

# Deepening Somatic Presence: how relaxing (Reichian) armouring bands aids the process

## *Experiential Workshop* offered by **Clare Myatt**

For those curious about the role of the body in the process of becoming deeply present for focusing, this experiential workshop provided an opportunity to explore how our personal history affects how we hold our bodies, and what difference that makes.

Working with the armouring bands first codified by Wilhelm Reich (developed by Alexander Lowen, Moshe Feldenkrais, F. M. Alexander and others) we experimented altogether and in pairs. We drew on the armouring bands depicted in Stanley Keleman, Ph.D.'s book *Emotional Anatomy*:

- Ocular (eyes)
- Oral (mouth)
- Throat
- Chest
- Diaphragm
- Abdomen (belly)
- Pelvic Floor

These are the other resources recommended for further exploration:

### BOOKS

- **Stanley Keleman:** *Emotional Anatomy* (1985) (informative diagrams of armouring bands) and *Embodying Experience* (1987)
- **Richard Strozzi-Heckler:** *The Anatomy of Change: a way to move through life's transitions* (1993) and *The Art of Somatic Coaching: embodying skillful action, wisdom and compassion* (2014)

### ON THE WEB

- Useful summary of **Wilhelm Reich's** original contribution to the field <http://energeticsinstitute.com.au/psychotherapy-counselling/characterology/reichs-segmental-armouring-theory/>
- **Stanley Keleman's** video introduction to DVD accompanying *Emotional Anatomy* <https://www.youtube.com/watch?v=1NJU7iFGyT0>
- Interviews with **Stanley Keleman** <http://usabp.org/wp-content/uploads/2013/10/The-Stanley-Keleman-Special-Supplement.pdf> published by

Somatic Psychotherapy Today | Fall 2014 | Volume 4, Special Supplement

- **Clare Myatt's** website for workshops and other resources [www.claremyatt.co.uk](http://www.claremyatt.co.uk)

### **Clare Myatt Biography**

Clare Myatt was Strozzi Institute's first Master Somatic Coach in the UK in 2005, previously licensed in California as a psychotherapist. She now practices as a therapeutic-coach, specialising in trauma and addiction, and teaching other clinicians "how" to be deeply present for their clients, drawing on her Focusing training.