

***Fred Mitouer, Ph.D.***

*~ an inner odyssey*

# ***Greetings!***

*I share this brief overview of my work with you in order to facilitate your understanding and participation. Sessions are two hours in length and the fee is \$450 in [NORTHERN CALIFORNIA]. Sessions begin and end on time. A 48-hour cancellation policy is customary.*

*You may wish to fill out the enclosed client information form and release prior to our session in order to insure more direct hands on time in your appointment.*

***Enclosed is a map and directions to where we will work together.***

**Transformational Bodywork<sup>sm</sup>** is an exploration of self through conscious touch. It can be viewed as the art of "peace making" between the inner human being and the physical body. Unlike massage and most styles of bodywork, which have physical goals as their primary focus, this approach is aimed at awareness itself. The focus is upon the causal place in the physical body where unconscious beliefs, repressed memory and charged

unresolved emotional experience co-exist. The reactivity and dynamic tension are accessed through the breath, subtle energy fields and deep tissue manipulation of the musculature.

The dynamic tension leads us into a healing zone I refer to as "The Fertile Wound". Within this zone, perceptions are clearer, meaningfulness grows deeper and a spirit of lightness and confidence establishes itself within the structures of the individual's body and psyche.

## Private Sessions

**Transformational work can be joyous, expansive and exciting but it is not casual and people considering it are advised to evaluate their motives for embarking on such a journey as this.** One or several sessions might constitute a particular phase; yet many phases might be addressed in one session depending upon the individual client's background.

Flushing the body with water, Vitamin A, B, C, & E and taking hot baths and saunas is recommended. It is helpful to have an expressive outlet such as journal writing, art, dance etc. Having a supportive circle of friends and a meditation practice is invaluable.

## The Five Phase Journey

**Phase One:** Establish a communicative *working relationship* between client and practitioner. Through the building of trust and confidence in the quality of touch an understanding of the core issue emerges.

**Phase Two:** *Unveiling.* The issue and unhealed wound are revealed along with the associative thinking that has grown around the wound-experience. The work touches the core of the wound and invites a release to occur and an opening for life energy, 'chi', to flow throughout the body.

**Phase Three:** *Commitment to heal:* the inner dynamic that has emerged is made more conscious. Through manipulation of the musculature and testing, the connection between inner emotion and outer armament is apparent. The client can see the relationship between body and mind and own the issue in order to heal. Healing moves us from unclaimed anger, fear and grief to forgiveness, faith and detachment.

**Phase Four:** *Relinquishment.* The wound is cleansed with archetypal support, self-love and a spirit of dis-identification. Client assumes responsibility for letting go of the habituated armament that has evolved around the wound for protection.

**Phase Five: *Integration*.** The capacity to feel deeply one's experience, cultivate a compassionate life and feel safe in a world of impermanence is the ultimate value of this process. Changes in life-style, self-image, and tools for appropriate self-defense are explored as the journey into the Flow State deepens.

Prior to your appointment you may wish to reflect upon your motivation for doing this work. A collage, journal entry or more intense meditation practice may serve to enhance your sensitivities. After your appointment you may feel the need to rest more. Some people experience a sudden increase of energy followed by strong insights that demand a radical shift in their lifestyle. Be mindful to relax with the transformative process. Allow more time in your life to just let things be for a while.

# Client Information

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Date\_\_\_\_\_

Name\_\_\_\_\_Phone\_\_\_\_\_Birthdate\_\_\_\_\_

Address\_\_\_\_\_

Referred by\_\_\_\_\_

In emergency Contact\_\_\_\_\_

Married\_\_\_Single\_\_\_Divorced\_\_\_Family of origin: birth order\_\_\_siblings\_\_\_\_\_

Children\_\_\_/their ages & gender\_\_\_\_\_

Describe the focus of our work together?\_\_\_\_\_

**General & Medical Information:** Have you received massage therapy before\_\_\_\_\_

**If you answer YES to any of the following questions, please comment below:**

Yes\_\_\_No\_\_\_Do you frequently suffer from stress?

Yes\_\_\_No\_\_\_Do you experience frequent headaches?

Yes\_\_\_No\_\_\_pregnant?Yes\_\_\_No\_\_\_Wear contact lenses?

Yes\_\_\_No\_\_\_Diabetic?

Yes\_\_\_No\_\_\_High Blood Pressure? Medication for this? Yes\_\_\_No\_\_\_

Yes\_\_\_No\_\_\_Are you taking anti-depressant medication at this time? which  
one\_\_\_\_\_

Yes\_\_\_No\_\_\_Do you suffer from any eating disorder now? history with  
this?

Yes\_\_\_No\_\_\_Are you epileptic?

Yes\_\_\_No\_\_\_Have you ever had surgery?

Yes\_\_\_No\_\_\_Have you had any broken bones in the last two years?

Yes\_\_\_No\_\_\_Do you receive chiropractic treatments at least once a  
year?

Yes\_\_\_No\_\_\_Do you grind your teeth? Is your jaw very tense?

Yes\_\_\_No\_\_\_Do you suffer from back pain?

Yes\_\_\_No\_\_\_Do you have numbness or stabbing pains anywhere?

Yes\_\_\_No\_\_\_Are you sensitive to touch/pressure in any area?

Yes\_\_\_No\_\_\_Do you have any other medical condition I should be  
aware of?

Yes\_\_\_No\_\_\_Are you receiving Psychotherapy or Psychiatric support?

Yes\_\_\_No\_\_\_Do you have a meditation practice?

**COMMENTS**

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**FAMILY HISTORY:** Note any major childhood events that qualify your life experience today?

Note any major adult experiences that have yet to be integrated or resolved in your life today?

What is the focus you bring to our work together?

# Liability Release

The following Liability Release must be read and signed prior to receiving a session of Transformational Bodywork<sup>sm</sup> from **Fred Mitouer, Ph.D.**

## Statement of the Work

Transformational Bodywork is a powerful approach to alleviating deep stresses in the body that may have root causes in some emotional or physical or even spiritual domain. Transformational Bodywork does not intend to be a substitute for professional counseling or spiritual healing. Participation in a (TBW) session, or course, involves being systematically manipulated for the purpose of stress reduction, the release of muscular tension, and/or general preventative wellness.

In manipulating the musculature to free physical blockages, there may be a skeletal readjustment that occurs in the process. If there have been injuries to the bones in the body, it is the client's responsibility to state this verbally and in writing on the client information form. Transformational Bodywork does not intend to be a substitute for physical therapy or chiropractic care.

The jaw (Temporo-Mandibular Joint) is often a zone of deep muscular tension. There is a simple procedure for lengthening the medial pterygoid muscle, (by holding it fixed while the client open his/her mouth). The procedure always involves the use of a sterilized glove and is totally voluntary. If there is any history of injury to this area or if extensive medical/dental procedures have been performed in this area, this needs to be stated verbally and in writing on the client information form. Transformational Bodywork is not a substitute for dental, medical or osteopathic care.

Insights may arise in the client as a result of this work, either during or after a session. No diagnosis or prescription is intended if and when discussions about health and well-being occur. Dialogue that does occur between client and practitioner is not intended, nor should be perceived, as a substitute for professional counseling or spiritual healing.

Transformational Bodywork is a non-sexual experience. All work that transpires is confidential.

## Client's Responsibility

Because massage/bodywork should not be performed under certain medical conditions, it is necessary to state all medical conditions, honestly answer all questions, and keep the practitioner updated as to any changes in your medical profile.

Whenever the work is beyond the limitations or preferences of the client, it is the client's responsibility to communicate this to the practitioner. Say "STOP"; then communicate further; this will insure respect and success in the work together.

Communicating about the focus of the session of Transformational Bodywork is the client's responsibility, and it is best done early on in the session.

## Release, Waiver, and Agreement

I know I have been accepted into this activity as a consideration for my reading, and signing of, this Release and that this Release is a pre-condition for my entry. By executing this agreement I understand that there are no guarantees of the success of any of the treatment or services provided, nor any warranties related thereto. I affirm that I have stated all my known medical conditions, have agreed to update the practitioner as to any changes in my medical profile and understand that there shall be no liability on the practitioner's part should I forget to do so.

I am releasing Fred Mitouer, Ph.D. (Transformational Bodywork Seminars) and his associates, instructors, students, directors, insurers, and all agents and principals thereof from all liability arising from, or related to, performance of its services, manipulations and treatment. I make this release on behalf of myself, my spouse, my family, and my heirs, assigns, executors and representatives of my estate.

I understand that if any action is brought at law or litigation related to the performance of the services described in this agreement between the parties related hereto, the laws of the State of California will control. In addition, California will be the jurisdiction in which this action must take place under any and all circumstances related to any claims, demands, legal actions, and similar procedures and actions.

It is understood that if any provision contained herein is found to be invalid in any form, the remaining provisions shall remain in full force and effect. This is the entire agreement between the parties and any other agreement that is not in writing shall have no force or effect.

Client's  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Practitioner's  
Signature \_\_\_\_\_ Date \_\_\_\_\_