



Bioregulatory Psychosomatic Bodywork

- generating health via supporting psychosomatic homeostasis -

"All psychological experiences get incorporated. Negative thoughts, feelings and beliefs are structured into spasms and tension of the musculoconnective system, turning any unprocessed or suppressed psychological conflict into very specifically coded body language, a form of tissue memory that shapes and defines our structural expressions and patterns of tension. This is the essence of psychosomatisation"

Dr T. Bosh, MD

Psychosomatic Bodywork is a holistic manual bioregulatory methodology that detects and releases structural restrictions and resistances, such as: skeletal misalignments, muscular spasms, fascial restrictions, neural entrapment, poor joint mobility, spasms of visceral organs, stagnation of lymph, CSF (cerebrospinal fluid) or venous stasis, as well as bioenergetic blockages. Since those corporal restrictions represent somatic equivalents of unprocessed experiences, Psychosomatic Bodywork also prompts psychotherapeutic resolutions by means of activating a dormant somato-psychic process, which is an inherent capacity of the human body-mind continuum.

Bioregulatory Psychosomatic Bodywork (BPSB) is an authentic therapeutic methodology developed by Dr Tatyana Bosh, MD. It integrates a variety of massage and bodywork techniques into one integral manual therapy, applicable on different therapeutic levels, from stress-release and medical prevention, to profound curative possibilities. BPSB **brings together postural, structural, psychological and energetic medical interventions** to help release and balance an individual's specific pattern of tension, restrictions and disharmony. It integrates elements of physiotherapy, osteopathy, chiropractic, Rolfing, shiatsu, bioenergetics, visceral manipulation, lymphatic drainage massage, biofeedback, craniosacral

therapy, kinesiology; as well as psychosomatic medicine, psychotherapy, neuro-linguistic programming (NLP), EFT, aromatherapy, colour and music therapy. All these therapeutic methodologies are **integrated in accordance with parameters of the psychosomatic therapeutic process**, to simultaneously treat different structural and functional aspects of the body and mind. Since BPSB treats bodily fluids, soft and hard tissues, as well as psychological and bioenergetic phenomena - it **represents a wholly integrated form of manual methodologies in Bioregulatory Medicine**.

Psychosomatic Manual Approach

Like any form of therapeutic bodywork, BPSB is an art of **listening and facilitating**. Listening implies acknowledgement and understanding of subtle phenomena, e.g. **movements, patterns, rhythms, pulsations, sensations; and tendencies to congestion, spasms and resistances**. Facilitation means assisting the body and mind to release those resistances and blockages present within **bioenergetic networks, fluids, tissues or visceral organs; allowing suppressed emotions and feelings to emerge, new insights to get acknowledged, and positive perception to arise**.

Behind hyper or hypo functioning of any affected part of the body or mind, there is always either bioenergetic excess or deficiency. The therapeutic touch for bioenergetic networks has either a sedating or tonifying effect, necessary to treat energetically excessive or deficient locations. Different manual methodologies are used to regulate subtle welling and receding phenomena of circulating fluids, including arterial and venous blood, lymph and cerebrospinal fluid. Resistances to normal fascial glide, as well as membranous restrictions, are palpated as micro-movements of a distinctive 'gliding or recoiling' sensation. Other manual techniques are used for regulation of muscular hyper or hypo tonicity, while bony structures call for interventions of an osteopathic or chiropractic nature – with a general tendency to avoid manipulative therapy involving high velocity and low amplitude thrusts, characteristic of most chiropractic and some osteopathic manipulations.

Manual bioregulation of the biological terrain often triggers a resurgence of previously entrapped psychological pollution. When suppressed experiences begin to surface, the bioregulatory psychosomatic approach shifts from mainly physical work to emotional release, and techniques for cognitive reintegration. This part of the BPSB is referred to as **Somato-Emotional Release (SER)**.

Somatoemotional Release

Somatoemotional release (SER) is the core process that restores health - a cathartic psychosomatic homeostatic rebalance in action. It is a process of conversion of matter into energy; a shift from potential energy trapped in physical hypertonicity, to the kinetic energy of heat, motion or emotion.

Somatic release is typically an energetic or mechanical phenomenon. **Energetic release** mainly manifests as local experiences of heat, coldness or pulsations. **Mechanical release** is usually expressed as automatic and effortless movements of various parts of the body, such as shivering, tics, restless legs and similar tonic and clonic muscular responses. Sighing, coughing, yawning, burping, hiccupping or rumbling bowels are the most commonly experienced forms of somatic release. **Emotional release** manifests as re-experience of emotions, previously suppressed and embodied; where a person may suddenly develop an impulse to cry, laugh, scream, shout or become overwhelmed by fears.

The process of somatoemotional release usually starts on a physical level and ends as increased personal awareness and improved psychological processing. After successful somatoemotional release, the original traumatic experience remains in cognitive memory, but it loses its excessive emotional charge, since SER prompts a psychological resolution to take place. **The old trauma becomes a new opportunity, as old conflicts become realised in a more meaningful and bio-economically viable way. By facilitating resolution of denied and incorporated experiences, Bioregulatory Psychosomatic Bodywork prompts patients towards a higher level of psychosomatic integrity, and towards discovering a new sense of personal freedom.**

