

# THREE-FOLD COMPLEXITY

## HOW TO PLAN AN FI? WHAT IS THE THINKING BEHIND THE DOING?

### HOW TO TEACH IT?

NOTES FOR THE ADVANCED TRAINING 20+20 (NOV. 2006) BY © YOCHANAN RYWERANT

- A) Strategy: bringing the client into accepting alternative options of acting.
- B) Tactics: using various ways to address "adverse" factors.
- C) Increasing the likelihood of having the change assimilated (integration).

#### A.1. Find out what change might be needed:

- a) the client's story, eventual complaints.
- b) visual appraisal: posture, walking, etc., lying on the table.
- c) kinesthetic appraisal, mainly stiffness and over tonicity (exploring manipulons).
  - c 1. supine, loose knees, shoulders not pressed down, elbows, head rotation, lifting, flexing-extending.
  - c 2. prone, bending knees, lifting shoulders, moving dorsal vertebrae, rotating thighs in hip-joints.
  - c.3. on side, stiffness of chest-pelvis by moving them horizontally, rotation of upper thigh by lifting upper foot, moving head horizontally.
  - c.4. sitting, stiffness of trunk by looking down and up.

#### A.2. What changes, significant in the situation, are more likely to be accepted:

- a) go, with the system (conforming manipulons), avoid anti-patterns (security!) that are controlled by the lower level.
- b) address patterns already "wired in" in the CNS
  - b.1 the use of the skeleton in the field of gravity
  - b.2 the use of the skeleton for propagating forces
  - b.3 straightening a joint and thus freeing muscles for action
  - b.4 using supports for saving on energy
  - b.5 righting reflexes for enhancing survival value
- c) draw attention to the sensory feedback (verbally or not).
  - c.1. various sensory modalities, especially kinesthetic
  - c.2 draw attention to parts that move, or not (proximal involvement)
  - c.3 what is expected with the action (corollary discharge)
  - c.4 changing the front (orientation).
  - c.5. attention to new (non-habitual) patterns.
  - c.6. be aware of change in the level of control.
- d) lead into change (leading manipulons), by changing first one of the parameters: direction, speed, amount of displacement, amount of force used.

- d.1. choosing which parameter first.
- d.2. look for signs of acceptance: moving easier than before, lowering of tonus, deeper inhalation, verbal remark.
- d.3. persisting at the displaced situation (the "extreme") or not.
- d.4. acknowledge a very clear sign of acceptance.
- d.5. proceed with making use of the gained freedom (Juxtaposing and integrating manipulations).

B.1. The "adverse" factors that could hamper acceptance:

- a) the dynamic self-image incomplete and not being developed adequately.
- b) the sensory feedback that comes, with an intentional action (the corollary discharge) not clarified
- c) patterns and anti-patterns habituated (controlled by a lower level), perhaps with lack of security, sometimes lack of interest
- d) antagonists that interfere
- e) social constraints or preconceived ideas.

B.2. Ways to address the "adverse" factors:

- a) effort substitution.
- b) non-differentiated movement, then differentiated.
- c) the neutral point, starting with small changes only.
- d) the "judo" principle.
- e) distal versus proximal involvement.
- f) relative conjugate movement.
- g) giving security by bringing limbs nearer to the trunk rather providing supports.
- h) muscles involved in more than one pattern.
- i) avoid touching precarious places.
- j) go slowly.

C.1. Various ways for integrating the changes:

- a) changing the position (the direction of gravitation relative to the self).
- b) combining elements.
- c) changing the support.
- d) changing the context, or the purpose of the intentional action.
- e) doing everyday-like actions that make use of the new pattern: moving, doing work, handling objects, breathing, while preserving the freedom of choice.
- f) reassuring an improved adaptability to various circumstances and daring to go to extremes.
- g) realizing that the self-image has changed and accepting this.

C.2. Advice to follow after the session:

- a) to remember the new patterns as options and not just to avoid the previous ones.
- b) to do a few exercises as a reminder, without spending much time on them.