

Chapter 1: Fundamentals of Somatic Patterns

SP APPROACHES AND PATTERN RECOGNITION

THE FORCES THAT SHAPE MOVEMENT

- Biological and Behavioral Foundations of Movement
- Sensorimotor Learning
- Defense Mechanisms
- Parallels between Human and Animal Movements

INTEGRATED MOVEMENT AND POSTURE

- Body-Mind Integration
- Postural Integration
- Models of Somatic Integration

Chapter 2 : Movement Problems, Holding Patterns, and Pain

HOLDING PATTERNS

FUNCTIONAL ANATOMY

- Form and Function
- Normal Spinal Alignment
- Myofascial Restrictions
- Musculoskeletal Imbalances
- Muscular Responses to Chronic Pain
- Structural and Functional Patterns

THE ROOTS OF HOLDING PATTERNS

Muscular Splinting

Developmental Movement Gaps

HOLDING PATTERNS AND PAIN

- Physical and Emotional Pain
- Mechanics of the Pain Cycle
- Chronic Pain Syndromes

WORKING WITH PATTERNS THAT CAUSE PAIN

- The Gate Theory of Pain
- The Secondary Gain from Pain Patterns
- The Unlayering Process and Opening Pain
- The Importance of Movement after an Injury

Chapter 3: Somatic Patterning Roots, Concepts, and Methods

FLESHING OUT SOMATIC CONCEPTS AND METHODS

- Roots of Somatic Patterning
- Somatic Patterning Applications

SIX BASIC CONCEPTS AND METHODS

- Holism
- Somatic Awareness
- Core Movement
- Process Orientation
- Somatic Resonance
- Oscillation between Dualities

Chapter 4: Balancing Patterning Approaches

AN AMALGAM OF APPROACHES

PSYCHOSOMATIC APPROACHES

- Cognitive Therapy and Behavioral Approaches
- Brain Centers and Their Associated Patterns
- The Body-Mind Dilemma: Patterning or Psychotherapy?

A NEUROLOGICAL APPROACH

- Autonomic Patterning
- Neuromuscular Patterning

MODULATING DUALITIES

- Balancing Experiential, Body-Based Learning with Cognitive Learning
- Reflexive and Reflective Movement Coordination
- Integrating Facilitation and Inhibition
- Sensory and Motor Balance
- Establishing Support before Movement

INNER AND OUTER BALANCE BETWEEN ANS AND SNS

- Motility and Mobility
- Balancing Organic and Mechanical Approaches

Chapter 5: The Patterning Process

TYPES OF PATTERNING EXERCISES

STARTING THE PATTERNING PROCESS

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- External versus Internal Respiration
- Respiratory Anatomy
- The Respiratory Diaphragm as a Postural Stabilizer
- Psychosomatic Patterns of Breathing

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- The Temporomandibular Joint
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- Organs and Emotional Processing
- Feeling Organ Sensations as a Therapeutic Tool
- The Gastrointestinal (GI) Tract
- The Heart and Lungs
- The Urinary and Reproductive Systems

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- Circulation and Physiological Rhythms
- Water
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- Interstitial Fluid and Fascia
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THE NEUROLOGICAL ACTIONS: YIELD, PUSH, REACH, AND PULL

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- Navel Radiation
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LABAN/BARTENIEFF INSTITUTE OF MVT STUDIES (LIMS)

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