

10 Tips to Enhance Your Integrated Pain Relief Sessions

As you begin your Women 2 Women Restorative Therapy sessions, the following tips can help you optimize your healing potential and get the most out of each session. You may want to choose one or two tips to focus on at any given time. Keep this handy and refer to it periodically to remind yourself how to more actively and deeply participate in your healing process.

1) LISTEN TO YOUR BODY

Before, during, and after treatment, notice any areas of redness, tenderness, tightness, hardness, or tingling in your body. Share what you notice with your therapist because it provides the therapist with useful information about areas that may need to be addressed.

After sessions, honor your body when you need to rest, eat, or drink more water. Refrain from pushing yourself beyond what the body is prepared to do.

2) REFRAME YOUR NOTION OF “PAIN” & SINK INTO IT

As we feel pain, we typically tighten up and brace against it. Pain is simply a message your body is sending to get you to pay attention. It’s saying, “Here. Look at me!” Rather than pushing the pain away, you can begin to see it as a friend or teacher.

Allow yourself to soften into your experience of pain. Rather than identifying only with the pain, become fully aware of any and all sensations occurring in your body. Sink into the area of pain as if you were sinking into sand. Feel the inside of your body. Notice if you feel connections to other areas of your body.

3) BREATHE INTO SENSATIONS

As you breathe, you may want to imagine that you are blowing oxygen into the area that is producing the most sensation. This type of breathing puts you in touch with your body, thereby enhancing your body awareness. Allowing your mouth to open slightly and breathing out your mouth can also enhance the ability to soften into the sensations and let go.

4) “UNWIND”

Allow yourself to let go of the need to control the body; when there is an urge to move, allow the spontaneous motion to occur. The body will move into positions in space that facilitate healing. As movement occurs, fascial restrictions are being released.

5) ALLOW EMOTIONS TO BE PRESENT

The fascial system “holds” emotions in the body, and can do so in the form of pain, which may be preventing you from getting better. Allow yourself to express emotions experienced during your sessions. Or you may want to share them with your therapist afterwards. You may notice emotions arising later in the day or week that seem unexpected or out of place. Allow

them to be present. As they are released, they will dissipate. Often, with the release of emotions, the pain will decrease, and you will feel better.

6) SHARE IMAGES OR MEMORIES

The mind often communicates with pictures, images, and symbols that serve as a guide for growth. Also, when fascia releases, images or memories (clear or fuzzy) may surface. Share them with your therapist to help locate the root of your pain.

7) DIALOGUE WITH YOURSELF & YOUR THERAPIST

The therapist may ask you questions during your sessions. Imagine that the area of your body being worked on is answering. You don't have to "look for" or "search your mind" for an answer. Simply soften and allow an answer to come if/when it does, which may be during that session or later in the day/week or in a dream. You do not need to understand the answer; even things that seem unrelated, silly, or embarrassing may be a key to your healing. Do not try to force an answer. If you're comfortable, share what comes to you with your therapist, though you always have the option to not answer a question out loud.

8) LISTEN TO YOUR LANGUAGE

Most of us live with a steady stream of messages that we give ourselves as we go about our days. Some of those messages may not be serving you well—messages that begin with "I can't," "should," "have to," "never," etc. If you notice such messages floating through your mind, give yourself permission to experience how you react or feel when you think such a thought. What would your life be like if you were without that thought? Is there a healthier, more positive way to believe or act?

9) SET GOALS

What do you want to be able to do? How do you want to be in the world? Visualize the attainment of your goal. Picture yourself moving with ease and comfort, doing what you love—smiling and full of joy. It is helpful at the beginning of each session to reconnect with your larger goals as well as to choose a goal for the session itself.

10) REMAIN FOCUSED

Commit to the healing process, and know that healing will occur. Frequently, healing is in a zigzag fashion. You may experience setbacks or flare ups. These are sometimes part of the healing process. Feel the frustration or anger if these emotions occur, and keep focusing on your goals and the progress you have already made. You may be healing deeper layers of restrictions that will lead you to even greater experiences of wellbeing.

➤➤ Healing is a process, not an event. ◀◀