Tissular Approach Training - Level 1
Discovering the Body's Consciousness

Level 1 emerged out of my personal endeavors to overcome the challenges that I was encountering with palpation, and in particular with cranial palpation. I could feel nothing, or at any rate, not what I was being asked to feel, so I had to find solutions in order to be effective. Once I had successfully unlocked my palpation, I then felt compelled to understand what exactly it was that I was feeling. And, this how the concept of consciousness of the body emerged.

In Sutherland’s words: “Osteopathic technique is an intelligent application of the tactile sense and the proprioceptive sense to the search of the correct problem in the patient body. It is not possible to acquire the diagnostic skills or the operational skills necessary for successful practice in this field through watching the other fellow’s manipulations. The osteopath is a physician who is a thinker, not a tinker. Therefore, the technique cannot be taught by the demonstration of a series of manipulations. The student can acquire such skills by working alongside an instructor. Hand-to-hand instruction is the possible as the living tissues are being studied and guided carefully, gently but firmly, and scientifically into normal relationships. Tactility is essential in treatment as well as in diagnosis.” (William Garner Sutherland, Teachings in the Science of Osteopathy, p. 170.)

Here, Sutherland insists as he did often upon the importance of being guided when one is learning to palpate. My main difficulty was that I was unable to find a proficient guide. Many practitioners genuinely tried to help me, but my case was not simple! So, I don’t hold anything against them. On the contrary, they showed me infinite patience and kindness. The reason that they were unsuccessful is that they lacked the fundamental pedagogical principles required to provide me with effective support. And, they lacked these necessary tools because they themselves had eventually succeeded through great patience, with countless ineffective efforts, and the occasional success. It is only once they were able to figure out what worked and reproduce it that they finally managed to find their way and develop effective palpation skills. However, despite their success, most of these practitioners had no idea how they had achieved this. It is through seeking solutions that I discovered (but did not invent) a method for developing better palpation skills. And here one of the greatest keys for me was that palpation is a form of communication, and communication is much more about being than it is about doing.

Objective Parameters of Communication
Things began to open up for me when I gave myself permission to enter, or in other words “penetrate” structure, something my teachers disapproved of, and that I had therefore forbidden myself. I then discovered a universe of strange perceptions, none of which seemed to correspond to what I was being asked to feel (flexion/extension and external and internal rotation of cranial structures). However, when I trusted these perceptions, there were perceptible changes in my patient’s tissues, and quite often also in their condition.

This is how the objective parameters of palpation - density, tension and velocity - were born. For many years, I was content with these parameters. They were effective.

Subjective Parameters of Communication
However, I then progressively discovered that my patient’s tissues responded to the quality of my presence, to the focus of my attention, and to my intention upon making contact. And, this is how the
subjective parameters of communication - presence, attention and intention - were born. These parameters enabled me to greatly refine the quality of my palpation, and the therapeutic results for my patients.

**Consciousness of the Body**
At this stage, I was thrilled to be improving my relationship to my patient’s tissues and my effectiveness as a practitioner, and had very few questions about it all. I was just using what worked.

However, it began to strike me as strange that structures, that I had once considered essentially material based on my education and knowledge, could perceive presence, attention and intention.

Which is when, with some help from Becker and his idea of cellular philosophy, I began to imagine that body tissues might be endowed with consciousness. A crazy thought of my own if you will… The hardest part was accepting the idea. But in the words of French comedian Coluche: “When we’ve gone beyond the limits, there are no limits left!” This is how the representation, the model of the conscious body or body made of consciousnesses took shape progressively.

Of course, consciousness had to be defined. Because, clearly, the consciousnesses of the body are not comparable to the sophisticated consciousness of homo sapiens.

To this day, I still don’t know if the idea of consciousness of the body is correct. However, I continue to draw upon this model because it works.

**Retention**
The next thing I needed to understand (to represent, or model) was why some areas of the body become denser, and less responsive to communication.

And, this is how the concept of retention was developed: in the face of adversity, body structures (composed of consciousnesses) tend to reduce communication and fold in upon themselves, thereby creating the density, tension, and inertia that our hands can perceive.

**The Osteopathic ‘Case’ and its Elaboration**
Based upon this model of retention, it became possible to imagine how a network of retentions/adaptations might appear and accumulate within the body system, creating the “osteopathic case” as it is understood in the Tissular Approach.

**Modus Operandi**
Finally, once the osteopathic case’s creation and development had been understood (or modeled to be more precise), a method had to be found to help patients get free of it.

As they develop, retentions/adaptations very quickly create inextricable complexity. This complexity is inherent to the patient’s individual story. As a result, it is entirely personal, and defies any attempt at intellectual categorization by the practitioner.

Therefore, it is in the patient’s own structure, and not in the practitioner’s mind, that lays the map for unlocking the osteopathic case.

The modus operandi, or operational procedure, is the system developed to address and unlock each specific patient’s case, and uncover the information that holds the key to their liberation.
The modus operandi is a pathway, or more precisely a way of exploring (the path is at first unknown, it appears as the session unfolds). The modus operandi also provides a set of techniques that can clear away obstacles as and when appropriate.

You will find below a detailed summary of the material covered during the four-day Level 1 Tissular Approach Training.

Training Program

The Tissular Approach Trainings are designed to help trainees through a series of consecutive steps. These steps are: to understand how palpation works, to access the state of being required for effective palpation, and to refine the tools and understanding acquired in order to deepen the relationship with the body structures of patients in distress.

The training takes place over four days (Friday to Monday, in general), and a total of 32 training hours. Here is the training program:

Day One

- Presentation of the pedagogical approach: the cone of knowledge
- General presentation of the approach
- Definition of the body
- The body’s relationship to the physical universe
- Fundamental building blocks of the physical universe
- Energy management at the physical level

Subjective Parameters of Palpation

Presentation and Felt Experience of the Consciousness of the Body

Exercises

- Presence
- Attention
- Intention

Objective Parameters of Palpation

Exercises

- Density
- Tension
- Velocity (inertia)

The Body and Energy Management

Day Two

Understanding and Accessing the Osteopathic 'Case' - Modus Operandi

Modus Operandi - Phase 1: Facilitating Communication within the System

- The occipital compression technique

Modus Operandi - Phase 3: Re-harmonizing the System

- Skull/pelvis/skull

Modus Operandi - Phase 2: Seeking, Finding and Liberating Areas of Retention
• Presentation of a model representing the mechanical organization of the human organism

Osteopathic Therapeutic Coherence

Importance of the Dura Mater

• Practice and implementation of dura mater techniques

Day Three

• Explanation and application of techniques to the cranial sphere
• Explanation and application of techniques to the pelvis and sacroiliac joints
• Explanation and application of techniques to the spine (dorsal & lumbar)

Day Four

• Explanation and application of techniques to the cervical spine
• Explanation and application of techniques to the shoulder girdle
• Explanation and application of techniques to the visceral sphere
• Applying the tissular approach with children
• Summary of the tissular approach modus operandi / General summary and conclusion

As time permits

• Explanation and application of techniques to the upper limbs
• Explanation and application of techniques to the lower limbs

What this training can bring you

Rather than providing a catalogue of vague promises or glowing outcomes, it seems wiser to share the positive outcomes most often reported by training participants:

• A better understanding of life, of living beings and of their difficulties in the face of adversity.
• New or increased understanding of the importance of presence, intention and attention.
• (Sometimes considerable) improvement in palpation, and resolution of many palpation difficulties.
• Discovery of new techniques, or rather of a new way of practicing them.
• Expansion of the therapeutic spectrum and therapeutic effectiveness (improved management of the whole).

Who may participate in this training?

This training program is designed for all practitioners trained in osteopathy, as well as for students-in-training, as long as they have integrated and are proficient in the fundamentals of Sutherland’s cranial approach.

Internet Site: https://approche-tissulaire.fr/niveau2tissulaire.html#level-2