



88a Deep Massage: History



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Class Outline

5 minutes

Attendance, Breath of Arrival, and Reminders

10 minutes

Lecture:

25 minutes

Lecture:

15 minutes

Active study skills:

60 minutes

Total



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Class Outline

Exams:

- 89a Practice MBLEx

Quizzes:

- 90a Kinesiology Quiz
(erectors, multifidi, rotatores, quadratus lumborum, levator scapula, trapezius, splenius capitis, splenius cervicis, and semispinalis capitis)
- 91a Kinesiology Quiz
(gluteals, hamstrings, gastrocnemius, TFL, quads, tibialis anterior, peroneus longus, peroneus brevis)

Preparation for upcoming classes:

- 89a Practice MBLEx
 - 2.5-hour class.
 - Use MassagePrep.com to study all 10 MBLEx Final Exams.
 - 100 questions in 120 minutes.
- 89b Chair Massage, BMTs, Passive Stretches, and Side-lying Massage
 - 2-hour class.
 - Packet A-73.



Classroom Rules

Punctuality - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.



88a Deep Massage: History L-3

History of Deep Massage

- In college David studied existentialism and music.
- Existentialism is a 20th century philosophy that is centered upon the analysis of existence and of the way humans find themselves existing in the world



- David's music studies involved Rock & Roll, Indian music, and 20th century classical music such as Schoenberg.

History of Deep Massage

- His extracurricular activities included martial arts and Hatha yoga, beginning in 1965.



- In 2007, David earned his 2nd degree black belt from Austin Shaolin-Do Kung Fu and Tai Chi. He had also become a certified yoga and meditation instructor.



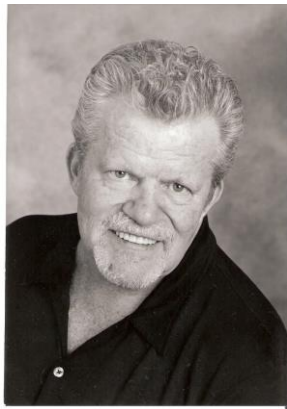
History of Deep Massage

- A lack of clarity about life and work led him to Gestalt psychotherapy beginning in 1973.
- Gestalt psychology tries to understand the laws of our ability to acquire and maintain meaningful perceptions in an apparently chaotic world.
- One thing that his psychotherapist recommended was Rolfing.



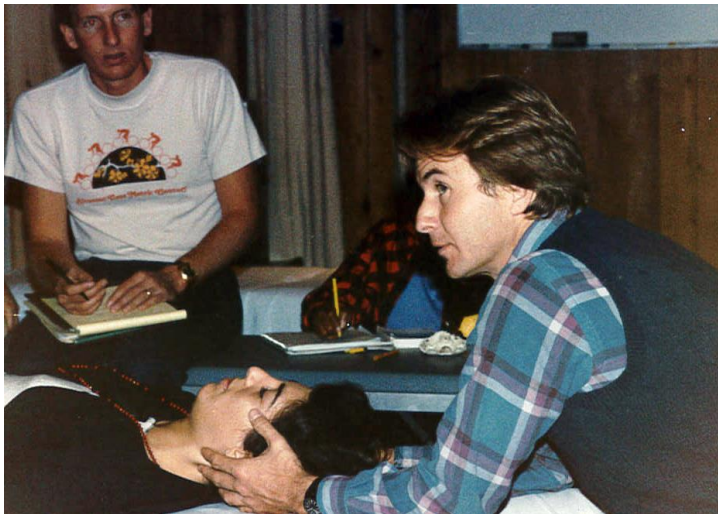
History of Deep Massage

- Like many of us, David gravitated to massage as a receiver first.
- In the 70's, he attended the Bodymind Center in Chicago for massage therapy.
- This school was run by Bob King (BMTs) and Jim Hackett. It later was renamed the Chicago School of Massage Therapy.



History of Deep Massage

- From 1982-1983, David studied and was certified in Structural Bodywork, a version of Rolfing taught by Daniel Blake.
- Daniel Blake was a student of Ida Rolf. His version of Rolfing represented more of the way Ida Rolf worked rather than how she taught.



- More specifically, Rolfing was being taught in a ten-session format, but in actual practice Rolf worked in a less prescribed way.

History of Deep Massage

- Also during this time, David studied cranio-sacral with Daniel Bensky and Charles Lincoln.



- The power of lighter touch revealed by doing cranio-sacral led to changing the name of what he was teaching from Deep Tissue to Deep Massage.

History of Deep Massage

- In 1986, David began studying with Dr. Fritz Smith, the founder of Zero Balancing.



- Part of the allure of ZB was that Fritz explicitly had words and techniques for how to work simultaneously with the client's energy and structure.

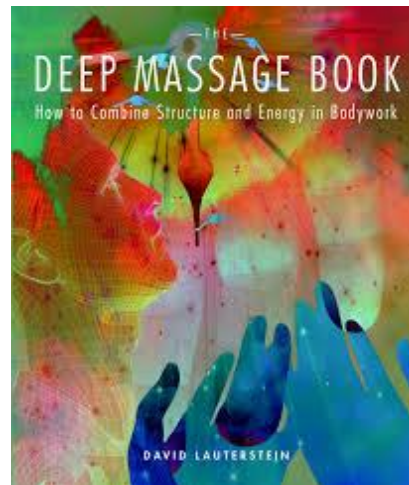
History of Deep Massage



- In Zero Balancing, the focus is on the skeletal system and energy.
- David applied these ideas to the myofascial system resulting in the key concepts such as fulcrum and interface being taught as part of Deep Massage: The Lauterstein Method.

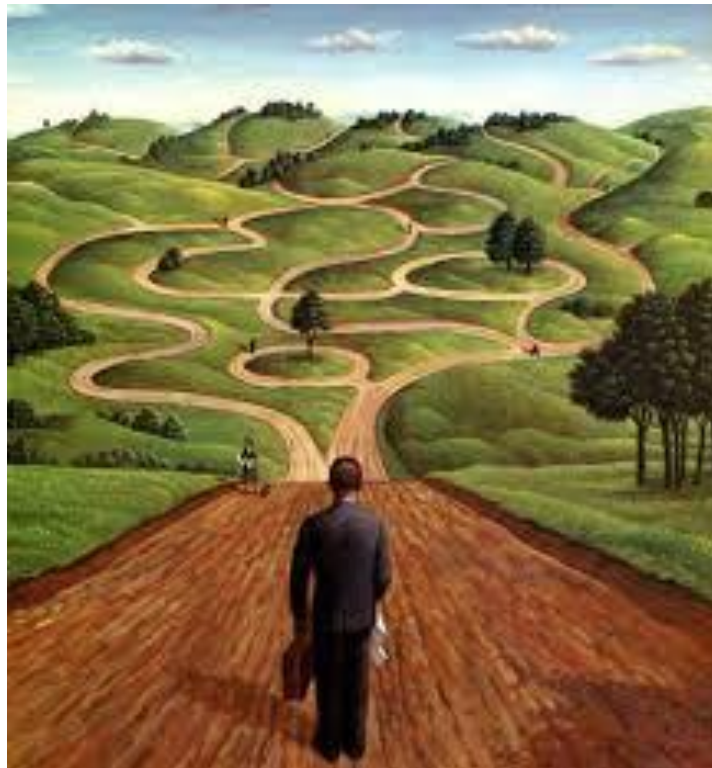
History of Deep Massage

- As TLC faculty worked with the students in private teaching sessions, they realized that there are some clear ways to think about and cultivate high levels of touch.



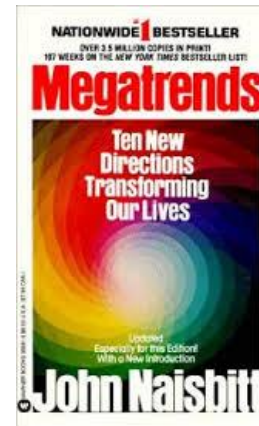
- These ideas became known as the Seven Dimensions of Touch.

My personal path to becoming a massage therapist



Deep Massage and the Renaissance of Touch

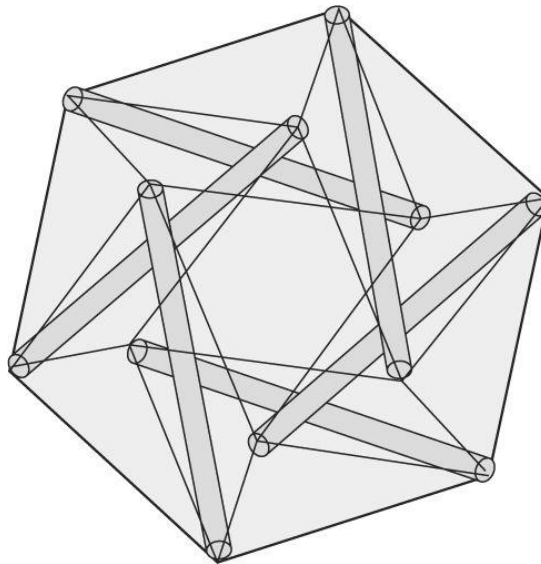
- In the book *Megatrends*, the author John Naisbitt wrote of our future involving both “High Tech” and “High Touch”.
- This brings actual reality to the forefront along with virtual reality.
- Touch . .
 - The medium of actual reality
 - The medium of actual connection
 - The leading edge of cultural evolution?



“Human hand, acting in concert with the heart, mind and spirit is arguably the most sophisticated tool in the known universe.”

Models of Structure and Energy

- **Tensegrity** A concept of muscular-skeletal relationships based on the work of architect Buckminster Fuller. It refers to the forces of tension pulling on structure that help keep the body both stable and efficient in mass and movement.
- In nature, the soft members (muscles, tendons, ligaments, and fascia) determine the position of the hard members (bones).



Fascia

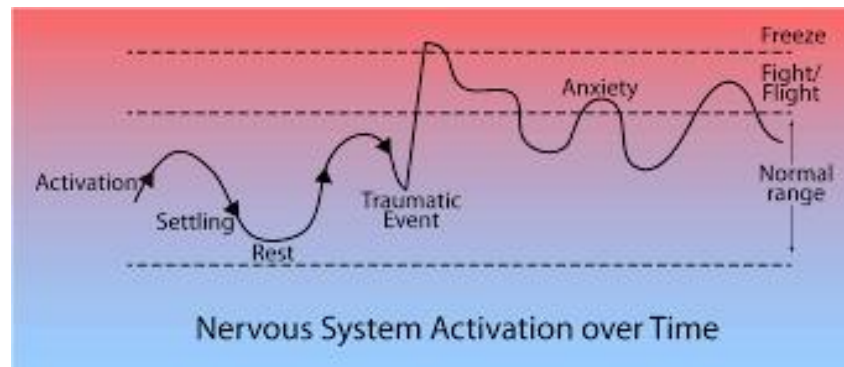
- Fascia and other soft tissues can change, but perhaps more influential are changes in the brain.



- Rolfers say, "Education is long, manipulation is short."

Fascia and The Role of the Nervous System in Massage

- What people learn becomes theirs for a lifetime. Rolfing calls itself “somatic education.”
- Relaxation is a function of the nervous system telling the muscles what to do.
- The nervous system gives rise to thought, beliefs, emotions, memory – so all of these are relevant and may be affected by deep bodywork.





Structure/Energy

Structure

- Particle
- Matter
- Mass
- Solid
- Tangible
- Form
- Visible
- Physical body
- Anatomy (Western model)
 - Cells
 - Tissues
 - Organs
 - Systems
- Palpable
- Concrete

Energy

- Wave
- Movement
- Vibration
- Force
- Flow
- Invisible?
- Awareness
- Sensation
- Psyche
- Thoughts
- Ideas
- Beliefs
- Emotion
- Imagination
- Spirit
- Information
- Communication

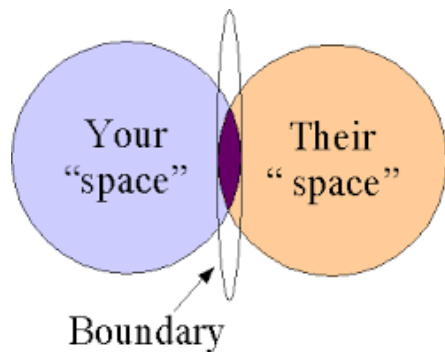
Integration of Energy and Structure

- Mindful touch:
 - Integrates energy and structure.
 - “The only medium in the known universe that simultaneously and consciously contacts both structure and energy.”
 - The perfect medium for healing the negative effects of mind-body dualism.

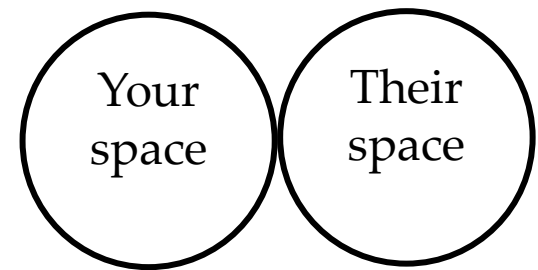


Interface

- Touch, which consciously engages human energy and structure, needs to cultivate a heightened sense of boundaries.
- We meet – we do not stream into each other or blend or channel.
- This meeting is called working at “interface”.



Blending or channeling



Working at interface

Interface

- Interface requires psycho-mechanics as well as body mechanics. What are you doing with your mind – as well as with your body?
- Interface and mindfulness is enhanced by focusing our attention at the meeting place of two people.



- This is heightened by graceful body position and movement, relevant thought, emotional clarity, and an attitude of highest personal regard toward the client and oneself.

Experiments with Interface



- Handshake – see The Deep Massage Book, page 16
 - Being centered first of all – if you aren't focusing you might just grab a couple of fingers – not the whole hand. Or you might not make eye contact.
 - Initial contact too light – too hard – just right (see how that can differ from person to person).
 - Deeper contact where you feel – gently – the bones under the skin and muscles.
 - Initiate the movement of the handshake – without it the connection starts feeling weird.
 - Pay attention to when it feels like the movement is enough too short feels disconnect – too long feels meaningless.
 - Clearly disengage – don't have a lingering or too abrupt pulling away.

Other Experiments with Interface

- Hugs



- Bodywork





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