

WBF and some FAQs....

Can WBF help with Insomnia ?

Yes absolutely, insomnia is due to an over-arousal of the central nervous system, and the mind getting caught in a loop. I have been able to help many clients to get a full nights sleep, and the best is to have a WBF session just before going to bed, it works like magic, and many clients have been able to get a full nights sleep for the first time in months, or years. The key thing is to recognize how the fear of *not being able to fall asleep, generates a pattern of tension in the body and arousal in the mind and nervous system.* This is crucial, then we can work with WBF to relax the body, calm the breathing and repeat your own positive affirmations to create a positive mind set.

Can WBF help with Stress and Anxiety ?

Yes, no question. By having the safety of the body container it is now possible to stay with these uncomfortable feelings in conscious awareness and then from this position of being the detached observer you can create space for your inner Body Wisdom to work, to release the tension and to bring you back to a place of balance and calm perspective. The key thing is to be able to go into *grounded presence* so that your body feels a safe place to be and your Inner Body Wisdom can then deal with the situation as it is now, and find realistic, creative, solutions rather than going into fight or flight mode.

Can WBF help with Trauma ?

Yes, after many years of practice I can now confidently say that I have the tools to deal with trauma & PTSD from early life experiences, or traumatic experiences that occurred later in life. Basically the emotional brain has been triggered and gone into overdrive, feeling that life is a constant threat to survival, whilst bypassing the cognitive mind. So firstly you have to have the experience of feeling safe in your body again, and then we have to reprocess the original traumatic memory that keeps triggering you. WBF works well on Skype. If the trauma has been severe it is also an option to come and spend a week on retreat at the Hermitage in France, to work on transforming each of the original traumatic memories using EMDR and Neurofeedback in combination with WBF.

Can WBF help with Depression ?

Yes, Freud defined depression as aggression turned inward on oneself, so WBF gives us the technique to find out where the energy is blocked and why. Then it can be released into a forward moving life purpose. It is important *to give space to the feelings as they are*, and to understand what lies underneath them, rather than just try to fight or fix things or run away from them. The paradox is that it is only by accepting yourself exactly as you are right now, that change becomes possible. There will be a shift, a sense of released energy that can take your life forwards.

Can WBF help with Back Pain ?

Yes, sometimes the symptoms appear in the mind, sometimes in the body, but they are always part of a loop. So there is always a psychological reason/reaction to back pain that needs to be explored, as well as making space for the natural desire to make it better. As WBF is based on a combination of the Alexander Technique and Focusing, I pay a lot of attention to posture and muscular tension patterns. These are very often the underlying causes of back pain, but they are also often linked to psychological factors as well. Once these are understood, the improvement will be stable and permanent.