

PRACTITIONER SKILLS STEP-BY-STEP

"If you feel that you are not connecting, go back to the previous step"

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| ① Skills of BEING | Centering & Grounding
Neutral; not coming or going
Stillness; Accessing the Neutral |
| ② Skills of RELATIONSHIP | Presence & Contact, not too close or too far
Soft hands
Wide perspective Viewing, not tunnel vision
Compassionate; sympathetic but not enmeshing or abandoning |
| ③ Skills of LISTENING | Listening generally, letting client "feel heard"
Listening specifically, differentiating fluids vs. tissues, etc.
Soft Hands; positions & "listening stations"
Tuning into the "Health of the system"
Differentiating "activation" vs. resourcing" |
| ④ Skills of CONVERSATION | Active Listening
Probes & challenges; posing questions non-verbally and verbally
Follow expressions to fullness and suggest "wait"
Keeping body-centered; tracking sensation
Guide building of, and orienting to, "Resources"
Support & manage gentle cycling between expansion & contraction |
| ⑤ Skills of RECOGNITION | Craniosacral phenomena: biodynamic, tidal, embryological
Three Principles
Involution vs. Evolution; pulses & body reading
Sun & Moon: relationship dynamics & emotional implications
Noticing Expressions: verbal, body reading, hand movements
Symptoms & Life History
Five Elements
Body, face, voice, story content
Noticing Expressions: verbal, body reading, hand movements
Symptoms & Life History
Structure & Function
Birth Phenomena |