

SET TALK

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It Takes a Lifetime to Develop a New Modality

I have often been asked where I learned Structural Energetic Therapy®. Who was my teacher? I reply that Structural Energetic Therapy® as it exists today is in essence a creation and formulation of my own. I'm then asked "how did you do it?" The answer is not simple. My first step was to identify who I was and to define my purpose in life. In my early 20's it became clear that my purpose was to be of service and to make a difference, coming from my heart, not my mind or programmed values of financial success.

I had been drawn to counseling and education. However, just before finishing my Master's program I received bodywork that opened my eyes to how working with the body promoted healing and growth, not only physically but I realized it was more effective than a lot of the counseling and psychotherapy that I had been studying. After a few forays into working with the body/mind connection I was totally convinced that this was a much underutilized pathway for promoting healing and growth, and that my formal education had been sadly lacking when it came to the body.

Gestalt therapy, Bioenergetic therapy, neo-Reichian therapy, rebirthing, and primal scream were therapies that integrated the mind/body connection. When I researched and experienced these techniques I found a passion for working with people that was not evident in the normal counseling setting. In addition, I sought out a deep tissue myofascial restructuring program that was modeled after the bodywork I had received that also incorporated the mind/body psychological connection. I lit up! I had found my passion!

Massage school that would allow me to practice opened up even more ideas and possibilities for working with the body. When I started working with clients I realized that what most of them wanted was to **return to normal life activities pain free!**

I kept an open mind and explored different therapies that incorporated the mind/body connection. What also emerged was this was an energetic connection that not only included emotional energy but also the energy that flows through acupuncture meridians, healing energy that flows from the therapist, and the quantum energy that all we are is energy affecting energy. Again, more doors were opening and kinesiology became a great evaluator of how energy was working in the body. There were three kinds of kinesiology – structural, applied and

functional – which vastly expanded my ability to perceive and verify what was taking place in the body not only energetically, but also structurally and functionally. It became apparent that structural balance leads to function and homeostasis, and using body reading, areas of pain and kinesiology showed consistent imbalances in all my clients. I identified this as the core distortion and found that this distortion was related to 90% of musculoskeletal pain and dysfunction. The concept of sacral occipital technique, that the twist (core distortion) could be released from the spine by bringing the iliums into balance and weight bearing support of the sacrum, opened up a totally new process for restructuring the body.

At this point I had stepped outside the box of any other therapies I was trained in and this led to the defining of Structural Energetic Therapy®. This also opened the door to observing the cranium and its relationship to structure, energy flow, lymphatic drainage, and homeostasis. Studying craniosacral, craniosomatic, and cranial osteopathy revealed the key to bringing the body into structural balance and homeostasis by releasing the structural imbalances in the cranium. Previously this had not been integrated with myofascial body restructuring. This became my path to further developing Cranial/Structural therapy, and integrating it into the Structural Energetic Therapy® techniques.

Again I was way outside the box! However, it was clear I was on the right path by the success of my therapy in meeting my clients' needs. I also trained in Jin Shin Do, hypnosis, Sylva Mind Control, neuromuscular, polarity, G-Jo acupressure, Reiki, Emei Chi Gong, Quantum Touch, and Matrix Energetics, each adding to the effectiveness of Structural Energetic Therapy®.

So my path to creating Structural Energetic Therapy® involved: identifying myself and my purpose in life, coming from my heart, identifying my passion, massage school, bodywork training, setting the goal for my clients to "return to normal life activities pain free," evaluating my client's structure, listening to my clients' needs, and finding answers to the structural imbalances that were outside the box and the present limiting medical/massage norms. Structural Energetic Therapy® is still evolving as more client challenges are observed and effectively treated.

The effectiveness of Structural Energetic Therapy® for rehabilitation from acute and chronic pain long term led to teaching and empowering other therapists using the tools of Structural Energetic Therapy® so they could connect their hearts, skills and hands to also be of service and make a difference in their clients' lives.

Please visit www.StructuralEnergeticTherapy.com