

# Fascia!



(<https://www.homecountiescaninemassage.co.uk/hc-articles-blogs/what-is-myofascial-pain-and-how-massage-helps-a-dog-that-suffers-with-it>)

**Emotions in Motion** (<https://www.karger.com/Article/Fulltext/464149>)

Every body structure is wrapped in connective tissue, the fascia, creating a structural continuity that gives form and function to every tissue and organ. The fascial tissue is equally distributed throughout the entire body, enveloping, interacting with and permeating blood vessels, nerves, viscera, meninges, bones, and muscles, creating various layers at different depths and forming a tridimensional metabolic and mechanical matrix. The fascia constitutes an organ that can affect an individual's health.

## **Myofascial Interoception**

Some pioneers of psychotherapy had the intuition to connect emotions to the body system. Wilhelm Reich, a student of Freud, considered the psyche as a mind-body functional unit; in his view, the body attitude reflects the psychological attitude [18]. The psychotherapist Alexander Lowen, a student and patient of Reich, continued the reflections of his teacher, deepening the concept of the body-mind relationship; according to his concepts, a long-term negative emotion can affect the body's response, altering the patient's posture [19]. They did not have full knowledge of the fascial system, but their ideas opened the way to the understanding of the body as also being emotion.

## THE BODYMAP – A PRECISE DIAGNOSTIC TOOL FOR PSYCHOTHERAPY

(<https://www.bodydynamic.com/blog/the-bodymap-a-precise-diagnostic-tool-for-psychotherapy/>)

This article continues our presentation (3, 4) of how a modern knowledge of human functioning is contributing to the development of a new language for psychotherapy. An important part of this language becomes available when the body is included as part of psychotherapy. Understanding how historical information is encoded in the body, particularly in the voluntary musculature, offers a more direct access to a person's understanding and experience of himself. A knowledge of anatomy, of the muscles and their psychomotor functions, allows one to "speak the language" of the body, allows one "to dialogue with" the body at a primary process level. In contrast, most verbal psychotherapies are based on a person's secondary process, their own verbal descriptions of themselves.

### More useful links:

[https://www.researchgate.net/profile/Sol-Petersen/publication/280315367\\_Ten\\_Steps\\_to\\_Fascial\\_Fitness/links/55b219c908ae9289a0850028/Ten-Steps-to-](https://www.researchgate.net/profile/Sol-Petersen/publication/280315367_Ten_Steps_to_Fascial_Fitness/links/55b219c908ae9289a0850028/Ten-Steps-to-)

### Fascia Explained - Sacred Postures

<https://www.gaia.com/video/sacred-postures-quantum-consciousness>

[Fascial-Fitness.pdf](#)

<https://www.google.co.nz/url?sa=i&url=https%3A%2F%2Fwww.listennotes.com%2Fpodcasts%2Fholistic-health%2Fep-2-fascia-emotion-and-stress-KA2IRSZoH9Q%2F&psig=AOvVaw1pdYhYZvDqZfbVpAV5sl-o&ust=1678863088857000&source=images&cd=vfe&ved=0CBIQ3YkBahcKEwiopo7G6tr9AhUAAAAAHQAA AAAQIA>

### ... Take your pick:

[https://scholar.google.co.nz/scholar?start=10&q=Fascial+AND+Psychotherapy&hl=en&as\\_sdt=0,5&as\\_vis=1](https://scholar.google.co.nz/scholar?start=10&q=Fascial+AND+Psychotherapy&hl=en&as_sdt=0,5&as_vis=1)

### Fascia in Movement



## Motion is Powerful to Emotion

Executing motion

Observing motion

Images of motion



(Fascial stretch)