

## **Invitation to Reflex Response®**

Some see Reflex Response (RR) as a separate element of the Trager® Approach, a sort of appendix that might be offered in a session on its own in some rare situations. This is a misconception. RR is a powerful tool we bring to our work that can be integrated into any and every session to assist, deepen and complement the rest of our Trager work.

That said, the effective use of RR has specific requirements of both the practitioner and the client. Creating awareness of these and learning to work with them is the foundation of the RR trainings.

Reflex Response is founded in the Trager Principles, and to be effective it must be underpinned by some additional principles. For example, it often involves some 'instruction' to the client to gain their cooperation and ensure their attention is focussed. It is with this focus and cooperation that the magical wave of the Reflex Response can be effectively elicited. This 'wave' travels quickly and directly through the body, creating an instant response in the client's system via connection with their unconscious mind. It is elicited through a very specific way and quality of touching and guiding. Mentastics are also integral to RR and are experienced in a playful, creative and constructive way in RR trainings.

The aims of Reflex Response are equally specific. It can be used to activate weakened tissue, bringing it 'back on line', back into the awareness of the whole body system (for example following injury, strokes, with Multiple Sclerosis or post-surgery). It thus allows for body parts that have gone 'off-line' to be integrated back into the whole body image, both

functionally and in terms of the client's physical self-awareness. It can also be integrated into a session where there may be no obvious pathology, to target particular pathways of tension-release that have arisen through the client's postural and mental holding patterns.

The Basic Reflex Response trainings introduce and expand our understanding (including some basic Anatomy and Physiology) with the aim of deepening our connection with this unique, specific and adaptive use of touch.