

Are You Humpty Dumpty?

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Humpty Dumpty is a metaphor for every injured human being.

Just as “All the King’s horses and all the King’s men couldn’t put Humpty together, again,” when we have an injury, it feels like we will have it forever. This feeling is especially poignant if we have been in therapy and don’t seem to be improving. We’re fallen, broken.

Ever felt like that?

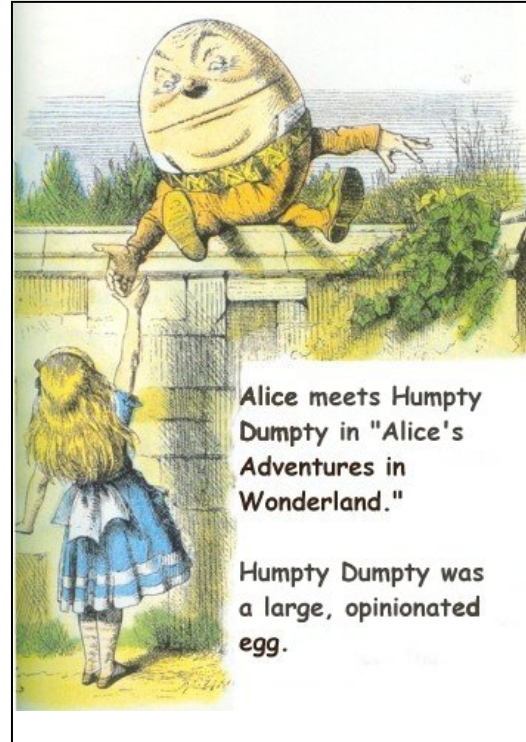
And if “all the King’s men,”-- all the doctors and all the therapists -- haven’t helped, or haven’t helped enough, how can anyone else help?

Still, you may have tried “alternative therapies” in hope of getting help. You may have gotten your desired improvement -- or you may have been disappointed, again.

Humpty Dumpty
sat on a wall.

Humpty Dumpty
had a great fall.

All the King’s horses and
all the King’s men
couldn’t put Humpty
together, again.



Alice meets Humpty Dumpty in "Alice's Adventures in Wonderland."

Humpty Dumpty was a large, opinionated egg.

To the seeing eyes of a clinical somatic educator, injured human beings are very much like Humpty Dumpty – fragmented. When we look at you, we can see how the injured parts of you no longer look or move “of a piece” with the rest of you. We see how the movements of some parts of you are disconnected, or appear segmented from, the movements of the rest of you. We see how movements lack fluidity, how the wholeness of your coordination is “broken.”

What you need is not just healing of the flesh, but healing of how you function (which means, mainly, how you control movement). There is a big difference. Usually, the flesh heals in a few weeks; your control of movement, disrupted at the brain-level, may remain disrupted long after the flesh has healed. That disruption commonly causes pain felt in the flesh – muscle pain, joint pain, nerve pain – pain that long outlasts the healing of the flesh, sometimes for decades.

Somatic educators guide you through putting yourself together, rather than working on you or trying to fix you, because we know that *the change has to come from*

inside. We know that, with lingering injuries, it's often not so much a matter of *healing* as it is of *retraining your brain* to control movement well, again (or maybe for the first time).

Because of their experience with therapy, people expect this to be a long, drawn-out process, and because of their experience with therapy, they expect the process to be painful. Long and painful.

Not so.

Somatic educators expect rapid and for the most part, comfortable, progress.

How can this be?

Simple: we get your own brain to cause the improvements. Using your capacity for new learning and your brain's natural functions of sensing and controlling movement, we teach you to relax tight, sore muscles. Pain quickly fades out; joints feel better; nerves go calm – and work done rarely needs to be repeated. You feel comfortable both at rest and in vigorous activities.

Beyond this, there isn't much more to say. Only this: You will feel better and better put together as each session progresses and you'll feel ordinary body sensations where the pain used to be – only better balanced, looser, and more under your control. The most common comment clients make at the end of a session is, "I feel like I could take a nap." (True.)

The Ground Rules of Clinical Somatic Education

1. Always work within your comfort zone. You control the pace and comfort level of the session.
2. Never do anything that causes you to cringe, either from pain or from fear of pain.
3. If anything we start to do during a session makes you want to cringe, you let me know, immediately, and we stop. Then, either we work around the problem area or do preparatory actions that make the problematic action comfortable.
4. You may take a break or stop at any time. You'll keep your improvements.

Humpty Dumpty, you're not; you have another destiny.

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