

# From the Co-Editors-in-Chief



*Lina Amy Hack*



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and Anne Hoff

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In this issue of Structure, Function, Integration: The Journal of the Dr. Ida Rolf Institute® (DIRI) we offer three different themes, each one distinct and meaningful. Yet the three themes in sum speak to both the individual and the collective, how we heal at all levels, how we find belonging and resonance, and the role of our work of Rolfing® Structural Integration (SI).

Our first theme, Rolfing SI Is Trauma-Informed Work, is always relevant but even more so in this time of global stress due to the COVID-19 pandemic. What is trauma? Our authors offer both common conclusions and unique narratives. The threat response cycle is an unconscious neurophysiological set of states that drives survival; when traumatic stress states are overwhelming, the flow of the cycle is arrested. One unifying idea is the importance of regulating our own nervous systems as practitioners: helping others starts with embodying self-regulation.

Our trauma theme features a wide range of contributors. Among these we highlight Dr. Stephen Porges, originator of polyvagal theory, a profound explanation of how human connection, relationships with safety, and love are a reliable avenue of recovery from traumatic stress states. Rolfers® will be interested to read about his role as Director of Research of the Rolf Institute® [now the Dr. Ida Rolf Institute® (DIRI)] in 1990. We also feature a contribution from Dr. Pedro Prado, Advanced Rolfing and Rolf Movement® Instructor, which offers a full description of the threat response cycle in the Rolfing context. We are also very pleased to feature an interview with Dr. Anngwyn St. Just. Author, global educator, and trauma specialist. St. Just trained in Rolfing SI in the early 1970s; alongside Peter Levine, she was part of the early history of Rolfing SI becoming a trauma-informed discipline. We have numerous other contributors to the theme, all offering nuance and support about how to face our present moment and our Rolfing work with presence, resilience, and embodiment.

Our second theme, Diversity and Inclusion: Joining the Conversation, was inspired by the cultural reckoning beginning to take place in the United States and around to world. DIRI joins the numerous institutions worldwide that are affirming a commitment to engagement, and following this letter you will find on page 4 the letter from Libby Eason discussing the Institute's official statement, crafted through a long process between the Committee for Diversity and Anti-Racism

and the DIRI Board of Directors, and then on page 5 DIRI's Diversity and Inclusion Statement. Then, as you turn to the themed articles, start with "Introducing Liberation Somatics", where you meet a group of SI practitioners taking the initiative to uncover and challenge inherent bias and racism in our lives and work. Three members of this group share articles from their explorations. Tristan Koepke draws from his experience as a professional dancer and Rolfer® to discuss the aesthetic and phenomenology of Whiteness; Carol A. Agneessens's "The Somnambulant Trance of White Privilege" evokes introspection in the Rolfing context; and Katy Loeb proposes equitable pricing models that can expand the public's access to Rolfing sessions.

Our final theme, It's a Family Affair, looks to the experience of Rolfing SI within the family. This is not about working with families, but rather about our vocation in a family context. With our work and community now spanning several decades, we have Rolfer parents with Rolfer children, couples where both individuals are Rolfers, the lineage and impact of Rolfing SI within Ida Rolf's own family, and the larger 'family' of the Rolfing community and the wider 'family' of the SI community. We hear from two Rolfer couples (Bethany Ward and Larry Koliha, and Thomas Walker and Gale Loveitt), from Joy Belluzzi who married into Dr. Rolf's family, and from Rolf's granddaughter, Frances Demmerle, DO.

Besides our themed content, we direct your attention to our Fascia Insights column, in this issue a tribute to the work and legacy of Dr. Tom Findley, who effortlessly straddled the worlds of medicine, research, and Rolfing SI, making numerous research contributions and also helping birth the Fascia Research Congresses. We also learn what two Rolfers spent time on in their periods of COVID shutdown. Kathy McConnell wrote poetry, and shares her poem Three Vast Nets. Alan Richardson reflected deeply on his long Rolfing career and what we can uniquely offer as our clients return from their own imposed and touch-deprived isolation.

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