

Day 111 Monday October 14, 2019

ATM Lesson #233 part 1 – Carol Kress

Flexion

CD#23/T01 [48 min] DVD#S09-1 Scene 1 [50 min] Source: Esalen #20

ATM Lesson #233 part 2 – Carol Kress

Flexion continued

CD#23/T02 [26 min] DVD#S09-1 Scene 2 [26 min] Source: Esalen #20

FI Exploration #130 – Carol Kress

Flexion #1

CD#23/T03 [80 min] DVD#S09-1 Scene 3 [80 min]

Discussion about what you learned in previous segments. Some of the basics. We are modeling our method. Demo with Liz. Interview. Parameters of how Carol approaches a new clients, different kinds of assessments. Started lesson in standing, moving Liz left and right. Following based on listening to the person, their movement. Carol puts Liz into a certain shape and see what emerges. After assessment has Liz on table on back with pads or no pads under head. Similar observations in lying. Carol self use/organization. Contact ribs then pelvis. Back up to upper chest and ribs. Working with breath. Lifting shoulders, space between shoulder blade and spine.

FI Exploration #130 continued – Carol Kress

Flexion #1 continued

CD#23/T04 [5 min] DVD#S09-1 Scene 4 [76 min]

Dyads practice. 30 minutes each. Interview, self use, listening, repeat things back, making rapport.

ATM Lesson #234 – Carol Kress

Heels under the pelvis #1

CD#23/T05 [50 min] DVD#S09-1 Scene 5 [50 min] Source:

Day 112 Tuesday October 15, 2019

Discussion #163 – Carol Kress

About difficult ATM lessons

CD#23/T06 [25 min] DVD#S09-2 Scene 1 [25 min]

Yesterday's lesson was physically difficult for some but the lesson is not about just doing the movements. Learning how to learn with a difficult lesson.

ATM Lesson #235 – Carol Kress

Breath, abdomen & chest

CD#23/T07 [56 min] DVD#S09-2 Scene 2 [56 min] Source: Esalen #14 Saika Tanden

FI Exploration #131 – Carol Kress

Flexion #2

CD#23/T08 [60 min] DVD#S09-2 Scene 3 [60 min]

Demo with Liz. In standing palpating spine and also sternum. Distribution of curves of spine. Assessment. Then lying on back on table. Checking pelvis lying on table. At head checking shoulders, ease of lifting. Reaching over to lift arm and bring to face, hold elbow with other hand, move shoulder girdle. Lifting leg in flexion effecting position of pelvis, hip joint, diagonally toward chest. Rotating in hip joint by moving leg in cardinal directions.

FI Exploration #131 cont – Carol Kress

Flexion #2 continued

CD#23/ [not audio] DVD#S09-2 Scene 4 [108 min]

Dyads practice 45 minutes each.

ATM Lesson #236 – Carol Kress

Heels under the pelvis #2

CD#23/T09 [47 min] DVD#S09-2 Scene 5 [47 min] Source: AY#191

Day 113 Wednesday October 16, 2019

Discussion #164 – Carol Kress

About yesterday ATM lessons

CD#23/T10 [10 min] DVD#S09-3 Scene 1 [10 min]

ATM Lesson #237 – Carol Kress

Feet and toes

CD#23/T11 [54 min] DVD#S09-3 Scene 2 [54 min] Source: AY#120

FI Exploration #132 – Carol Kress

Flexion #3

CD#23/T12 [31 min] DVD#S09-3 Scene 3 [92 min]

Demo with Liz. On back on table. Review lifting shoulders. Moving arm and shoulder with hand on ribs and elbow. Later working with lifted leg in different positions, circles with standing foot. Back to sitting at head lifting shoulder diagonally to other leg. Attaching hand to knee and moving shoulder and leg. Summary of new movements to explore: Lifting head, ways of holding arms, compression in shoulder joint, differentiation of opposite shoulder, eat beater/chicken wings, lifting head shoulder and holding; holding shoulder and head and moving to hold spine; support shoulder with standing leg having Liz reach hand to knee and riding along with movement; Then hold hand on knee and move in circle. Dyads practice

FI Exploration #132 cont – Carol Kress

Flexion #3 continued

CD#23 no audio DVD#S09-3 Scene 4 [54 min]

Dyads switch roles.

Discussion #165 – Carol Kress

Active Listening

CD#23/T13 [7 min] DVD#S09-3 Scene 5 [38 min]

Learn how to actively listen in the interview process. #1 Be attentive: simple acknowledgments, “go on”, “really”, “mmm”; #2 probing open questions/request clarification: “Tell me more”, “When was that?”, “How was that for you?”, encourage to keep speaking; #3 Reflecting and summarizing: “So if I understand you right”, “Does this mean that?”, “Would it be accurate to say?”, Avoid evaluating, analyzing while actively listening. #4 Reframing and leading: introduce new language that is more functional thinking, replace some medical language. Partners talk and listen for 12 minutes per person. Then switch roles.

ATM Lesson #238 – Carol Kress

Sidebending, lying on the back

CD#23/T14 [40 min] DVD#S09-3 Scene 6 [40 min] Source: AY#233

Day 114 Thursday October 17, 2019

Discussion #166 – Carol Kress

About Active Listening experience

CD#23/T15 [17 min] DVD#S09-4 Scene 1 [17 min]

Discussion #167 – Carol Kress

Flexion ATMs into FI lessons

CD#23/T16 [3 min] DVD#S09-4 Scene 2 [27 min]

Small groups review ATMs from training with theme of flexion. How can these lessons be applied to an FI lesson?

FI Exploration #133 – Carol Kress

Flexion #4, Giving Flexion FI

CD#23/17 [6 min] DVD#S09-4 Scene 3 [67 min]

Dyads giving each other FI based on flexion FI explorations of the last 3 days. 10 minutes beginning with interview, etc, 30-40 minutes middle and 10 minutes end of listen with bringing person up to standing, etc.

ATM Lesson #239 – Carol Kress

Heels under the pelvis #3

CD#23/T18 [48 min] DVD#S09-4 Scene 4 [48 min] Source: AY#192

FI Exploration #133 continued – Carol Kress

Flexion #4, Giving Flexion FI continued

CD#23 [no audio] DVD#S09-4 Scene 5 [58 min]

Dyads switch roles.

Discussion #168 – Carol Kress

About FI Exploration

CD#23/T19 [28 min] DVD#S09-4 Scene 6 [28 min]

ATM Lesson #240 – Carol Kress

Swing the leg on the side

CD#23/T20 [37 min] DVD#S09-4 Scene 7 [37 min] Source: AY#351

Day 115 Friday October 18, 2019

Discussion #169 – Carol Kress

About giving a full FI lesson yesterday

CD#23/T21 [36 min] DVD#S09-5 Scene 1 [36 min]

ATM Lesson #241 – Carol Kress

Heels under the pelvis #4

CD#23/T22 [39 min] DVD#S09-5 Scene 2 [39 min] Source: AY#193

Discussion #170 – Carol Kress

Moshe Video FI lesson with Rachel

CD#23/T23 [68 min] DVD#S09-5 Scene 3 [68 min]

Short intro and class discussion after Moshe Video.

Discussion #171 – Carol Kress

About working with children

CD#23/T24 [6 min] DVD#S09-5 Scene 4 [6 min]

ATM Lesson #242 – Carol Kress

Flexion for FI practice

CD#23/T25 [24 min] DVD#S09-5 Scene 5 [24 min] Source: AY#193

FI Exploration #134 – Carol Kress

Flexion #5, Guided FI based on ATM lesson

CD#23/T26 [59 min] DVD#S09-5 Scene 6 [59 min]

ATM Lesson #243 – Carol Kress

Painting the floor with the soul of the foot

CD#23/T27 [32 min] DVD#S09-5 Scene 7 [33 min] Source: AY#111

Day 116 Monday October 21, 2019

Discussion #172 - Carol Kress

Checking in about FI experiences

CD#24/T01 [16 min] DVD#S09-6 Scene 1 [16 min]

ATM Lesson #244 - Carol Kress

Twisting the spine by sinking the legs

CD#24/T02 [45 min] DVD#S09-6 Scene 2 [45 min] Source: AY#200 (Carriage of the head ATM Book #7)

FI Exploration #135 - Carol Kress

Prone #1, Intro tilting the legs

CD#24/T03 [51 min] DVD#S09-6 Scene 3 [51 min]

Demo with skeleton. On front, tilting legs opposite of nose. Moving proximally, pushing on ribs as tilting legs. Then opposite tilting and moving ribs. Which side gets shorter and which longer in these positions. Demo with Jeffrey. On belly with roller to support ease of staying on front. Jeffrey in standing assessing how he like to turn. Position of arms with one arm turned above head on face side and other along other side. Demo with skeleton on front rolling ribs, moving shoulder girdles. Back with Jeffrey, check his leg position. Back to skeleton on front lifting pelvis on one side. Then Jeffrey lifting pelvis. Palpating spine with hands on both sides first at sacrum, moving up the vertebrae. Back to show on skeleton. Back to Jeffrey, fingers sinking in to find spine bone without pushing. Then forearm in front of shoulder holding up shoulder girdle, taking over the work. Other hand on other side of neck, turning nose towards table. Show on skeleton. Back to Jeffrey and then lifting pelvis to allow turning of spine and other hand palpating each vertebra. Moving together and then opposite pelvis and vertebra.

FI Exploration #135c - Carol Kress

Prone #1, Intro tilting the legs continued

CD#24/T04 [3 min] DVD#S09-6 Scene 4 [68 min]

Carol summarized exploration. Dyads practice.

ATM Lesson #245 - Carol Kress

Heels under the pelvis #5

CD#24/T05 [43 min] DVD#S09-6 Scene 5 [44 min] Source: AY#195

Day 117 Tuesday October 22, 2019

Discussion #173 - Carol Kress

Checking in

CD#24/T06 [8 min] DVD#S09-7 Scene 1 [8 min]

Demo with Nancy on how to sit on heels.

ATM Lesson #246 - Carol Kress

Heels under the pelvis #6

CD#24/T07 [58 min] DVD#S09-7 Scene 2 [58 min] Source: AY#196

Discussion #174 - Carol Kress

About ATM lesson

CD#24/T08 [14 min] DVD#S09-7 Scene 3 [14 min]

FI Exploration #136 - Carol Kress

Prone #2, lifting & circling the shoulder girdle

CD#24/T09 [35 min] DVD#S09-7 Scene 4 [86 min]

Demo skeleton. Prone, lifting shoulder girdle and arm. Demo: Jeffrey. Jeffrey prone on table. Review from yesterday, palpating along spine exploring from sacrum towards head. Lifting side standing on opposite side, hands on pelvis and ribs. Lifting pelvis with one hand, other hand pushing on opposite side ribs. Check movement in shoulders and chest. Lifting pelvis from opposite side, watching what happens to elbows, shoulders. Taking leg of standing knee side to side. Back to lifting shoulders and also chest. Circling shoulder joint. On skeleton lifting shoulder girdle, then forward and back, then circling. Dyads practice first person.

FI Exploration #136c - Carol Kress

Prone #2, lifting & circling the shoulder girdle continued

CD#24 [no audio] DVD#S09-7 Scene 5 [56 min]

Dyads continue switching roles.

ATM Lesson #247 - Carol Kress

Contracting the abdomen while exhaling

CD#24/T10 [44 min] DVD#S09-7 Scene 6 [44 min] Source: AY#21

FI Exploration #137 - Carol Kress

Ending a lesson

CD#24/11 [16 min] DVD#S09-7 Scene 7 [16 min]

How to end a lesson. Demo with skeleton on back. Discussion about FI Exploration on front. Developing kinesthetic sense. How to bring the person up to standing. First, rolling the head, which way to have them shift weight. Then lifting foot to push and pull through skeleton to see movement through head. Bring to standing foot. Gravity and locomotion. Preparation for gravity. All preparation for bringing person to sitting and standing. Using rollers under knees and ankles.

Day 118 Wednesday October 23, 2019

Discussion #175 - Carol Kress

Checking in

CD#24/T12 [7 min] DVD#S09-8 Scene 1 [7 min]

ATM Lesson #248 - Carol Kress

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CD#24/T13 [47 min] DVD#S09-8 Scene 2 [47 min] Source:

FI Exploration #138 - Carol Kress

Prone #3, lifting and circling the shoulder girdle and tilting legs

CD#24/14 [29 min] DVD#S09-8 Scene 3 [92 min]

Demo with skeleton. Students call out exploration as Carol moves skeleton, a review from yesterday. Possible ways of lifting and circling the shoulder girdle. Tilting legs side to side, to get the hip joint into the picture. Joining both legs and taking side to side. For end of lesson, turn person over and follow from yesterday, turn head, turn to side, to sitting and standing. Dyads practice.

FI Exploration #138c - Carol Kress

Prone #3, lifting and circling the shoulder girdle and tilting legs cont.

CD#24 [no audio] DVD#S09-8 Scene 4 [67 min]

Dyads switch roles.

FI Exploration #139 - Carol Kress

Prone #4, hand under head and moving together

CD#24/15 [22 min] DVD#S09-8 Scene 5 [46 min]

Demo with skeleton. Carol sitting at head of prone skeleton. Sliding hand under chest and turning hand under head, turning nose towards floor with other hand. Bring hand under head and move united hand and head in circles. With 2 hands roll head to other side. Have person turn hand and go for ride. At side lifting pelvis to same direction as face. Bring lower arm up around head in preparation for turning head. Demo with Jeffrey.

ATM Lesson #249 - Carol Kress

Threading the legs

CD#24/T16 [30 min] DVD#S09-8 Scene 6 [30 min] Source: AY#377

Day 119 Thursday October 24, 2019

Discussion #176 - Carol Kress

Checking in

CD#24/T17 [11 min] DVD#S09-9 Scene 1 [11 min]

ATM Lesson #250 - Carol Kress

Leaning on the hands & twisting

CD#24/T18 [54 min] DVD#S09-9 Scene 2 [54 min] Source: AY#374

Discussion #177 - Carol Kress

Moshe FI lesson with Larry

CD#24/T19 [29 min] DVD#S09-9 Scene 3 [30 min]

FI Exploration #140 - Carol Kress

Prone #5, based on watching Moshe's FI with Larry

CD#24/T20 [3 min] DVD#S09-9 Scene 4 [72 min]

Carol summarized Moshe's lesson. Dyads practice.

FI Exploration #140c - Carol Kress

Prone #5, based on watching Moshe's FI with Larry cont.

CD#24 [no audio] DVD#S09-9 Scene 5 [63 min]

Dyads switch roles.

Discussion #178 - Carol Kress

Closure with Carol

CD#24/T21 [21 min] DVD#S09-9 Scene 6 [21 min]

About the 2 weeks with Carol.

ATM Lesson #251 - Carol Kress

Walking on the heels

CD#24/T22 [30 min] DVD#S09-9 Scene 7 [30 min] Source:

Day 120 Friday October 25, 2019

Discussion #179 – Diana Razumny

FI Alphabet and more

CD#24/T23 [72 min] DVD#S09-10 Scene 1 [72 min]

About transition about going back into your life. General ways of thinking about FI: 1) spinal movements, lengthening, 2) positions: on back, side, front, kneeling over table, sitting, walking, standing, all 4's, 3) ATM structures, active & passive. Dawne discussed value of reading the Guild Standards of Practice. Ev question about teaching series of lessons led to long discussion.

ATM Lesson #252 – Diana Razumny

Crawling

CD#24/T24 [44 min] DVD#S09-10 Scene 2 [46 min] Source:

FI Exploration #141 – Diana Razumny

Guided review, demo

CD#24/25 [26 min] DVD#S09-10 Scene 3 [26 min]

Demo with skeleton. First on back. Sitting at head, hand behind head, lift hand/head and move in various directions. At feet, push through leg into pelvis. Standing the leg and speak to whole torso from sit bone. Then skeleton prone: bring leg up to side. Then sitting at head moving head side to side and lifting and rolling head to other side. Then elbow up with head looking under the bridge with leg moving to side. Practitioner does movement and/or student does movement, back and forth between them. Can stand hands and steer through elbows. Alternating legs as in crawling, steering from feet to bring up the knee to the side. On side, shortening muscular on short side along the spine. Reminders about self use.

FI Exploration #141c – Diana Razumny

Guided review, practice

CD#24/26 [95 min] DVD#S09-10 Scene 4 [95 min]

Dyads guided by Diana. Short break and switch roles.

ATM Lesson #253 – Diana Razumny

Skewering the spine through torso, lengthening on back

CD#24/T27 [32 min] DVD#S09-10 Scene 5 [32 min] Source: