychosomatik Rahmenbedingungen den Umgang mit KlientInnen usw Der fünfte Band behandelt vier Themenbereiche SI mit Kindern und Jugendlichen SI während und nach der Schwangerschaft SI mit älteren Menschen sowie praxisrelevante Krankheitsbilder und Symptome

Medical and Health Information Directory ,2010
Bowker Publishing,1999-03

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