

Practical Information

Please phone to make an appointment to talk to a clinical supervisor. You will be asked to say a little bit about your life, your medical history and why you are interested in massage. This is confidential and may be done over the phone or in person. They will then recommend a suitable massage therapist. We suggest a trial period of six sessions for you to get to know the work and the massage therapist. After this you may choose to continue for a longer period.

Sessions usually take place at either of our two clinics: 26 Eaton Rise, Ealing, London, W5 2ER or 90 Harvist Road, Kilburn, London NW6 6HL. Occasionally it may be possible to refer you to a massage therapist who works in private practice closer to your home.

Cost

Biodynamic massage currently costs between £28- £40 per session (a few low-cost places are available for the unemployed).

The Chiron Centre for Body Psychotherapy

The Chiron Centre was established in 1983. Our main activity is the provision of a 3-year professional part-time training leading to the Certificate and a further 2-year phase leading to the Diploma in Body Psychotherapy and accreditation with UKCP.

In addition to Biodynamic massage, we offer:

- o Individual psychotherapy
- Couple therapy
- Group psychotherapy
- Short courses and introductory weekends to Biodynamic Massage and Body Psychotherapy

We also run a one-year Certificate Course in Biodynamic Massage. Please ask for details if you are interested.

Comments from clients about the experience and benefits of biodynamic massage:

“It helps me find space around the nitty gritty of living....relief from pressure. It has enabled me to cope through a very stressful time.”

“There’s been a huge change in my breathing and in my sense of aliveness. The parts of my body feel more connected and my senses are sharper....”

“I used to have really bad period pains, and I’ve seen a real change in that, both physical and emotional. The psychological effect was in terms of my role as a woman”.

“I get fewer headaches, reduced back pain and generally feel better.”

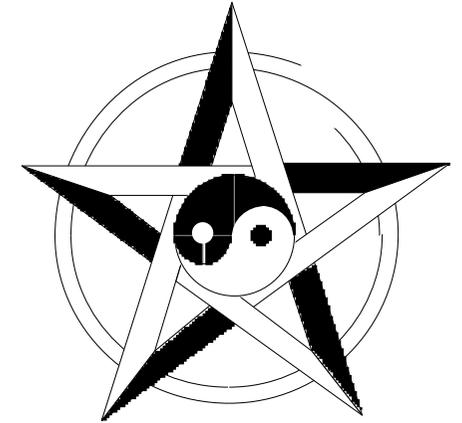
“The massage therapist is sensitive to how much I want to talk.”

“During the massage I had images of a warm stream flowing through my body.”

“I have been deeply touched - stirred by the contact - and opened to my own inner life through biodynamic massage. As I become aware of my inner life, it is related to through the therapist’s touch, without anything necessarily being verbalised. Something is known and met from outside (from another) and from inside (as I allow myself to know myself).”

CHIRON

*Centre for Body
Psychotherapy*



BIODYNAMIC MASSAGE TREATMENT

Enquiry Office:

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Telephone: 020 8997 5219 (& fax)

email: chiron@chiron.org

Website: www.chiron.org

Chiron is a member of the
United Kingdom Council for Psychotherapy

What is biodynamic massage?

Biodynamic massage is a form of bodywork. It is holistic and integrative and comprises a range of diverse and complementary techniques. It works both at the physiological level of skin, tissue, muscle and bone, and at the level of the more subtle energy How in the body. Biodynamic massage is designed to respond to the particular needs of each individual. Its range is broad - from revitalising and invigorating, to working deeply to release tension, to providing the support and comfort of a gently flowing massage.

The history of biodynamic massage

Biodynamic Massage was brought to England in 1968 by Gerda Boyesen, who developed it from methods commonly used in Norwegian Psychiatric hospitals by physiotherapists working in conjunction with psychiatrists. Boyesen's unique contribution was the discovery of how the gut is involved in actually digesting feelings and the after-effects of stress through our digestive organs. She introduced the use of a stethoscope for listening to what she called the psychoperistalsis' (tummy rumblings). This provides a particular feedback which helps the massage therapist monitor your internal state while they work. By focussing on the nervous system, The massage therapist can address stress at its roots in the body.

How is it different from other kinds of massage?

Biodynamic massage is based on a psychological understanding of the body. Biodynamic massage therapists are trained to respond appropriately to both the

emotional and physical dynamics in the body, and with this can help make sense of both the physical and psychological aspects of, for example, "having cold feet". The therapist's presence, combined with touch and talking, assists the process of making connections between mental, emotional and physical states. The encouragement of body awareness supports you to be more in touch with yourself.

We recognise that feelings are reflected directly in the body. In a variety of ways, Biodynamic massage helps dissolve "blocks" of accumulated tension, offering space to appreciate the depth of our feeling and restore our sense of balance. This enables us to live more fully - completing cycles, and prepare us for the next phase.

What are the benefits of biodynamic massage?

Biodynamic massage has the capacity to go right to the heart of the person, working with the effects and origins of stress. It can promote deep relaxation, improvement of circulation and immune functioning, increased energy and well-being.

It may help relieve chronic symptoms such as headaches, hypertension, pain, digestive problems, skin complaints, depression, anxiety and insomnia.

Because of its combined physical and emotional scope, Biodynamic massage is especially suited for working with psychosomatic symptoms.

It is effective as a therapeutic approach in its

own right, and it is useful in complementing medical treatment or alternative therapies such as homeopathy, acupuncture or osteopathy.

Biodynamic massage is also increasingly being appreciated as an adjunct to psychotherapy or psychoanalysis, because it supports and enhances the development of self-awareness. Insight is anchored through a deeper connection to the sensations and feelings in the body. Your therapist's permission and support for this process is vital.

Professionalism

Biodynamic massage therapists are fully trained, and are required to be in supervision and adhere to a strict professional code of ethics. The Chiron training is recognised by the British Massage Therapy Council and the British Complementary Medical Association.