



Lesson 9:

Introduction to the Cycle of Touch

Pathways of healing

When might transformational bodywork be the indicated treatment approach?

How might you create informed consent for using a transformational bodywork approach?

What are five goals of the *Connect* phase?

How would you define the term contact boundary?

In your own words, why does the body form armoring?

How might you distinguish armoring from a physical injury?





What can be inside of armor/somatic contractions?

What is the goal/intention of releasing armoring?

What are five goals of the *Empathy* phase?

What are five goals of the *Welcoming* phase?

Why do you think all phases rely on the connect phase as a foundation?

How does the cycle of touch help restore a sense of connection?

What physical qualities may arise in the body as connection is restored?

Which stage do think requires the most care and why?

