



Groundworks: Narratives of Embodiment

*Emilie Conrad Da'oud, Michael Salvesson, Elizabeth Beringer, Darcy Elman, Michael Marsh, Robert K. Hall
M.D.*

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Groundworks gives accounts of the actual processes of working with individuals in six major schools of Somatics by either the creator of the method itself or a leading teacher of the method. The creators are Robert Hall of Lomi School, Bonnie Bainbridge Cohen of Body-Mind Centering, and Emilie Conrad Da'oud of Continuum. Leading teachers of methods include Michael Salveson on Rolfing, Elizabeth Beringer on Feldenkrais work, and Darcy Elman on F. M. Alexander Technique. Each therapist describes how he or she approaches and diagnoses a patient's problem, how he or she determines what and where to work, and the progress of a session. Each therapist shows the complexity of working with somatic processes and the resulting reward for client and therapist both.

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