

February 2010

Dear Health Professional,

The Rosen Method community would like to invite you to experience Rosen Method bodywork and movement in the coming weeks. Rosen Method is gentle, powerful work that addresses chronic tension, pain and stress, as well as unresolved life challenges. We are offering \$25 private bodywork sessions and several public events.

Rosen Method bodywork and movement are excellent supportive resources for health professionals dealing with the physical and emotional challenges of their work. Rosen Method also can contribute to greater effectiveness in many therapeutic settings. Here are some examples:

For psychotherapists: Rosen Method bodywork can facilitate breakthroughs for clients who primarily process verbally or intellectually, and for those with limited body awareness. As clients get in touch with their bodies and emotions, they can move deeper into their internal landscape. By helping clients soften the chronic muscular tension associated with holding back feelings, Rosen Method can open doors to greater vulnerability, intimacy and self-expression.

For medical doctors: Rosen Method evolved as a referral-of-last-resort for doctors unable to find a medical cause for patients' complaints. The work is a powerful way to alleviate psychosomatic symptoms, as well as an excellent resource for medically stable patients dealing with a range of stress-related conditions. It can help patients unwind emotional material that compromises their breathing and the balance between their sympathetic and parasympathetic nervous systems.

For physical therapists: Rosen Method helps patients become aware of and release their chronic muscle tension. As holding patterns become more conscious and less automatic, muscular tone and function can improve, setting the stage for more stable, flexible long-term rehabilitation.

For chiropractors: As Rosen Method helps patients connect with the emotional roots of their underlying muscle tension, old restrictions can be replaced by ease. From that place, their bodies can hold adjustments longer. Rosen Method can be especially valuable in helping patients integrate feelings that arise after adjustments.

For acupuncturists: Rosen Method can be a good resource for patients who respond to treatment in the short term but return over and over with the same complaints. As acupuncture improves patients' vitality, Rosen Method can help them work through unconscious material that has contributed to persistent imbalances in their health and well-being.

We hope you'll join us and discover for yourself what Rosen Method bodywork and movement have to offer you and your patients or clients. Please see the attached flyer to find out how to arrange a trial bodywork session in your area and to learn about upcoming public events in Berkeley, California.