

comprehended and are applying the lessons of their basic training. This is especially valuable here in Brazil, where graduates of basic trainings are certified in both structural and movement work, having been taught to combine movement and manipulation techniques. Besides bringing observations at NAPER to bear on future basic classes, we have the chance to correct or supplement individual practitioners' trainings: keeping them on track, correcting mistakes, giving reminders, and nipping bad practices in the bud while cultivating good ones.

The rich educational opportunities NAPER offers have led the ABR and its faculty to consider making NAPER participation a part of the basic training. Through NAPER, students between Units II and III could use their existing skills in a professional, supervised setting. This would solidify the students' learning, as well as allow the faculty to improve the Unit II curriculum. Following Unit III, the NAPER setting facilitates formal "for credit" continuing education, leading to preparation for the advanced Rolfer training.

Inspiring and Supporting Research

The group context has encouraged and supported research. Ongoing discussion, shared observation and the existence of a database have enabled us to develop a series of questionnaires for consistent tracking of client and practitioner processes.¹ As the questions were selected and revised, and the answers analyzed and tabulated, participants undertook research projects and prepared articles to share their findings. In this context, practitioners with aptitude for research and writing may discover and hone their strengths.

Promoting the Work to Other Professionals

Networking as an institution with other groups offering services in similar settings facilitates conversation between Rolfers and members of other professions. This gives our practitioners experience in explaining structural integration to others and promoting their work in an effective and positive manner, and allows us to correct misimpressions about the work that members of other professions might have. We are currently cross-referring clients with the Bioenergetics Association and the Homeopathic Clinic, as well as conducting multidisciplinary research in cooperation with these groups.

Endnotes

1. NAPER's ongoing research led to the development of these questionnaires, which, in turn, facilitated my own 2006 doctoral thesis, "Explorations on the Psychobiological Dimension of Rolfing: creation, development, and evaluation of questionnaires," which is available at the Ida P. Rolf Library of Structural Integration (www.pedroprado.com.br). The questionnaires themselves are in Appendix B, pp. 482-509.

Resources on NAPER

Other articles concerning NAPER and the research conducted there include:

"Including the Stomatognathic System in Rolfing® SI – A Collaborative Experiment in Broadening Our Scope," which includes case reports regarding NAPER clients by Yahra Silveira Perdomo, Rosangela Baia, Beatriz Pacheco and Maria Beatriz Whitaker. *Structural Integration*, 2010, Vol. 38, No. 1.

"Reflections on the São Paulo Ambulatory Project," by Paula Mattoli, and "The São Paulo Ambulatory Project," by Pedro Prado, both in *Rolf Lines*, 2001, Vol. 29, No. 1.

"Profiles and Evaluations of Rolfing Clients in the Núcleo de Atendimento, Pesquisa e Educação em Rolfing (NAPER) Brazil," by Yeda Bocaletto, *Structural Integration*, 2007, Vol. 35, No. 4.

A Forum for Cross-Disciplinary Education

An Interview with Peter Schwind about the Munich Group

By Anise Smith, Certified Rolfer™

Editor's Note: Rolfing® instructor Peter Schwind, Ph.D. has been offering classes in the visceral and cranial fields in Munich since 1990. The Munich Group was formally established in 2001 by Rolfer Schwind and Christoph Sommer with the intention of being a forum for interdisciplinary manual approaches, bringing osteopathy (visceral manipulation by Jean Pierre Barral, D.O.) and fascial and membrane techniques (Schwind's approach) to manual practitioners of different backgrounds. The Munich Group is not officially associated with the European Rolfing® Association, but classes can be used for credit toward advanced Rolfing training in either the elective or manipulation categories. At least one-third of the participants are European Rolfers, and the mix of Rolfers, osteopaths, and physical therapists has become a very fertile ground for further cooperation and understanding of the different concepts.

Anise Smith: Peter, how long ago did you and Christoph Sommer found the Munich Group?

Peter Schwind: Actually, I do not remember our official start, but I do remember that our starting point was a course on visceral manipulation we took with Jean-Pierre Barral somewhere in the north of Germany. At the end of the course, Dr. Barral stated that he did not plan to continue teaching. The students, however, were enthusiastic and asked for a continuation of the course work. Dr. Barral said that he would continue to teach if we would organize the courses in Munich.

AS: So you organized courses exclusively about visceral manipulation?

PS: Yes, at the beginning – that was 1989. For a number of years Dr. Barral came to Munich several times a year to teach the basic visceral classes. After a while Didier Prat took over the basic classes and Dr. Barral continued with the advanced courses.

AS: How come your program was only dedicated to visceral work?

PS: For many of us – Christoph, some other Rolfers from Munich, and certainly myself – the visceral approach was the missing piece for structural integration. In practice we had found that the fascia of the muscles

is important, but it is not everything. We all felt that we sometimes did visceral work when following Ida [Rolf]'s concepts during the Fifth Hour without knowing what we were doing. Barral's work opened a big avenue for us to look at the organism from a different perspective.

AS: But nowadays you also offer other courses?

PS: For us the visceral theme is still the main interest. The visceral courses are the basis for all our teaching activities. Aside from that we have been following Barral's work in new directions. We now offer courses about nerve manipulation applied to the extremities and to the cranium, as well as courses about treatment of the arteries. We also offer a whole sequence of courses focusing on Barral's new techniques for an efficient treatment of joints. And last but not least, we offer a whole sequence about fascial and membrane techniques.

AS: How does this relate to traditional Rolfing Structural Integration (SI)?

PS: What I teach in these courses is problem-solving therapy. It can add to structural integration, but in no way can it replace what we do in traditional Rolfing SI.

AS: What kind of practitioners come to the courses offered by the Munich Group?

PS: We have osteopaths, Rolfers, physical therapists, doctors of manual medicine, and practitioners of other manual disciplines. Sometimes surgeons and gynecologists participate. Most people come from Europe, but some travel to Munich from the U.S., from Canada, and even from Australia.

AS: Do you have a "philosophy?"

PS: Most of our teachers have published innovative books about their work. Barral and Croibier are the best examples for that. The philosophy we share is our strong belief in the value of dialogue between different manual disciplines. We also have a great dialogue with doctors of allopathic medicine. When we started, we wanted to get out of that isolation of [being categorized as] alternative medicine. That's why we have a consulting team of orthopedic doctors, internists, and dentists. This is not merely a formality. Christoph and I are constantly exchanging ideas with these people within the context of our daily practices.

AS: Do you have any new projects for your program?

PS: I have been working with a doctor of internal medicine – Dr. Martin G uthlin – for seven years now, who is also well qualified in nuclear medicine. We have been exploring the value of ultrasound to document what we are doing in visceral manipulation. This year we shared our experiences in a course that we co-taught. Participants could literally see on the screen the individual fibers of the psoas and learn to observe the whole context of this muscle as it relates with the organs – for example, the kidneys. Also, they were able to watch precisely what their hands were really doing. Actually, we may all learn that what we think we are doing with our hands is sometimes quite different from what happens in reality.

AS: Why do you still organize these courses after more than twenty years? What is your personal interest?

PS: At the Munich Group I meet people I can learn from. For me the most inspiring moment is when I realize that somebody is able to do the work in a more precise and efficient way. After a class we usually meet at one of our beautiful beer gardens in Munich to talk and kick around ideas, get inspired again and again, and sometimes get desperate about the limitations of our practical skills.

AS: Thank you for this interview.

Anise Smith was certified as a Rolfer in 2008. She also continues her career as a dancer at the opera house in Munich. Peter Schwind, Ph.D., has been working as a Rolfer in Munich since 1980, and has been teaching basic Rolfing trainings since 1985 and advanced trainings since 1999.

~~HOW WE DEVELOP AS ROLFERS™~~ ~~INDIVIDUAL PERSPECTIVES~~

~~Learning About Pain Management~~

~~Post-Certification Training and Integration in a Rolfing® SI Practice~~

~~By Clay Cox, Ph.D., Certified Advanced Rolfer™~~

~~Introduction~~

~~Over the years, many estimates have been made as to what percentage of clients seeks out Rolfing® Structural Integration (SI) because of issues related directly to pain, and the answers range from 80% to 95%. I believe that there are very few, if any, Rolfers who have not intentionally worked to reduce a client's pain. My problem is that Rolfers are trained in Rolfing SI, and are not specifically trained to address the pain management cases that will show up in their practices.~~

~~Obviously, it is impossible to complete an authentic Rolfing series without proper training. It is also impossible to render effective and reproducible pain management treatment without proper~~

~~training as well. If you have not been well trained in this particular domain, there is a significant possibility that you will make mistakes. The Rolf Institute® of Structural Integration (RISI) currently has over thirty teachers of Rolfing SI, yet no one teaches pain management specifically. This is something I have worked to redress, both in my own professional development, and in the work I do mentoring other Rolfers.~~

~~In Section I of this article, I will discuss how I came to where I am in my career, and how I have structured my trainings to assist other Rolfers in learning pain management skills. I hope readers will see the possibility of determining their own paths through the maze of what is~~