



Presencing

JACK BLACKBURN'S NEWSLETTER

Issue 9 Part B – October 2008

Trillium Institute

Trillium Institute – Center for Professional Development in Bodywork



The time for support has come: Many changes have happened in the last few years in the world of professional Bodywork and in the economic outlook for our clients and ourselves. Leading schools have changed or been closed down. Schools for licensure are changing their curriculum – in some cases these changes are broadening our professional identity; in some cases they are narrowing our scope of practice. Many new courses are being offered for continuing education. Many new persons are emerging as teachers. How does one make sense of the new offerings? Is this a fertile time to grow our concepts of our educational needs and how we see our profession changing?

Cornelia Gifford, former director of Brian Utting School of Massage, and I have been brainstorming what kind of facility could provide a whole spectrum of support for Bodyworkers. We have a sense that the physical space for gathering would have: lots of natural light, privacy, be in a quiet area, be accessible at various times of the day, have easy free parking and be reachable by public transportation. We also envision a space that has at least two large classrooms and a variety of group meeting rooms and treatment spaces. In early August we saw a building that seemed to exemplify our vision.

On-line Survey: Now we are bringing this vision to you for your feedback and your own insights. The link below is to an on-line survey site where we hope to gather as much input as possible. There are 15,000 LMPs in Washington State. This newsletter reaches about 2,500 practitioners and other interested parties. Ideally we would like to reach them all. As I announced in my last issue of *Presencing*, I'm hoping that we can find a solution that meets the needs of Bodyworkers, that is cost effective, and moves us all further towards a thriving professional community. We hope that our enthusiasm is catching and that you can feel a



similar energy. If each of you passes the survey link on to your colleagues we can start to get enough input and support for our venture.



Two levels of input: The Survey has two levels of input - questions with a rating scale and easy short fill in examples. After the short responses we invite you to give more detailed input, based upon your experience, of what exists now as support and education. There will be a follow-up survey dealing with the business structure, membership, location, and financial questions. We are paying to use an on-line site rather than snail mail because of the tremendous costs involved in postage and in compiling the data. Last month I said that I would be using *Presencing* intermittently to support continuing education. I hope that after Trillium Institute is established to be able to focus my newsletter on issues that test the edges of conscious awareness and touch.

Survey Link:

http://www.surveymonkey.com/s.aspx?sm=l0MpUMwV6a8f0yzmn6oKAO_3d_3d

Please fill out the survey in a timely manner... also give us your feedback about the direction we are taking so that we can adjust our sights accordingly.

Possible Services of Trillium Institute

Continuing Education that is designed and orchestrated to meet the real needs of experienced practitioners. What are the areas of training that could not be covered in massage school? What are the areas of your work experience that bring up issues, needs, and questions? What if you were able to design the courses you want and need? At least three types of CEUs classes are envisioned:



Ongoing classes: with regular weekly meetings - possible examples

- Business Planning and Marketing Skills
- Understanding and Working with Different Psychological Conditions
- Understanding and Working with Different Medical Conditions
- Creative Writing for Bodyworkers
- Developing Our Palpation Skills

- Exploring the Systems of Proprioception
- Paradigm Development in Hands on Therapies
- Working with Difficult Clients
- Creating your own Web Site, Mentoring Skills
- Teaching our Clients
- Writing and publishing
- Certified Proprietary Core Trainings (e.g. Trager, Feldenkrais, Rolfing etc.)

Weekend Advanced Training seminars: with specific course material that can help you build your confidence and competence:



- Introductory Classes for Proprietary Modalities
- Refinement Classes in Traditional Bodywork
- Instructors from other Caregiving Professions
- Local CEU Instructors
- Introductions to the Above Ongoing Classes
- Pilot Classes

Refinement classes: in different modalities that allow you to learn principles and concepts of cooperating proprietary Bodywork modalities outside of certification programs. Also we intend to invite teachers and practitioners from other caregiving professions to present courses like:

- Body-Centered Counseling Techniques
- Psychological terminology
- Medical and biological research
- Understanding mental health concepts
- Using on-line Medical and other Care-giving
- Professional resources
- Case Management Skills
- Concepts that help us better understand our clients' conditions
- Mixing words and touch to support our bodywork sessions
- Basic understanding of other care giving professions
- Developing your own forms of bodywork
- Designing your own curriculum - independent study





Support Center for Groups: We recognize that most bodywork practitioners work alone and have little contact with their peers. A primary function of Trillium Institute is to create an on-going Support Center for Bodyworkers. We have thought of various kinds of support both in terms of physical space and on-line space.

- Liaison groups - with AMTA, ABMP, ABP, etc
- Support groups - ongoing professional development
- Study groups - around particular subjects like neuropathy, Alzheimer's, Parkinson's, and MS
- Seminars - for instance exploring/comparing different types of Bodywork
- Writing groups - support in professional publications, blogs, newsletters
- Teacher groups - exploring latest teaching tools, online, inter-professional team teaching

Supervision Groups: We want to use Trillium institute facilities to create practitioner supervision groups, to teach the basic skills and methods of supervision, to generate guidelines and provide supervisory facilitators to help groups get started, to publish a Trillium Institute manual on supervision for Bodyworkers including case study reports. We see Trillium Institute also as a place where Bodyworkers can socialize, meet in groups, organize interest groups, and focus upon building public understanding and respect and maturing our profession.



On-going supervision: individual, group, peer, and clinical

- Learning supervision principles and skills
- Training as professional Supervisors
- Formal supervision - writing and presenting case studies



Research Development Center We hope to create a network between local bodyworkers and the various research projects that are currently being developed around the country and the world. There are 15,000 well-trained Bodyworkers in this state. Many of us have had experiences with our clients that we are trying to understand. Seattle can be a hub for research because of the high caliber Bodywork training and the college campuses situated in and around Seattle.

We hope to support: those who would like to learn how to do research, those who would like to provide information on the latest research in touch therapies, courses (possibly affiliated with local universities) that fill in gaps in practitioners understanding of research methodologies and design, grant proposals, and publication.

Teacher and Course Development Center We want to create a learning environment for those of you who want to develop courses in Continuing Education. In some cases these courses will be taught by the students themselves... for instance a study group that picks a subject like Working with Touch-Sensitive Clients to study on their own. In some cases a member might decide to teach a pilot course in order to get feedback from participants. We want to support such enterprises as well as the development of teacher-training curriculum for persons who want to become teachers and for teachers who want to refine their skills and courses. We also want to help new teachers and experienced teachers get local and national certification for themselves and their courses.



Center for Professional Development We want to dedicate a certain amount of the physical space of Trillium to Professional Development. What are the areas in which Bodyworkers can support one-another's growth? How can a physical or on-line center help to facilitate that growth? What are the misconceptions about our profession that we can change? Can we supply training for mentoring and tutoring to practitioners who have years of

experience to pass on to newer practitioners? Can we create conditions in which other professional caregivers in medicine, psychology, counseling, physical therapy etc can learn from us? Can we all work together to change and mature the scope of practice for Bodyworkers that recognizes the real benefits and methods we use with our clients? Can we help raise the bar of training and experience for Bodyworkers so that we are not seen as providers of support services for other caregivers?

Facilities for Professional Development:

- Physical space to meet with other practitioners
- Internet space for discussion with other professionals
- Self-care opportunities - receiving sessions, coaching, supervision
- Work-study groups toward advancing our profession
- Networking opportunities - professionals and supporters of our work
- Union of Concerned Bodyworkers



On-line Interactive Web Site We intend to establish an on-line site for Trillium Institute where Bodyworkers can be apprised of the latest information on Continuing Education offerings in the State of Washington and the Northwest. This on-line site will include Continuing Education listings, links to the class instructors, places for feedback, links to sample videos and course materials. We want to create a site that can be kept up to date by instructors and where the fees for advertising are kept to a minimum but also be highly informative.

- Developing our own web sites together
- Classes in network usage and design
- Usefulness of blogs, newsletters, interactive web sites, surveys
- Dedicated to project of building interactive network of Bodyworkers
- On-line interest and supervision groups - extending Trillium Institute services through the web
- Study guides, course manuals for registered students, course book links
- Providing course feedback, teacher philosophy, links to their web sites

Bringing it all together Part A of this newsletter came out at the beginning of August. Many of you have been waiting expectantly for this part that spells out



more details of what we are proposing for Trillium Institute. Your reactions so far have been very positive. Our efforts are focused on developing support opportunities for licensed bodywork professionals. Professional Associations like the ABMP and the AMTA and the various proprietary organizations have been working over the years to garner more professional recognition of the effectiveness of touch for relaxation and for therapy.

We all know of many situations and outcomes that happen with clients that are different than what is usually taught as our scope of practice. We envision a

Center of Professional Development where bodyworkers can support one-another in growing our own understanding of client benefits and confidence for new approaches that have grown out of our own work. Please join with us in creating these next steps in growing and maturing our profession. We look forward to your responses and ask you once again to pass the newsletter and survey link on to as many of your colleagues as possible.

Thank you and blessings,
Jack Blackburn and Cornelia Gifford, October 2008