

Touch for Repatterning Workshop

taught by Peggy Hackney

LIMS 40th Anniversary Conference, June 1, 2018

Integrated Movement StudiesSM has developed a “Touch for Repatterning”sm Curriculum that is Service Marked. All of our founding faculty members (Peggy Hackney, Pamela Schick, Janice Meaden, and Ed Groff) were trained by Irmgard Bartenieff.

We built our approach on what we believe were a few of Irmgard’s underlying Perspectives:

1. Work with the Whole Body, even when working on an area or part of the body.
Be with the Whole Person.
2. Locate the **Boney Landmarks** that are changing their relationship with each other in the desired movement. Be clear where these Boney Landmarks are moving in terms of the Spatial Pulls.
3. Design exercises that stress the clarity of Spatial Intention.
4. Emphasize the moment of the Preparation and the Initiation of the movement in the repatterning process.
5. Recognize that change will not happen unless the client/student is **motivated from within**...i.e. Change is a process, and whether it is motivated from within or without (perhaps desire to improve to get a job as a dancer, or to win at sports) an Inner Commitment is required as the change process is happening.
6. Expression and Function are patterned together.
7. Integration into life experience is necessary for the change to endure.

Members of our IMS team continued to develop our work together over the course of over 30 years. (see next page...)

Here is a bit of history about our Hands-on backgrounds that fed into our “Touch for Repatterning”SM Approach :

In addition to working with Irmgard for nearly 15 years, I co-taught with Irene Dowd in NYC for numerous years. As many of you know, Irene is a master at using Touch.

Our founding IMS team (Janice, Pam, Ed, I) all worked together privately (one-on-one), and also assisted each other’s classes, exploring what types of touch seemed to be effective in various sorts of student/client situations.

Janice is also a Certified BMC Practitioner, and I have studied many times with Bonnie Bainbridge Cohen over the years, as well as with Martha Eddy and Sharna Allison.

Pam Schick & I also both worked in Physical Therapy clinics for about 5 years each. And Ed Groff and I are certified Massage Therapists.

In short our IMS team has done a lot of work with touch and facilitation of others, and we love sharing it with others!!

In addition to the above listed principles we learned from Irmgard, we have stressed the following in our IMS Certification Programs:

New Sensations that lead to Simple Actions, and Simple Actions that can layer and combine into Complex Movement.

- **Effortful Phrased Touch** that conveys a sense of dynamism in both Exertion and Recuperation phrases.
- Touch that uses a full range of Body, Effort, Shape, and Spatial aspects and is adapted to the client's needs in terms of depth as well as specific characteristics, such as **Mode of Shape Change** that can aid **Spatial Intent**.
- **Names for specific types of touch**—This provides an ease of identifying what we are doing as we teach our students.
- **Reintegration of the new sensation or skill into whole body movement.**

Our current Certification Faculty Team includes Janice Meaden, Cadence Whittier, Colleen Culley, Brenton Cheng, Lisa Wymore, Kim Brooks Mata, Daniela Wancier, and myself.

I hope to work in this class today on Flexion-Extension and Gradated Rotation in the ilio-femoral joint...**or** with full range of motion in the gleno-humeral joint. **Let's take a vote on which to emphasize and get moving!!**

If it is possible within this group here...Please choose a partner to work with whom you feel you know and can trust.

YOU HAVE THE RIGHT TO SAY "NO" TO ANY TOUCH THAT DOES NOT FEEL RIGHT TO YOU.

