

## Facilitating A Patient's Therapeutic Progress

### Subject: Talking During Treatment

As therapists it is our responsibility to discipline ourselves, to be centered and to educate our patients in the value of silence so that they can access their healing wisdom. Only when the therapist and patient are deeply centered in mutual silence do the depths of their wisdom merge with universal wisdom for authentic healing to occur.

For years I have recognized that great therapists have an intangible quality that differentiates them from the average therapist. I have become aware that our educational training focused on the conceptual aspect of our consciousness ignoring our deeper consciousness where our wisdom lies. In my seminars I have been labeling our intellectual side as Channel 5.

Our educational system taught us what to think, not how to think! Unfortunately, this was not true education, but instead was mass hypnosis forcing us to memorize "facts" while ignoring or ridiculing our intuition, instincts and wisdom, which I label Channel 3.

Traditional therapy and medicine imposes its will trying to force logic on an illogical body. The channel 5 mentality vainly focuses on "fixing" symptoms.

As one moves deeper into Myofascial Release we realize that our past traditional training crippled us by forcing us to memorize a paradigm of reality that is terribly flawed, erroneously based on principles that ignore an entire physiological system; the fascial system and the mind.

One of the greatest barriers we as therapists have to hurdle is unshackling our mind from the intellectual prison enforced upon us. Rational thought, logic and intelligence is important, but we must have the courage to expand into the very important type of intelligence based on feelings (Channel 3).

Interestingly, a few weeks ago in an article titled, "The Secret Skills of Leaders" in the magazine US News & World Report, these points were made describing what traits great leaders possessed. German sociologist Max Weber called it "the firm taming of the soul: Today psychologists call it "emotional intelligence". (EQ)

Psychologist Samuel Goldman says that emotional intelligence is the overlooked yet essential ingredient of leadership. In "Primal Leadership", his book due out

this spring, Goldman argues, "that instinctual intelligence is the primary factor that distinguishes great leaders from average ones".

A balance of both IQ (Channel 5) and EQ (Channel 3) is essential for great leaders and therapists alike. Myofascial Release performed at the highest level allows the patient to expand beyond Channel 5 into Channel 3 where authentic healing can occur.

The traditional model of reality thrust upon us gave us the false impression that we are small, inconsequential, helpless, and so we identified with the limited "false ego". In fact, neuroscientists have discovered that the database available to our subconscious (Channel 3) EQ is in excess of 10 million to one of that of our intellect (Channel 5). So we mistakenly identified with this miniscule aspect of consciousness and we now need to correct this error by identifying with the vastness of our loving essence and the incredible, authentic power of our feeling intelligence (Channel 3).

Our goal is to continually develop the prodigious power of our feeling intelligence EQ, as therapists to help our patients tap into the healing power of Channel 3 where our intuition, instinct and wisdom expresses itself in the most loving way. I feel that the conversation about talking during treatment may have left some patients confused. Myofascial Release therapists listen to their patients, but more than hearing their words we are also reading their body language, repeated phrases (patterns) and the emotional tone of their words or phrases. This tells us much more than the words, for this is the patient's EQ or emotional intelligence speaking from their bodily wisdom.

After the first few treatments, too much talk, anything over 10% of a treatment session can be the patient's way of denying or camouflaging their deeper inner fears. It takes courage for the patient to feel these deeply held emotions. It is our role as the therapist to gently guide them into their inner silence so that the hidden information and deeply held emotional patterns stuck in the subconscious can emerge for true healing to occur.

If the patient insists on talking incessantly that is their choice; however, they came to their therapist for their experience, guidance and wisdom. And if the patient insists on controlling the session and ignoring the advice, they may be denying themselves of the most meaningful healing experience of their life.

Hasn't it been said, "silence is golden?"

Sincerely,

John F. Barnes, PT