

## **Shiatsu for Physical and Emotional Pain Conditions**

A seminar with Wilfried Rappenecker

Experiencing physical or emotional pain is one of the most common reasons why people come to our Shiatsu practice. For our work it is important to understand that pain is always experienced subjectively. Even if we can observe clearly visible physical and emotional symptoms of pain, pain is never *objective*. Pain is always what we experience, and this experience is always *subjective*.

The experience of pain is influenced by physical, emotional, and social factors. Physical and emotional stress and strain, considered a rather positive challenge by some, can mean barely tolerable pain for others.

It is further important to distinguish between different causes of pain. Pain may be due either to an injury or overstimulation of tissue, generally of an acute nature, occurring at the time of injury and with an obvious cause; for instance, a sprain, hyperextension or burn. Or there may be pain where *ki* stagnation, and therefore also fear and resistance, play a significant role. These are predominantly chronic, multi-factorial pain conditions, whose causes tend to be unclear, e.g. chronic shoulder or back pain.

Since most pain conditions represent a combination of both, a wide range of treatment strategies are possible. We can support the natural potential for self-healing by working with pronounced stagnation patterns where it appears meaningful. As a result, the affected area will be able to communicate better with the entire body space, leading to better conditions for healing. The empathetic and insightful dialogue with the client, the relaxation, as well as the positive physical and emotional body experience during the Shiatsu treatment will allow the pain to appear in a different, less threatening light to the client. This will encourage them to experience themselves differently and to pursue new paths.

What I have described above applies to both physical and emotional pain conditions. Emotional pain, too, often tends to manifest most clearly in particular areas of the body, where we can address the pain directly and sensitively with the techniques of Local Shiatsu. Clients will discover that they are able to feel and experience differently. In the accompanying dialogue we can explore together what kind of changes in their everyday life, and how they deal with their pain, can bring relief or even complete resolution.

Topics of this seminar:

- What is pain and how is pain experienced – a bio-psychosocial model
- Differentiating acute and chronic pain; nociceptive and neuropathic pain
- Pain memory, fear and resistance

- Perceiving the person as a whole and the accompanying dialogue
- The practice of pain treatment in different areas of the body (joint pain, back pain, menstrual pain, headaches)
- The techniques of Local Shiatsu for painful areas
- Shiatsu for emotional pain
- The importance of resonance areas in the treatment of pain
- Tips and helpful hints for dealing with pain

Alternatively:

By attending this seminar you will:

- Gain a deeper understanding of pain and the experience of pain
- Gain a better understanding of the significance of fear and resistance in the context of pain
- Be able to recognize the meaning of *ki* stagnation with regards to pain
- Become familiar with an effective treatment approach to local pain conditions
- Gain practical experience with the techniques of Local Shiatsu
- Understand and apply the significance of resonance areas in the treatment of pain
- Understand how to work meaningfully with pain conditions
- Gain an understanding how to support a person in the accompanying dialogue

Please refer to my article 'What is Pain from the Perspective of Shiatsu?' on my website:

[https://wilfriedrappenecker.eu/wp-content/uploads/2019/11/WRappenecker\\_Schmerz.pdf](https://wilfriedrappenecker.eu/wp-content/uploads/2019/11/WRappenecker_Schmerz.pdf)

**Suitable for Shiatsu practitioners and advanced students (during the second half of a recognised Shiatsu training).**