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


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:
   □ most □ enthusiastic and happy
   □ most □ moody, depressed, or negative
   □ most □ variations in my emotions
   □ most □ 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:

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

Name

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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. enthusiast 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

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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/breathe  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
8. Improved  17
9. Same  45
   Decreased  18
   Increased  12
10. Awareness of posture/movement  20
11. Positive  29
   Self aware  12
PERSONAL LOG

Name

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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

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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

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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

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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

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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:
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<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Session #8</strong></td>
</tr>
<tr>
<td>1. Good 13</td>
</tr>
<tr>
<td>2. Relaxed 12</td>
</tr>
<tr>
<td>3. Free/light/peaceful 10</td>
</tr>
<tr>
<td>4. Muscle awareness 5</td>
</tr>
<tr>
<td>Ease of movement 9</td>
</tr>
<tr>
<td>Off balance 5</td>
</tr>
<tr>
<td>5. Blank</td>
</tr>
<tr>
<td>6. Body or movement awareness 14</td>
</tr>
<tr>
<td>7. Variations 14</td>
</tr>
<tr>
<td>Enthusiastic 14</td>
</tr>
<tr>
<td>8. Deeper 5</td>
</tr>
<tr>
<td>9. Blank</td>
</tr>
<tr>
<td>10. Same 19</td>
</tr>
<tr>
<td>11. Movement increased 9</td>
</tr>
<tr>
<td>12. Positive 6</td>
</tr>
<tr>
<td>Improved communication 5</td>
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PERSONAL LOG

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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

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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