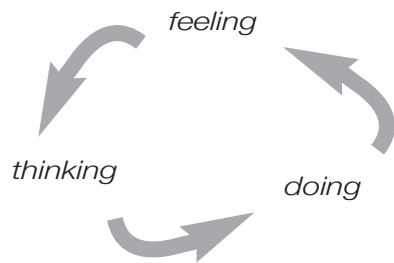


What is haptonomy?

In today's society we are taught to use our common sense. This starts as soon as we can talk and continues throughout our entire upbringing at school and at home.

Much less attention is paid to feelings. Even if not consciously, feelings do control us. They are an important part of our daily life at home, at work and in social situations.



Your body responds to your feelings. Listening to your body gives you information about your feelings.

Feelings are revealed through your posture, bodily movements and gestures. They are always personal and belong to you. Feelings are unique and tell you something about how you experience things. Feelings are never good or bad, right or wrong. Judging your own feelings often prevents you from accepting them.

Haptotherapy teaches you how to rediscover what your body is telling you. You learn to pay closer attention to the signals your body is sending you, your own desires, limits and how you truly experience your environment and your relationships with others. The body reacts a lot faster than the mind. Haptonomy helps people become aware of the interaction between feelings, thoughts and actions.

The benefits of haptonomy

Haptonomy can help in the treatment of:

- Tension
- Balance problems
- Exhaustion of body or mind
- Difficulties in recognising and expressing feelings
- Low self-esteem
- Bereavement
- Pain
- Problems at work or at home
- Performance anxiety

People who visit a haptonomist suffer from a wide range of problems. Some are stressed or feel they could accomplish more in life but have not succeeded. People often want to 'make more of themselves', others feel 'out of sorts' or have problems concentra-

ting. Haptonomy can also help those suffering from nervous exhaustion or burn-out syndrome.

People suffering from protracted pain may also benefit from a haptotherapist's care. A haptotherapist will help you discover who you are, how you deal with situations and how to make your own decisions in these situations.

My work method

I apply three methods in haptonomy:

- Touch
- Experience-based exercises
- Personal talks

I often alternate these methods during a session. It is important to apply our findings to everyday situations. Practical application of haptonomy in everyday life, at home, at work and elsewhere is an important focal point during the treatment.

After the initial interview we start with three sessions. We then evaluate the treatment and draw up a follow-up plan.