



## Program Description

Many bodyworkers and manual therapists recognize spontaneous tremoring in clients as a common phenomenon arising from manual treatment, and most understand it to be a natural and beneficial sign that the organism is adjusting and responding in useful ways.

Neurogenic Tremor Release Technique (NTRT) is a manual treatment approach that recognizes that the human organism possesses an innate homeostatic mechanism in the form of *neurogenic tremors* that functions to restore the person to health and well-being after physical or emotional stresses or traumas. With this method we learn how to intentionally invoke this gentle tremoring or vibration in the body in order to facilitate the return to homeostasis.

This workshop will teach a method of reliably eliciting the neurogenic tremor mechanism in order to use it to *observe tension relationships* in the body, *assess movement patterns* across structures and joints, *down-regulate elevated sympathetic tone* in the body, *safely renegotiate imprints from the freeze response*, and otherwise restore function and vitality to our clients.

Open to licensed bodyworkers and manual therapists, this workshop will cover:

- a neurophysiological model for understanding the tremoring phenomenon
- a method to safely elicit and facilitate the tremor mechanism on the treatment table
- an exploration of different manual treatments and their role with facilitating tremoring
- demonstrations of integrating tremoring into a bodywork treatment session
- practice sessions working with the tremor mechanism on the treatment table
- guidance on tailoring the use of tremoring to your practice setting and modality
- using our basic human qualities such as compassion, connection, and curiosity to enhance our therapeutic presence