



Discovering the Rosen Method

Samantha Thurlby- Brooks

is a practitioner based in Reading, Berkshire. Qualified in Holistic Massage, Indian Head Massage, Reiki-Seichem and is soon to qualify in Crystal Healing. She also offers training in Reiki-Seichem and Indian Head Massage.

www.butterflyhousectt.co.uk



In our day-to-day lives, we often talk to friends, family, counsellors and loved ones about our feelings and our struggles through the day. You'll often hear a reply of "umm hmm, yeah, I'm listening, I understand". How often though, do we really feel that the other truly understands what it is we are feeling? Or, how often do you feel those pains you are hearing and truly connect with that person on their level?

For about two years, I have been trying to find bodywork that has the ability to really nurture and support the body, giving nourishment to every level of our being. A few months ago I met Annabelle Apsion, a Rosen Method Intern student who was organising a weekend workshop on Rosen Method Body Work with practitioner Ingrid Marie Nordgren. Being given a very brief explanation of the technique, I somehow intuitively knew I had to attend the weekend. So, I went along to the Friday evening talk and was told about how Rosen supports the body through differing pressures of holding and supporting the muscles. Every treatment is different, and since there is no manipulation of the muscles themselves, there is no risk of damage, just holding and supporting. "OK" I thought, "Sounds easy!"

Off to a great start

There was a small amount of theory given on the workshop. Most of the weekend was practical work, demonstration and group discussion. Because of this structure, all the theory made sense, and I found it easy to remember. Straight away, on the Saturday morning, a brief demonstration was followed by us getting straight to 'work'. "Very relaxing" I thought, as my partner placed their hands on my back and legs, using different pressures, pokes and prods! It wasn't until the afternoon when I fully understood exactly how the Rosen Method works and how it takes three years to qualify.

I was given a thirty-minute treatment by one of the international teachers, Bjorn Olsen. . Placing his hands on different parts of my body, he was able to read me like a map! Explaining to me how my body felt to him, the emotions that were stored and how far back into my history they went was truly wonderful. Someone was recognising and feeling my need for support and reassurance, and as my emotions came to the surface; I struggled to keep them down. I was doing a pretty good job, until, at the

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end of my treatment, my forehead was touched in a way my mother used to touch it as a child, and I was gone! Down went the barriers and I was able to release the old blocked emotions that were holding me back.

A personal experience

One of the teachings of Rosen Method is that when a true emotion is fully experienced again it only takes about twenty seconds to release it. That is how I experienced it; I cried wholeheartedly for a short time, and then it was gone. I felt like a weight had been lifted and a mirror had been unveiled allowing me to see myself far more clearly. Had Bjorn not had the intuition to place his hand there, I would not have been able to release all that I needed to.

The Rosen training goes far deeper than just placing your hands on different areas of the body. Part of the workshop was to understand, on a basic level, the movement of the body through breathing, and working with this movement to find blockages, and releases. The thing that most struck me about the workshop and the

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practitioners, was the level of "letting" go necessary as a practitioner.

This is another aspect I found so heart warming about the workshop and the method; the client can respond or not, can release or not, can feel or not. Everything is OK! The Rosen Method seems to be about giving the client the chance to be safe and supported in their journey, however fast or slow they wish to go. The practitioner will not dictate or decide anything, just be there to support and feel with that person. On paper it sounds easy! In practice I can assure you it is quite difficult to be one hundred per cent present and without judgment. This is one of the reasons why it takes so long to train.

Holding the space

We had two teachers for the weekend, Dorrit and Bjorn Olsen. Part of the training is to have Rosen treatments yourself; and it certainly showed with Dorrit and Bjorn. They must be the most peaceful, loving and understanding teachers I have ever met! They held the space beautifully, allowing each student the space and support to give him or herself to the

group. The atmosphere was kept light, but also very caring as everyone expressed his or her emotions. The love that shone out of the teachers felt contagious! I found myself allowing my heart to open to these people whom I had only known for a couple of days and giving my full support and love to their emotions, and feeling the same in return.

It sounds all very "new age"! It's not often you get such a simple technique with such powerful and loving results. It makes me wonder why it has taken until the 21st Century for a technique like this to come through to the UK. Placing the hands on the body to give support emotionally, physically and mentally seems too obvious. As a qualified and practising massage therapist myself I understand about different areas of the body holding different emotions. However, I have never found such amazing results by just simply holding the muscles for long periods on different parts of the torso, arms, legs and head, in the 'Rosen' way.

Using the knowledge

Since the workshop, I have used the techniques learnt over the weekend on my massage clients. Incorporating them into treatments allows me to keep focus on my client. Breathing can change subconsciously; so keeping an eye on which parts of the body produce changes when touched, has been a valuable tool. Sometimes when I'm receiving a massage I can get so used to the rhythm of the touch that my mind starts to wander and throws in different thoughts for me to concentrate on. Since using little bits of Rosen techniques, my clients have felt that treatments have been even more relaxing, and by stopping the tendency to zonk out, not only are you helping emotions to release, but my clients have said that it helps to stop the monkey mind reflex, and they suddenly become aware of what has

just been occurring. This brings focus back to their body and has been expressed as rejoining their mental self with their physical self.

I have had many, many different treatments over the years. Rosen Method is very different to anything I have had in the past, and has given me far more information about myself in a 30minute mini treatment, than I have received from anything else I have come across. It is such a versatile treatment working not only on the physical, but every level of the human condition. I think it would be a wonderful treatment to work alongside counselling and other cognitive based treatments, as well as any other complementary therapy.

The knowledge gained on this weekend has helped deepen the treatments I give to my clients. Whenever I get my hands onto my clients, all I want to do now is Rosen! Roll on the art of the professional Rosen Method UK training!!



For more information:

Rosen Method Bodywork (Great Britain)

PO Box 304, Kemp House
152-160 City Road, London,
EC1V 2NX, UK
Tel +44 (0) 20 7060 0683
<http://www.rosenmethod.co.uk>
info@rosenmethod.co.uk

Forthcoming UK Workshop

with Gloria Hessuland, a prodigy of Marian Rosen from the Berkley Center, California.

Friday evening taster

September 10 19.00-21.30

Introductory Weekend Course

September 11, 12 Sat & Sun 9.30-16.30

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