

IN THEIR OWN WORDS: CLIENT RESPONSES TO SOMA NEUROMUSCULAR INTEGRATION SESSIONS

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Background: *In each of the sessions of the Soma work a Personal Log is filled out by the client after the session is received. This Log reviews their progress during the interim time between sessions and allows the client to claim their experience, communicate the effects of the work and the felt changes.*

Design: *A Personal Log sheet attached to the Client Notebook. This Log has been used for nineteen (19) years with each client and was not designed specifically for this study. A copy of the Log for each session is included with the research for ease of understanding. The most consistent statements on the Log were used. If less than 5 similar comments were made or there were no comments, we stated "Blank". In the Client Research box the question number correlates to the Personal Log question. The statements are followed by a number that is the actual count of that word being used in total of all the Log counts.*

Methods: *The Personal Log is used only to Session #8 in private practice; however,*

in the training with the models we use the Log for ten sessions. There is no Log for the final Session #10. This study is from the model pool and therefore we will address the key words of the client through the Arm Session. These sessions were done by students in the Soma Training. This study was done with seventy four (74) clients. The Log for Session Eight, Nine, and Arms consist of forty eight (48) clients.

Stated Goals: *We are asking the questions; "What are the consistencies in the feelings the client notices in the sessions"? We are looking for similarities in responses from clients receiving the same session. Which sessions elicit specific responses? Are there questions on the Personal Log that are not relevant?*

Observations of Common Responses:

Session #1

- *statements of desire to be more active, but not carrying through the action.*

Session #2

- *stated increase of activity.*

Session #3

- *spoke of "calm, even, fine", but noticed more fatigue and confusion.*
- *statements of desire to be more active, but not carrying through the action.*
- *stated they were becoming more self aware.*

Session #4

- included dialogue of feeling emotionally awkward in self
- hungry and exhausted.
- they did not feel energized during interim between sessions.
- clients stated they were becoming more self aware.

Session #5

- the comments were related to poor sleep, and feeling uncomfortable in the body
- clients stated they were becoming more self aware.

Session #6

- they did not feel energized during interim between sessions.

Session #7

- the session with the highest percentage of mood or emotional changes after receiving.

Sessions #8, #9, Arms

- The most interesting observation of the integrative sessions, was that the communication about both feelings and body sensations dropped off significantly. There were either one word answers or blanks in all the integrative sessions Logs. [We think this may have to do with the notion that when there is pain the attention is drawn to that place. When there is organization and integration the mind is calmed, and there is less internal confusion and dialog, therefore, less communication.]

Arm session

- increased comments that their movement was toward reaching out
- awareness and they were more expressive about unity with others.

On Personal Log: Question #5 & #6

- Either stated Blank or there were varied task related statements or statements of daily activities. These were so diverse they cannot be documented by comparison. Examples: "Issues? Just living life", "Daily putting one foot in front of the other", "Making preparation for travel.", "Getting ready to open business". [Even though these questions were difficult to research, they remain valid as questions for personal journaling and dialogue that related to their individual experience.]

In Soma Neuromuscular Integration we hold a value in assisting the client with making meaning out of the rituals, symbols and body sensations that articulate their lives. One of the tools we use for this assistance is what we call a Personal Log. This Log is included in the Client Notebook that each client going through the Soma sessions receives. This Log is then completed and brought to the next session and before the session the Soma Practitioner goes over the Log with the client. This interaction using the Log is an opportunity for personalized exchange, questions and further illumination of what that client experienced with that session. This allows the Soma Practitioner to chart the progress or regress of the client, and to read and hear the recording of that

progress/regress in their own words; to listen and witness.

We feel this act of stating what is so by the client, develops awareness of feeling and self reliance. We also assert, that for the Soma Practitioner to witness , contain and hear the client's responses

becomes a significant component in the client's total integration of the work. We believe that the development of self reliance sets the groundwork for reaching out and sharing with other, so the changes can be productive and creative for the client in their daily life.

PERSONAL LOG

Name _____

Session number: _____

Use this sheet to record your responses to the bodywork. Careful, honest reflection and accurate recording of your feelings will facilitate the process of self-integration. All information is confidential.

Use the reverse side if you need more space.

1. My general feeling before this session:
2. During this session I felt:
3. Immediately after this session I felt:
4. Changes I have noticed in my body since this session:
5. The major issues in my life since this session:
6. General comments on my personal integration:
7. Since my last session, I have been feeling mostly:

_____ enthusiastic and happy
_____ moody, depressed, or negative
_____ variations in my emotions
_____ relatively unemotional

8. Have your sleep habits changed?
9. Are you craving new or different foods?
10. Appetite increased decreased
 same
11. Other changes in your lifestyle:
12. Changes in your relationships or attitudes:

PERSONAL LOG RESEARCH ANSWERS:

Session #1:

1. Nervous/anxious 28
Body tension 16
2. Engaged/relaxed/ aware 44
Relaxed but tight/pain 7
Temporary pain, then release 13
3. Open, freer/loose, 27
Peaceful/calm or happy 13
Energized 11
4. Taller 13
Breath awareness 17
Freer – comfort 11
Awareness of posture/movement 28
5. Varied task related and daily activities
6. Either blank or statements can't be categorized.
7. "enthusiastic and happy" 37
"variations in my emotions" 37
8. Deeper sleep 15
9. Mostly blank
10. Increased 15
Decreased 13
Same 49
11. Blank
12. Positive feeling words: 31
Negative feeling words

PERSONAL LOG

Name _____

Session number: _____

Use this sheet to record your responses to the bodywork. Careful, honest reflection and accurate recording of your feelings will facilitate the process of self-integration. All information is confidential.
Use the reverse side if you need more space.

1. My general feeling before this session:
2. During this session I felt:
3. Immediately after this session I felt:
4. Changes I have noticed in my body since this session:
5. The major issues in my life since this session:
6. General comments on my personal integration:
7. Since my last session, I have been feeling mostly:
_____ enthusiastic and happy
_____ moody, depressed, or negative
_____ variations in my emotions
_____ relatively unemotional
8. Have your sleep habits changed?
9. Are you craving new or different foods?
10. Appetite increased decreased
 same
11. Other changes in your lifestyle:
12. Changes in your relationships or attitudes:

PERSONAL LOG RESEARCH ANSWERS:

Session #2

1. Nervous/anxious 18
Peaceful/happy 20
Irritable 2
2. Pain 39
Trusting/open/relaxed 11
Breathing relaxed 10
Released 18
3. Feet/legs movement awareness 27
Balanced/Grounded 16
4. Balanced/Grounded 13
Taller/light 7
Knees/ankles 4
5. Blank
6. Blank
7. enthusiastic 25
Variations 35
8. better 14
9. Blank
10. decreased 22
Same 41
11. Awareness of posture/movement 26
12. positive words 31
Focus on self 8

PERSONAL LOG

Name _____

Session number: _____

Use this sheet to record your responses to the bodywork. Careful, honest reflection and accurate recording of your feelings will facilitate the process of self-integration. All information is confidential.

Use the reverse side if you need more space.

1. My general feeling before this session:
2. During this session I felt:
3. Immediately after this session I felt:
4. Changes I have noticed in my body since this session:
5. The major issues in my life since this session:
6. General comments on my personal integration:
7. Since my last session, I have been feeling mostly:

_____ enthusiastic and happy
_____ moody, depressed, or negative
_____ variations in my emotions
_____ relatively unemotional

8. Have your sleep habits changed?
9. Are you craving new or different foods?
10. Appetite increased decreased
 same
11. Other changes in your lifestyle:
12. Changes in your relationships or attitudes:

PERSONAL LOG RESEARCH ANSWERS

Session #3

1. Calm/relaxed 39
Frustrated 8
Tired 6
2. Emotional 11
Tight→open→released 6
Awakened relaxed 18
Release happened 12
Pain 16
3. peaceful 9
Feel taller/breath 21
Relaxed-emotional 14
4. Movement ease 16
Sore lower legs 7
Shoulder/back pain 9
5. Varied task related and daily activities
6. Statements can't be categorized
7. Enthusiastic 36
Variations 29
Unemotional 9
9. Improved 17
10. Same 45
Decreased 18
Increased 12
11. Awareness of posture/movement 20
12. Positive 29
Self aware 12

PERSONAL LOG

Name _____

Session number: _____

Use this sheet to record your responses to the bodywork. Careful, honest reflection and accurate recording of your feelings will facilitate the process of self-integration. All information is confidential.

Use the reverse side if you need more space.

1. My general feeling before this session:
2. During this session I felt:
3. Immediately after this session I felt:
4. Changes I have noticed in my body since this session:
5. The major issues in my life since this session:
6. General comments on my personal integration:
7. Since my last session, I have been feeling mostly:
_____ enthusiastic and happy
_____ moody, depressed, or negative
_____ variations in my emotions
_____ relatively unemotional
8. Have your sleep habits changed?
9. Are you craving new or different foods?
10. Appetite increased decreased
 same
11. Other changes in your lifestyle:
12. Changes in your relationships or attitudes:

PERSONAL LOG RESEARCH ANSWERS

Session # 4

1. Peaceful/calm/happy 28
Irritable 10
Overwhelmed 10
2. Release 12
Pain 21
Intense 7
Relaxed 10
3. Core movement 12
Grounded/stability 13
Movement ease 16
Hungry 5
4. Blank
5. Varied task related and daily activities
6. Statements can't be categorized.
7. Enthusiastic 33
Moody 8
Variations 26
Unemotional 11
8. Better 10
9. Blank
10. Same 41
Decreased 23
Increased 7
11. Awareness of posture/movement 18
12. Positive 30
Self aware 14
Acceptance of other 5

PERSONAL LOG

Name _____

Session number: _____

Use this sheet to record your responses to the bodywork. Careful, honest reflection and accurate recording of your feelings will facilitate the process of self-integration. All information is confidential.

Use the reverse side if you need more space.

1. My general feeling before this session:
2. During this session I felt:
3. Immediately after this session I felt:
4. Changes I have noticed in my body since this session:
5. The major issues in my life since this session:
6. General comments on my personal integration:
7. Since my last session, I have been feeling mostly:
_____ enthusiastic and happy
_____ moody, depressed, or negative
_____ variations in my emotions
_____ relatively unemotional
8. Have your sleep habits changed?
9. Are you craving new or different foods?
10. Appetite increased decreased
 same
11. Other changes in your lifestyle:
12. Changes in your relationships or attitudes:

PERSONAL LOG RESEARCH ANSWERS

Session #5

1. Good/calm 12
Tired 8
Relaxed 8
Negative 9
2. Pain 13
Release 10
Focused relaxed 13
Serene 6
Upset 5
3. Peaceful/happy 13
Centered 17
4. Neck/shoulder/back discomfort 14
5. Task related and daily activities
6. Statements can't be categorized
7. Enthusiastic 32
Variations 34
Moody 7
8. Not rested 10
Deeper 6
9. Blank
10. Same 42
Decreased 17
Increased 14
11. Awareness of posture/movement 25
12. Positive 27
Self aware 12
Acceptance of others 5
Communications improved 7

PERSONAL LOG

Name _____

Session number: _____

Use this sheet to record your responses to the bodywork. Careful, honest reflection and accurate recording of your feelings will facilitate the process of self-integration. All information is confidential.

Use the reverse side if you need more space.

1. My general feeling before this session:
2. During this session I felt:
3. Immediately after this session I felt:
4. Changes I have noticed in my body since this session:
5. The major issues in my life since this session:
6. General comments on my personal integration:
7. Since my last session, I have been feeling mostly:
_____ enthusiastic and happy
_____ moody, depressed, or negative
_____ variations in my emotions
_____ relatively unemotional
8. Have your sleep habits changed?
9. Are you craving new or different foods?
10. Appetite increased decreased
 same
11. Other changes in your lifestyle:
12. Changes in your relationships or attitudes:

PERSONAL LOG RESEARCH ANSWERS

Session #6

1. Anticipation 12
Irritable 12
Sad 2
Peaceful/happy 16
2. Relaxed 29
Pain 15
Release 8
3. Centered/balanced 15
More length 13
Irritable 3
Energy 6
4. Pain in neck/back 7
Decreased pain 6
5. Task related & daily activities
6. Statements can't be categorized
7. Variations 37
Moody 8
Enthusiastic 31
8. Deeper 10
Not rested 5
9. Blank
10. Same 53
Decreased 13
Increased 10
11. Feeling of unity 8
Awareness of movement 32
12. Positive 30
Negative 4
Emotional upset 6
Empowered 5

PERSONAL LOG

Name _____

Session number: _____

Use this sheet to record your responses to the bodywork. Careful, honest reflection and accurate recording of your feelings will facilitate the process of self-integration. All information is confidential.

Use the reverse side if you need more space.

1. My general feeling before this session:
2. During this session I felt:
3. Immediately after this session I felt:
4. Changes I have noticed in my body since this session:
5. The major issues in my life since this session:
6. General comments on my personal integration:
7. Since my last session, I have been feeling mostly:
_____ enthusiastic and happy
_____ moody, depressed, or negative
_____ variations in my emotions
_____ relatively unemotional
8. Have your sleep habits changed?
9. Are you craving new or different foods?
10. Appetite increased decreased
 same
11. Other changes in your lifestyle:
12. Changes in your relationships or attitudes:

PERSONAL LOG RESEARCH ANSWERS

Session #7

1. Irritable 11
Relaxed 24
Tired/stressed 12
Healthy 5
2. Pain 11
Emotional release 8
Mood change 7
Relaxed 15
Discomfort/nose 10
3. Suspension 16
Sinus relief 6
Increase breath 6
Decrease tension 5
4. Head erect 10
Eye change 5
Tall/grounded 6
Clear 12
Uncomfortable 2
5. Blank
6. Blank
7. Variations 25
Enthusiastic 31
Unemotional 9
8. Not rested 6
Deeper 9
9. Blank
10. Same 49
Decreased 13
Increased 8
11. Movement awareness 16
Unity 2
12. Positive statements 25
Focus on self 11

PERSONAL LOG

Name _____

Session number: _____

Use this sheet to record your responses to the bodywork. Careful, honest reflection and accurate recording of your feelings will facilitate the process of self-integration. All information is confidential.

Use the reverse side if you need more space.

1. My general feeling before this session:
2. During this session I felt:
3. Immediately after this session I felt:
4. Changes I have noticed in my body since this session:
5. The major issues in my life since this session:
6. General comments on my personal integration:
7. Since my last session, I have been feeling mostly:

_____ enthusiastic and happy

_____ moody, depressed, or negative

_____ variations in my emotions

_____ relatively unemotional

8. Have your sleep habits changed?
9. Are you craving new or different foods?
10. Appetite increased decreased
 same
11. Other changes in your lifestyle:
12. Changes in your relationships or attitudes:

PERSONAL LOG RESEARCH ANSWERS

Session #8

1. Good 13
2. Relaxed 12
3. Free/light/peaceful 10
4. Muscle awareness 5
Ease of movement 9
Off balance 5
5. Blank
6. Body or movement awareness 14
7. Variations 14
Enthusiastic 14
8. Deeper 5
9. Blank
10. Same 19
11. Movement increased 9
12. Positive 6
Improved communication 5

PERSONAL LOG

Name _____

Session number: _____

Use this sheet to record your responses to the bodywork. Careful, honest reflection and accurate recording of your feelings will facilitate the process of self-integration. All information is confidential.

Use the reverse side if you need more space.

1. My general feeling before this session:
2. During this session I felt:
3. Immediately after this session I felt:
4. Changes I have noticed in my body since this session:
5. The major issues in my life since this session:
6. General comments on my personal integration:
7. Since my last session, I have been feeling mostly:

_____ enthusiastic and happy

_____ moody, depressed, or negative

_____ variations in my emotions

_____ relatively unemotional

8. Have your sleep habits changed?
9. Are you craving new or different foods?
10. Appetite increased decreased
 same
11. Other changes in your lifestyle:
12. Changes in your relationships or attitudes:

PERSONAL LOG RESEARCH ANSWERS

Session #9

1. Relaxed 4
Clumsy/disconnected 2
2. Pain 5
3. Relaxed/released 11
Free 5
- 4-6 Blank
7. Variations 15
- 8-9 Blank
- 10 Same 20
11. Unity with other 9
Awareness of movement 7
12. Positive 6

PERSONAL LOG

Name _____

Session number: _____

Use this sheet to record your responses to the bodywork. Careful, honest reflection and accurate recording of your feelings will facilitate the process of self-integration. All information is confidential.

Use the reverse side if you need more space.

1. My general feeling before this session:
2. During this session I felt:
3. Immediately after this session I felt:
4. Changes I have noticed in my body since this session:
5. The major issues in my life since this session:
6. General comments on my personal integration:
7. Since my last session, I have been feeling mostly:

_____ enthusiastic and happy

_____ moody, depressed, or negative

_____ variations in my emotions

_____ relatively unemotional

8. Have your sleep habits changed?
9. Are you craving new or different foods?
10. Appetite increased decreased
 same
11. Other changes in your lifestyle:
12. Changes in your relationships or attitudes:

PERSONAL LOG RESEARCH ANSWERS

Arms session

1. Achy/irritated/out of sorts 10
Happy 7
2. Relaxed 8
Pain 5
3. Distinction of neck/shoulders 4
4. Loose arms/suspension 5
- 5.-6 Blank
7. Enthusiastic 10
Variations 9
8. Deeper 5
- 9.-10 Blank
11. Decreased personal stress 5
Unity with other 6
12. Positive statements

