COURSE OUTLINE

LISTENING TECHNIQUES: AN INTEGRATIVE APPROACH TO EVALUATION (LT1)

The Barral Institute

OUTLINE

- Introduction and general listening
- General listening including the upper and lower extremities: finding dominance via inhibition; standing, seated, supine and prone positions
- Different approaches: passive and active listening
- Qualities of perception: local listening to the abdomen, exercises to enhance palpation skills, tracking to terminal areas
- Local listening to the posterior spine, pelvis and rib cage
- Local listening in differential diagnosis: osteopenia and osteoporosis, fractures, scar tissue, chronic illnesses
- A Feldenkrais lesson to enhance listening skills
- Listening throughout your treatment, listening to results and listening through the thorax
- Exercises in relationships, tissue tendencies and systems of commonalities
- Release in the broader context of patterns: direct and indirect, switching focus, combining the two
- Listening to the cranium: various tissues in all cranial structures, identifying a restriction
- Integration of lines of force and their relation to the body
- Reviews and question and answer sessions