



## ***Healing From the Core*** **Frequently Asked Questions**

### **What is “Healing From the Core”?**

Healing From the Core (HFC) is a curriculum that teaches a mind-body-spirit approach that strengthens one’s presence in business, the therapy room and in life.

In this course you learn a specific skill set for:

- Fine tuning subtle energy palpation skills
- Maximizing treatment outcomes
- Healthy boundary formation
- Recognizing the warning signs of depletion
- Developing a strong therapeutic presence
- Assessing and preventing burnout

### **How is the Healing From the Core curriculum described?**

“The body is an incredible navigational system. In this curriculum you’ll learn how to slow down time and deepen your connection with your body and your internal landscape so you can perceive the subtle-energy cues that are continually being transmitted to you. You’ll learn skills that reconnect you to innate energy resources that are rejuvenating and enable you to hold a strong therapeutic presence - creating what you want in your life with more ease.

You’ll discover how to discern when you’re becoming depleted, and learn simple skills for replenishing in the moment. This enables you to approach each client, each life situation, with renewed energy and enthusiasm and enjoy a long healthcare career as well as a rewarding life.

You’ll also learn the Five Principles of Joyful Living that give you clear guidelines for optimal functioning in your world – how to make the most of every situation you encounter, be it professional or personal regardless of your modality or lifestyle.”

### **What are the Key Definitions in Healing From the Core?**

**Grounding:** is the skill of being able connect through your feeling senses, to the ground under you, or the chair you are sitting on, or to any other energy resource. In HFC we focus on grounding into or connecting with unconditional, healthy resources.

**Healthy Boundary:** is the awareness of knowing where you stop and the rest of the world begins. You have the power to say “yes” or “no” to those who want to cross your boundaries. We generally think of our bodies and especially our skin as our physical boundary, not to be crossed by anyone without our permission. A healthy emotional boundary does not accept words or energy directed our way that is not healing or appropriate. A healthy boundary allows nurturing resources in, and filters out what is life-taking or draining.

**Therapeutic Presence:** is the capacity to hold a healing space for another person or living being by your calm, centered quality of being. Although this presence is independent of what you may know how to do therapeutically, it greatly augments whatever technical skills you may already have. It is a quality of being, that is healing, steady and safe for those in contact with you.

### **What is the specific value of this curriculum for Physical and Occupational therapists?**

This curriculum provides practical, clear and established skills to develop therapeutic presence, an integral skill to maximize treatment outcomes for the patient. This skill is imperative because evaluation of each patient must be thorough and complete. Maximizing therapeutic presence allows the practitioner to fully create a treatment program that is specialized to meet the needs of the client. It teaches the practical skill such that whatever modality is being used, the therapeutic outcome is amplified and attained with greater ease.

In addition this curriculum includes movement re-education for those with pain or neurological dysfunction, breath techniques for those with compromised systems, as well as those dealing with stress. The benefit to the therapist from the course directly effects their client outcomes as well as the side benefit of learning how to reduce burn out and maintain energy for themselves.

### **How does this curriculum strengthen the skills of practitioners of CranioSacral, Lymph, Visceral or the Brain Curriculum?**

1. Our students say that the therapeutic presence and grounding make it much easier to feel the subtle rhythms of the CST, lymph, visceral and brain systems. The neutrality of their presence allows their palpation skills to be amplified and refined. Proprioception is sharper and therapists can feel more.
2. Another skill taught is how to have healthy boundaries without losing the connection that is so integral to doing good hands-on work.
3. Therapists report that their clients relax more under their touch because the therapist's presence non-verbally signals that they are a steady, reliable resource for their healing process.
4. People who practice the skills learned in the HFC courses and audio series regularly report that they often end their day with more energy than they did previously.

### **Who else can benefit from this curriculum?**

- Parents of special needs children
- General caregivers, especially those caring for elderly parents
- Therapists
- Teachers
- Athletes
- Mental healthcare professionals
- Advanced bodyworkers wanting to get more out of their practice
- Anyone involved in an emergency situation
- Anyone at a crossroads in their lives and confused about their direction
- Anyone simply trying to manage an overly busy, stressful life

### **What are the high points of this curriculum?**

1. Learn how to hold a strong therapeutic presence that maximizes treatment outcomes, prevents burnout and helps you enjoy your work more.
2. Discover how to assess your energy reservoir throughout the day to combat exhaustion.
3. Explore the Five Principles and why they're vital to your practice, regardless of your preferred modality.
4. Reconnect to natural energy habits to rejuvenate yourself and stay energetically full.
5. Find out how to establish and maintain healthy boundaries at work and at home.
6. Integrate internally inspired movement to heal the nervous system, improve concentration levels and replenish yourself.
7. Practice simple patterns of breathing that can calm the nervous system to reduce the chronic "fight or flight" response in you and your clients.
8. Take away step-by-step protocols for holding a strong therapeutic presence for yourself and others, using touch and without touching.

### **How can I sign up to take a Healing From the Core workshop near me?**

Go to the Upledger Institute, Inc. website at [www.upledger.com](http://www.upledger.com) under "classes" or call 800-233-5880.

### **Is there a way for me to get this material if I cannot take a course?**

*The Healing From the Core: A Journey Home to Ourselves* audio series is a valuable way to learn the material if you live too far or have restricted access to a course. The audio series is made up of explorations, actual experiential work to teach you the skills of grounding, therapeutic presence and healthy boundaries. To learn more out the audio series, go to the Upledger Institute, Inc. website at [www.upledger.com](http://www.upledger.com) and click on the "shop" navigation button, or call 800-233-5880.