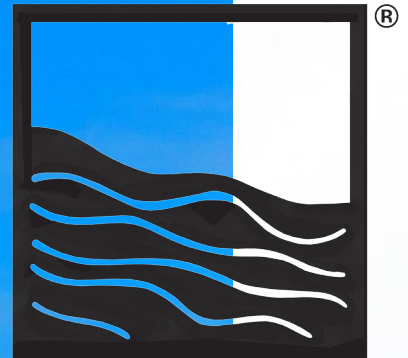


# ROSEN METHOD 7TH GLOBAL CONGRESS

ESTONIA, TALLINN 2.-5.11.2017



**"I'M A ROSEN METHOD  
PROFESSIONAL AND  
PROUD OF IT"**

**MOVEMENT TEACHER, BODYWORK PRACTITIONER  
MTT, BWT, SMTT, SBWT**



*Anssi Leikola is a psychiatrist, therapist, author and trauma survivor. In his presentation Leikola speaks about autonomic nervous system, safety and healing trauma.*



## Anssi Leikola

Since the year 2001 I have worked intensively in the area of emotional trauma, and gained gradually understanding of what it is, and how it can be healed most efficiently.

On this way I have been trained by world leading traumatherapists, including the use of sensorimotor approach in psychotherapy.

In the year 2014 I published a philosophical book about trauma, how it would be understood fruitfully, and its meaning in the general psychiatry. Right now I'm writing another book about the practice of healing trauma.

My hero in history is Pierre Janet (1859-1947), to whom I owe so much. In the presentation I try to give a hint of his vast heritage, the psychology of action, which greatly influence my daily work. The aim of mine and my collaborators have been to enhance the knowledge of healing trauma in Finland in multiple ways. I have worked as a psychiatrist, therapist, supervisor, lecturer, author.

The experience of what I have lived and understood as a traumapatient is a completely integral part of my work as professional.

The basis of my therapeutic actions lies upon two theories above anything. The structural dissociation of the personality and the polyvagal theory. The first one gives a very useful overview of how to detect and understand emotional trauma, in its greatly variable forms. The second theory gives a useful biological, bodily aspect, understanding of autonomic nervous system (safety and attachment). This might be even more important to understand than the brain!?

I will try to keep things as simple as possible, ie. stressing heavily on how to put theories into practice.

In this presentation I will also use myself as an example of how Rosen method can be useful in the path of healing deep (early) emotional trauma.





*Kerstin Uvnäs Moberg is a specialist in women's health and female physiology and has worked within these fields for more than 30 years. She is a pioneer in research about oxytocin, and was one of first researchers to point out the behavioural, psychological and physiological effects of oxytocin during birth, breastfeeding and menopause.*



Foto: Pi Frisk / SvD / TT

## Kerstin Uvnäs Moberg

Kerstin Uvnäs Moberg is a physician and professor of physiology with a research focus on the healing aspects of oxytocin.

Kerstin Uvnäs Moberg found among other things that oxytocin reduces pain and anxiety, decreases blood pressure and reduces the levels of stress hormones in both sexes. She also found that the speed, by which wounds and other types of physical damage heal, increases and that atrophic (thin) mucosal membranes become rejuvenated. The latter research findings form the basis for patents and clinical studies with the aim to create a pharmaceutical drug for relief of menopausal symptoms.

Breaking traditional ways of thinking and creation of new ideas is a characteristic of Kerstin Uvnäs Moberg's research. Her thoughts about biological and physiological differences between men and women and about the many different effects of oxytocin, which are expressed in many different situations in humans, have sometimes been regarded as controversial and created debate, but with time found to be correct. The vision to understand the basic role of oxytocin's basic uniting, stress relieving and healing properties, from a physiolo-

gical and psychological and even sociological point of view, has helped her to continue the pioneering research.

Kerstin Uvnäs Moberg's discoveries have e.g. helped to stimulate the development of oxytocin to become a pharmaceutical drug, to be used to increase social competence in autistic individuals, to decrease anxiety, stress and depression and to increase wellbeing. Kerstin Uvnäs Moberg was also one of the first to study the role of oxytocin in response to closeness and touch as well as its role during interaction between parents and children and other types of relationships including that between humans and animals.

Today Kerstin Uvnäs Moberg, who has written more than 400 scientific articles and several books on oxytocin, (which have been translated into 10 languages), is still publishing scientific articles and is involved in new book projects. She is frequently invited to give talks and lectures at meetings all over the world. In addition to participating in the development of oxytocin into a pharmaceutical drug for treatment of menopausal symptoms, she is also active in many international networks.



Mary Kay Wright

## Finding financial health as a Rosen Method professional

Many self-employed people and private practice professionals find that they struggle to have a balanced financial life. They often work long hours but cannot seem to get ahead in terms of saving enough to fulfill their financial goals, such as:

- having a cash reserve to cover three to six months of their core expenses in case of illness or injury;
- having the flexibility for discretionary spending such as vacations and gifting without going into debt;
- purchasing a home;
- having funds for their children's college education;
- being financially confident about their own future retirement.

Many in the Rosen community have struggled with “scarcity consciousness” and do not know how to build the financial resources for the life they choose to live. Drawing from the knowledge and tools of financial life planning, we will explore how to discover what unconscious beliefs, behaviors, and ideas may be holding you back and how to redirect your energy and capacity towards building a more robust and dependable financial base.

Mary Kay Wright, M.A. is a Senior Rosen Method Bodywork trainer and a graduate of Marion Rosen's first practitioner and teacher trainings. She works as a private wealth advisor



and financial planner at Ameriprise Financial Services and has many therapists, bodyworkers, and self-employed people as clients in her business. She is a Registered Life Planner with the Kinder Institute of Life Planning and will be drawing upon some of the principals developed by George Kinder in his book *The Seven Stages of Money Maturity*.

Maud Guettler and Martial Duvoisin

## Working with limiting beliefs in the Rosen Method

Workshop with Maud Guettler Rosen Method Senior teacher and Martial Duvoisin Rosen Method Practitioner

Limiting beliefs influence our whole life, they prevent us from being free in our choices and from using our full potential and aliveness. In sessions we often stumble across

them and if it's possible to let go of them, something will definitely change in the body and in our life. The idea of the workshop is to talk about how to work with limiting beliefs in the Rosen Method.

We will also do some practical experiences in pair to explore this within our selves.







Anna Söderlind

## The active substance in Rosen Method, how do we nourish it

Anna Söderlind is a Swedish Rosen Method Senior Bodywork Teacher. Söderlind speaks about the active

substance in Rosen Method, and how we can nourish it.



Anais Salibian

## The choice moment: how healing happens

Rosen Method Senior bodywork teacher Anais Salibian speaks about the choice moment and how healing happens.

Over the years of working with trauma survivors, I have come to see how important it is for them to stop doing what they did to survive, and start connecting with themselves, with the practitioner, and with the present moment. As Marion Rosen said, “Our aim is to make it possible for...chronic tensions to relax... With that, [clients] come to a place of choice that allows their actions to be different...they can open up and choose to show themselves...”

This choice moment is not easy. On one hand, the client is deeply suffering from their patterns, which are sometimes literally killing them. On the other hand, what happens if they

give up survival and actually try living? There can be an immediate sense of annihilation, falling into a dark pit, or just plain impossibility. They don't know how to do it.

We practitioners have to know how to make it safe enough to arrive at such a moment, and we have to know what to do when we're there. That's what this workshop is about. We'll focus on how to:

- recognize and get the client to recognize survival patterns as they are happening in the session (not always obvious)
- support the client to pay attention with curiosity to what is happening in the choice moment
- track if connection is maintained so they don't get overwhelmed
- support them to make a conscious choice either to keep their barriers or to make contact with



you/their own feelings/the safe container

- allow difficult feelings (like shame, rage, fear)
- reflect and highlight the positive results.

For both the client and practitioner, it's inspiring to know how healing happens physiologically. We'll go over how your presence makes a difference in how neurohormones and neural networks store and interpret memories.



Ivy Green

## Experience relaxation awareness resilience: Rosen Method science and practice

Rosen Method Senior bodywork teacher Ivy Green presents her book on Rosen Method Bodywork: Relaxation awareness, resilience.

My book was a labor of love. In this hour I want to share my passion, hoping it will ignite your interest in ways to use this book to benefit yourselves, your clients and students.

Many of us came to Rosen with a huge sigh of relief to learn by experiencing, rather than by thinking about facts and theories. We cherish Rosen because it brings out what is best in us and in our clients. BUT! There are key concepts in this book that confirm why RMB is fabulously

effective, We know a great deal about what goes on in the unconscious, how the body remembers, how touch directly reaches the emotional centers of the brain, how stress chemicals can both help and hinder our ability to function, and how essential attuned human connection is to health and growth. Knowledge of this type empowers me as a practitioner, moves clients to self-compassion, and counteracts the shame and impatience that clients often feel about their limitations.

Jane Spilsbury from the UK wrote: "As an intern, I found the book anticipated many questions I didn't even know I had, but which I did or would



have had, very soon. It is such a brilliant, accessible mixture of science and research, case study and practical guide. It is essential reading for the Rosen internship and beyond."

I invite you to take a walk with me through my book, and absorb some of my excitement.

Maja Skau-Olsen

## Being inspired by anatomy – arm and shoulder

In this workshop we will look at the muscles around the shoulder and arm and how their functions can inspire us to find meaningful words for a Rosen session.

When we have tensions in this area, we are disconnecting from our ability to create and connect from the heart. When we are able to have full em-

bodied awareness in the area, we can allow a free flow from our heart to manifestation in the world.

We will look at muscles and feel in our own body which movements become difficult with tensions. There will also be a short demonstration on one of the participants.





Annika Minnbergh

## Rosen method, peace work and Bosnia

Annika Minnbergh is Rosen Method Senior Bodywork Teacher. Minnbergh has taught Rosen Method Bodywork all over the globe

since the 1990s. Minnbergh's topic is the Rosen Method, peace work and Bosnia.



Maja Skau-Olsen and Roni Mosenson

## The practitioner's body as the space for the client's unfolding process

Maja Skau-Olsen Rosen practitioner since 2000, Bodywork teacher since 2015, currently in Senior teacher training. Teaching emotional anatomy in Rosen Method in many countries. Part of the faculty of the Schools in Denmark, Russia and Austria. Co-owner of the Danish Rosen School

Roni Mosenson Nelken Rosen practitioner since 2010, Bodywork teacher since 2014, currently in Senior teacher training. Has a full practice with sessions and teaching in Jerusalem and Tel Aviv. Teaching in France and Israel. Brings into her teaching background in art and spiritual practice. In this workshop we want to look at the role of the practitioner's body in a Rosen session. We want to look at the meeting of the practitioner and client as a meeting of two bodies and to explore into the

nature and possibilities of this connection as a space for the unfolding of the client's inner process. Connection does not come from ideas and knowledge, but from a live interaction.

The practitioner's body is like a resonance space for the client. The practitioner does not just feel the client's feelings, but also sense the inner movements through her hands and body. Working with an open body and self-awareness makes possible for more movements of the client to come to expression and be seen and heard.

But what does it mean to work with an open body? And how can we deepen the connection with ourselves, while working in a Rosen session?

Must we include meeting our own fears, repressed feelings and splitt-



ed aspects of our life?

Are we ready to look at what prevents us from going deeper into our own body?

We will suggest some direct experience through exercises in self-awareness and the possibility to enlarge our inner space as practitioners.





Leena Saxberg, Lisen Wijkman

## Rosen Method and inner knowing

Two very experienced Rosen Method Senior Teachers give a workshop connecting inner knowing while working with a Rosen Method.

Soft hands, listening to allow receiving what really is, being present, dialogue and vulnerability, not knowing are some of the tools that have opened us to become conscious of our forgotten inner richness. We have dared look at our lives, our difficulties. We have experienced deep values of being human through

RosenMethod. Values like kindness, understanding, care and acknowledging that we do not need so much effort to be. That relaxation is a key to our wellbeing, to finding to our Inner Wholeness. Are you aware of being transformed? If so..do you live it? Let us explore to support each other in the trust that "change" is possible, to say yes to our Inner Knowing and to stand to it in myself and others.



Helmi Boese, Andrea Werner

## Rosen Method bodywork and trauma

Helmi Boese and Andrea Werner are M.D. Physicians and Rosen Method Bodywork Practitioners.

Boese and Werner speak about Rosen Method Bodywork and Trauma, and share their experiences of working with RMB as Physicians, with the Rosen Method Community in an open platform (Fishbowl).

A fishbowl conversation is a form of dialog that can be used when discussing topics within large groups. Fishbowl conversations are sometimes also used in participatory events such as Unconferences. The advantage of Fishbowl is that it allows the entire group to participate in a conversation. Several people can join the discussion.

