

Somatic Patterning recommended readings for a Somatic Psychology course

Section titles, page numbers, and exercises

Chapter 1

Somatic Patterning

(covers “*sensorimotor amnesia*”), pp. 8-9

Posture and Attitude, p. 11

Exercise #1--- Family Trends in Somatic Patterns, p.16

Defense Mechanisms pp. 24-27

Body-Mind Integration, Postural Integration

(*describes postural muscle function*), pp. 32-34

Chapter 2

Normal Spinal Alignment, pp. 41-42

Stabilizer and Mobilizer Muscles

(*describes muscle patterns in good and bad posture*), pp. 45-47

Exercise #7--- Finding a Neutral Position (seated spinal alignment), p.42

The Sensorimotor Loop: pp. 49-50

Holding Patterns and Pain, The Pain Cycle, Pain-Avoidance behaviors, pp. 56-58

Working with Pattern that Cause Pain, pp. 62 - 67

The Unlayering Process and Opening Pain, pp. 68-69

Exercise #12--- Assessing Chronic Pain, p.64

Exercise #13 --- Working with Holding Patterns

Chapter 3

Psychosomatic Approaches: pp. 94-95

Neurolinguistic Programming

Visualization in Healing Illness and Trauma

Somatic Awareness, Perception, Sensory Awareness,

Problems with the Perception of Pain, pp. 78-80

Chapter 13

Stress, The General Adaptation Model, Autonomic Flexibility, pp. 321-323

Progressive Muscle Relaxation, pp. 328-329

Exercise #124 --- Progressive Muscle Relaxation

The Relaxation Response, pp. 330-331

Exercise #126 --- Breathing for Relaxation

Chapter 14

How the Mind Lives in the Body, Stress and the Brain, pp. 332

Cognitive Therapy, Transcending the story, pp. 339-340

Exercise #127--- Transforming Negative Thoughts into Positive Ones

Tracking Responses, p. 341-342

Association, Dissociation, and Transference, Transference through Touch, pp. 346-347

Chapter 15

Body-Based Psychotherapy pp. 351-352

Reichian Therapy, Bands of Armor

(about postural patterns rooted in psychological issues), pp. 352-353

Touch and Psychotherapy, p. 354

Bioenergetics, Character Types, pp. 354-356

Fritz Perls and Gestalt Therapy, pp. 360-361

Focusing, pp. 361-362