

Biodynamic Massage and Deep Draining

Biodynamic Massage works within the holistic perspective of body, mind and spirit. It can be part of the therapeutic journey or it can be used as a treatment in its own right.

How does it differ from other holistic/therapeutic forms of massage?

Biodynamic Psychology knows and uses the techniques and effects of classical massage as well as those of the more spiritually oriented new-age massage types and very similar results can be expected: general improvement of the metabolism, balance of the respiratory system, reduction of stress and stress related symptoms (headaches, insomnia), calming of the nervous system, easing of muscular tensions and related physical pains and aches (back, neck, shoulders), release of toxins, aura balance to name just a few.

But some essential aspects surpass the areas of common ground and give biodynamic massage its unique character:

The Biodynamic Therapist is trained to communicate through touch with the vegetative system in order to bring the stuck energy and tensions to a release. Boyesen discovered that the **peristaltic sounds** gave her a feedback about how the body (always understood as in unity with the whole person) and mainly its vegetative system responds to the touch of the therapist. This reaction can be different for every few inches of the body. The peristaltic sounds are part of the self healing or self regulating ability of the body and they indicate the digestion of emotional stress. This function of our intestines Gerda Boyesen called the "**psychoperistalsis**". The biodynamic therapist may use an **electrical stethoscope** to keep track of the sounds during the treatment.

"When we touch a body, we touch the whole person". Every massage is an intimate meeting. Even the simplest body contact touches at issues around closeness and distance and massage tends to associate with the regressive moments and corresponding emotions in a person's life. A biodynamic therapist knows about this dynamic. She or he is also aware of the effects of transference and counter transference any situation of physical closeness may cause and is able to deal with it professionally. Sometimes this process will not show on a conscious level of interaction or it will be very natural and easy, and sometimes it may induce the step from massage to psychotherapy.

Deep Draining: Knowing about the delicate balance of traumatic and life affirmative tendencies of a person, Gerda Boyesen developed a series of massage sequences, especially designed to trick the guardians of the unconscious (resistance) in order to finally convince them of the safeness of pleasurable alternatives. The 'deep draining' is a very powerful technique, where the subtle communication between the therapist and the vegetative system of the client must be used with high expertise. It needs a minimum of 8-10 sessions with intervals of body psychotherapy to integrate the changes on all levels. Vegetative reactions such as diarrhoea, sweating, headaches,

deep tiredness and so on can occur and indicate the release of toxins on the physical level.

WHO CAN BENEFIT FROM BIODYNAMIC MASSAGE?

Biodynamic massage is suitable for those looking for release of stress related symptoms and other psycho-physiological conditions. Headaches, anxiety, insomnia, depression, arthritis, M.E., etc. have been treated successfully; for those looking for a pleasurable relaxing massage; and for those wanting to increase their body awareness and wanting to embark on a journey of self discovery through a body centred approach. The '**deep draining**' is suitable for those on the path of self discovery, willing to commit for a certain time and looking for the combination of massage and psychotherapy.

For a biodynamic massage treatment the therapist may use a **massage table** or work on a **mattress on the floor**. For a success of the treatment it is not necessary to work on bare skin. Some massages follow a fixed **structure**, like the back massage, belly massage, exit massage (head, hands, feet) and all the 'deep draining' treatments. But many others follow the clients verbalised needs, the feedback of the peristaltic sounds and the therapist's intuition.