

## + Moving Cycle Institute

[Themovingcycle.com](http://Themovingcycle.com)

Director: Christine Caldwell, PhD



## 2020 Training Schedule

**April 16-19** Phase One - Heidelberg

**April 23-26** Phase Two - Heidelberg

**April 30-May 3** Phase 4 - Berlin

**Nov 14-17** Phase 3 - Berlin

**Nov 19-22** Advanced Topic The Intergenerational Body

Organizer information on last page of newsletter

+ Trust only movement.  
Life happens at the level of events, not of words.  
Trust only movement

Alfred Adler

## Welcome to the 2nd Moving Cycle Newsletter

Hello Dear Moving Cyclers! It has been about 9 months since our last newsletter, and lots has happened. We have had several very successful trainings, especially the Teaching & Learning Advanced Topic. This coming year we will begin offering Advanced Topics courses twice a year. The new Bodyfulness book is popular & now in 4 languages, and the new, beautifully

renovated website is weeks away from going live. Our new organizer in Berlin, Kira Cords, is complimenting the fine work of Barbara in HH & Sabine in HD. Many thanks to Ute for her support of the trainings expanding to Berlin!

2020 looks to be a fine year! Please enjoy the Fall 2019 newsletter, and think about being a contributor to it!



Christine's experiment with shredding paper using percussive force, then placing the bits into Marion's beautiful bowl

## What is the Moving Cycle's Culture Regarding Gender? Do I Unconsciously Favor the Feminine?

In the Research & Supervision class in Hamburg this last Spring, the group at one point asked the question – why are there not more men in the training? This is an important question, with no clear answer, but important for us to take on and work with.

Certainly, women outnumber men in the field of psychotherapy, both as

therapists and clients. And the field of dance therapy is profoundly female dominant. But is there a way that the MC unconsciously favors the feminine in ways that make men feel less welcome?

To begin to play with this during movement time, I observed how I moved – was it in some ways gender-limited? I experimented with some

paper, ripping it into small pieces with percussive force, a movement that might be labeled 'aggressive' but that I found surprisingly fun & satisfying. I want to keep looking into this. It can be difficult, though, like looking at the back of your head. What do you think? What do you men in the MC think? Let's keep talking about this, & examining the backs of our heads.



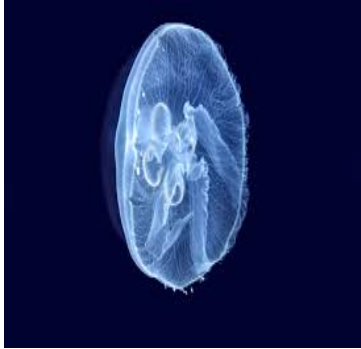
### ***New Online MindBody Therapy Certificate***

Christine is now teaching in an online certificate program sponsored by Embodied Philosophy. Participants enroll from all over the world, & study a breadth of Mindbody theories and practices. The program occurs in 3 trimesters, beginning each

September, but students can enter each semester. The next semester begins in January. Single courses are open to the public, & include a variety of methods & concepts. Link:

<https://www.embodiedphilosophy.org/a/17270/KxqzFfSF>

Christine recommends it!



# Moving Cycle Theory

## A Basic Sense of the Work

Informed by contemplative practices such as meditation & conscious movement forms, as well as the body's innate, autonomic healing mechanisms, the MC is premised on the observation that conscious, precise, & responsive motion drives healing, from cellular to organismic to community levels as well as physiological to psychological to social levels.

Illness of any kind can be seen as a

disturbance in how an organism is moving, & healing functions as a return to adaptive movement. These micro to macro motions take place in 4 stages, mirroring the stages of the immune response to injury, & build on each other to identify, support, repair, & integrate direct movement experiences. In this paradigm, health is defined as a

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state of coherence, where movement signals from any part of the body can be responded to adaptively by the whole body.

Coherence/health occurs as actions of the heart & gut, for instance, are transmitted by the vagus nerve to the limbic system & the facial & vocal muscles in a way that generates regulated behavior. Illness occurs when this free flowing movement of information breaks down, & parts of the bodymind cannot communicate with each other in order to maintain a state of coherence. The 'breakdown' can be as a result of biological, behavioral, relational, or social pathogens.

The 1st phase of healing is *Awareness*, where body states trigger sensory signals that alert us in order to get our attention, much as any symptom does. Conscious attention constellates the first healing resource to be re-established. These signals originate within our body, but can come from inner events or external inputs. Signals can also

be positive as well as negative, such as pleasure, elation, being held, etc., asking for attentional resources such as curiosity & caring, the building blocks of creativity. Learning to pay high quality attention to & non-judgmentally describe & care for one's sensate experience, similar to meditation, form the first phase of the MC.

Second is *Owning*, based on the observation that we are sensorimotor beings. Since all sensations ultimately stimulate motor planning &/or motoric responses, we now commit to continued sensory tracking in ways that uncover corresponding movement impulses, impulses that span a continuum from subtle inner thrummings to gross motor movement. Sensorimotor processes are driven by & monitored by the limbic system, which specializes in comparing current inputs to past events in order to assess possible responses. In this sense limbic systems can be seen as *associational* structures, as

comparing past & present direct experience, sub-cortically, in order to use affect & arousal to predict & organize the most



For every thought supported by feeling, there is a muscle change. Primary muscle patterns being the biological heritage of humans, our whole body records our emotional thinking.

Mabel Ellsworth Todd

effective motoric reactions.

By supporting emergent movement impulses in the Owning Phase, we gain conscious access to limbic resonances, often experienced as arousal states, affects, different sensory experiences, & concomitant visual & auditory imagery. Movement impulses develop into movement sequences, which can be seen as complex body narratives – non-verbal

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**Dance first.  
Think later.  
It's the  
natural  
order.  
Samuel Beckett**

accounts of who one is & what one feels – that can bring one closer in alignment to *the true self*. We can take ownership, via consciously sequencing movement, of the habituated narratives driving our behavior that arise from buried & sometimes out of date historical associations. We can also generate new narratives that might help us to navigate oppression & bias rather than internalize it. This concept of owning harkens back to Gestalt theory. This owning of the experiential more than historical self in turn can support a holding environment for the processing of these remembered associations in the here & now. Taking ownership of ones present moment, embodied experience while expressing it through movement can re-establish a sense that how we move produces effective responses to the inner & outer worlds.

Accomplishing this movement-oriented re-integration heralds the 3rd

stage, *Appreciation*. When we access inner resources & move with them we tend to feel more whole, & may begin to experience states of self-recognition, completion, & satisfaction. This satisfaction & positive feelings associated with safety & connection, can threaten our reinforced internalized beliefs & physiological habits, & therefore special attention to the conscious movement sequencing of self-appreciation, compassion, & caring must be addressed. This stage echoes BMC's movement-based Satisfaction Cycle (yield, push, reach, grasp, pull) which attends to the positive states we experience when we complete movement sequences.

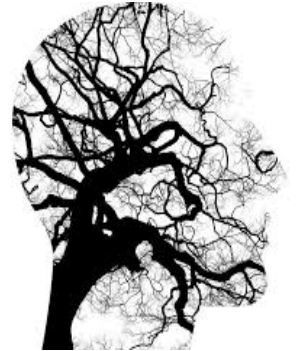
The 4th phase is *Action*. The MC is premised on the assumption that no sustainable healing is done until it is applied to daily living & to the creative transformation of society. This phase helps us apply our movements to daily acts & relationships, via practicing them with the therapist while holding outside relational & social contexts in mind. In this way we support our health & wellbeing in the longer term, as well as extend healing into our communities. Conscious, precise *action* supports *activism*, & social activism is a natural partner to creativity & healing.

## New Online Supervision Group with Christine – Begins in January

Christine is going to experiment with a Zoom-based online clinical supervision group in a few months. Each monthly session will be 1½ hours, and will hold a maximum of 5 participants. If you have an interest, please contact her at: [caldwellmoving@comcast.net](mailto:caldwellmoving@comcast.net)

There is deep wisdom within our very flesh, if we can only come to our senses & feel it.

Elizabeth Behnke



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