

## SOMATIC-PSYCHOEDUCATION

Somatic-psychoeducation is the extension of Fasciatherapy, a manual technique close to osteopathy but without manipulations. Both disciplines were founded by a former Physiotherapist and Osteopath: Danis Bois (PhD).

Somatic-psychoeducation is a unique approach combining body and mind through manual therapy (touch), education to movements (Sensorial Gymnastics), and body-centered introspective and verbal techniques. It helps athletes to resolve physical and emotional pain, to develop their perceptual abilities and creative expression. And to reconnect with subtle sensations of their living, sensing body. By restoring the dialogue between body and mind, a sense of groundedness and wholeness is able to emerge, providing access to the fullest potential previously locked by trauma(s).

As it deals with musculo-skeletal problems, this discipline is becoming more popular with athletes. It is difficult to grasp what Somatic-psychoeducation is about just by looking at a practitioner working. Lying on the couch, with or without clothes, the athlete surrenders to the contact of the hands which seek the imperceptible movements of the body with very precise and very slow movements. This imperceptible movement is called: [The Inner Movement](#).

The sensation is very strange and pleasant. In fact, does one actually feel something ? The body seems to undulate under the expert hands to emerge fully refreshed. In this time, the practitioner has tuned into and followed the rhythm of [the fascias](#) of the athlete. The fascias are the fine membranes which envelop muscles, bones, viscera, brain, spinal cord, ligaments, blood vessels, etc and links them together as a spider's web. Very elastic, they support the organs and absorb shocks. Under stress, these conjunctive tissues contract, then relax back but in some cases, they do not relax back. Symptoms of functional disorders then appear such as pain, tiredness, malaise, and various ailments which, often, prepare the grounds for the illness itself.

The objective of somatic-psychoeducation : to treat these symptoms as soon as they manifest themselves, by relaxing the fascia so that they find their proper place and their rhythm again and let the energy flow. But also to help the athlete develops the perception he/she has of her/his own body, by making him/her aware gradually of the importance of feeling the sensations of the body. In terms of sport performances, the feeling of those sensations are very important.