

Paula Derry
Shiatsu/Integrative Bodywork

What is Shiatsu/Integrative Bodywork?

Paula combines shiatsu with a variety of other approaches to integrative work, using whatever approach would be helpful or needed for a particular person at a particular time. Shiatsu is based on the idea in Chinese medicine that energy (chi) flows freely and abundantly in a healthy body. The goal of sessions is to encourage the balanced flow of chi, which is experienced by the receiver as feelings of deep relaxation, physical well-being, wholeness, and greater awareness of both positive and uncomfortable states. When energy is balanced, the body can better follow its natural impulse to heal itself. The sessions might combine shiatsu with zero balancing, myofascial massage, imagery, breathwork, or other practices. Paula's role is that of a facilitator, educator, and consultant. The sessions are not psychotherapy.

Paula's practice is focused on helping people become relaxed, energized, centered, empowered, embodied, integrated, and able to move forward in their lives; reducing stress and its physical effects; and encouraging feelings of safety and well-being.

Goals of the sessions include:

- Deep relaxation;
- Fewer stress-related symptoms such as fatigue, anxiety, physical symptoms like headaches;
- Relieving muscle tension and stiffness;
- Greater sense of well-being, clarity, and wholeness;
- Greater awareness;
- More complete connection of body, mind, and spirit;
- Increasing the ability of the body to heal itself

What is a session like?

The receiver lies on a massage table or on a mat on the floor fully clothed while the giver touches points on the pathways of energy and gently moves the limbs and other parts of the receiver's body. Other hands-on techniques such as myofascial massage may also be used. The sessions cultivate a shared attitude of attentiveness, even of meditation, and heightened awareness in the receiver of his or her own experience. Everyone has a different experience, and every session can be different. Feeling relaxed, energized, solid, clear, groggy, or tired are all common. Some people have images, memories, emotions, or thoughts. The sessions should not be painful; however, there may be discomfort or sensitivity from sore muscles, a sensitive energy pathway, emotions, or increased awareness. The bodywork may be combined with conversation to clarify concerns, engage in problem-solving, or facilitate planning