

A short report about “Move-in Mind” Sensory-Motor Imagery Training addressed to Rolfers

Vetan St. Pierre (Aosta, Italy), March-April 2012

During the Rolfing Week 2012 was provided in Italy the first workshop about Sensory-Motor Imagery Training for Rolfers. The purpose was to provide knowledge and tools about the use of language, communication and imagery that, integrated into common practice, may increase the effectiveness of Rolfing S. I.® sessions. The workshop, designed and conducted by Monica Canducci (Certified Rolfer & Rolf Movement practitioner with expertise and experience in communication, co-creator of Beamish Bodymind Balancing® method) is based on recent scientific researches in neuroscience and neuroplasticity fields.

The Sensory-Motor Imagery Training workshop is addressed to all those Rolfers who want to enrich their work with a greater awareness of the worth of language and the use of imagery. It is useful especially with people having nervous system damages who, after rehabilitation, may still need a specific work about sense of balance, movement and coordination.

During the workshop, special attention was given to the following topics:

- the role of imagery, perception, movement, language and communication (verbal and non-verbal) in brain "remapping"
- how to learn and how to teach to use imagery via all sensory channels available
- how to create an appropriate ideomotor training for every customer
- how to develop the physical, emotional and mental attitudes that make it easy working with customers, particularly those who suffer nervous system damage
- how Rolfers can amplify the ability to listen, observe, perceive, recognize the customers patterns and reactions
- how Rolfers can increase their ability to perceive themselves in relation to the client, calibrating, and deciphering their own feelings and emotions, as distinct from those of others.

The Rolfers who attended at the workshop have also acquired the fundamentals of Beamish Bodymind Balancing® (based on ideomotor training in practice and born from the floor exercises created and adopted by M° Philip Beamish, teacher and personal coach of the most famous dancers in the world, with the principles of Structural Integration identified by Dr. Ida Rolf) for increase both in Rolfers and in their clients sense of balance, stability, self-confidence and poise.

The workshop was attended by 7 Rolfers from Italy and Switzerland (Rita Balestri, Lucia Isabella Grazioli, Pascal Di Lauro, Alessia Di Noia, Miita Mazzali Fulgenzi, Daniela Risser, Barbara Valaguzza) and 2 models (Marcello F. and Chiara F.) with nervous system damages that every morning shared with Rolfers one hour Beamish Bodymind Balancing lesson. That models received also a few individual Rolfing sessions combined with Sensory-Motor Imagery Training during the week. During the two last workshop afternoons 5 other models with nervous system damages came to receive the benefits of Rolfing sessions enriched by the use of the Training learned by the Rolfers. Among the models was present Claudio B., a young quadriplegic man who has achieved significant results and benefits from Rolfing sessions integrated with Sensory-Motor Imagery Training, so as to constitute a "pilot" for the whole group of Rolfers who will work with the Ideomotor Training.

We hope that this group over time might grow larger in number and in experience!