

“A Bridge to the Corporal Universe”- Sándor’s Work

Some reflexions points

Suzana Delmanto

Psychotherapist

suzana@delmanto.com

The Nature, our great teacher, teach us that a good tree produce good fruits and a bad one, bad fruits, “Matheus 7:17”, it’s a very simple and universal reality.

Well, the *Subtle Touches* applied in the *Calatonia* are like the fruits of the tree. Apparently is very easy to apply and the technique is very simple but the effect depends on the professional. One must always be careful when choosing the touches to apply.

The use of *Body Work* is not recommended when one is dealing with Psychic Disturbance, changes of mood caused by the use of drugs, or when the patient shows any kind of infectious disease. Special care must be taken when applying the touches to a pregnant woman.

A great number of the touches can be adapted and used with children. Dr. Sándor would say: “Children are good means of testing whether the touch is good or not..... Whether the therapist is good or not...”

The “Common Sense” on the choice of touches and applications is always part of the work.

As a general rule, “common sense” is always part of the job, always taking both, the physical as well as the psychic consideration.

Sándor’s work cannot be understood at a mental level, it needs to be perceived, to be felt by our body and our feelings. He always said that knowing really implies feeling and experiencing something. Keeping this in mind, Sándor insisted on teaching and learning by means of experience. All the sequence and manoeuvres he taught us were always exchanged among us a few times in class, with different partners. Thus, we could apprehend them with our bodies and not only with our cognitive minds.

Always the practice: it's not enough just reading several books, he would say.

So, to be able to apply Sándor's Touches, we need follow his way.

Also, it's important to remember:

- to work with a serious and careful professional presence
- to open the limits of our minds
- to assimilate the effects, very often we need a sequence of experiences
- a self proposition and dedication to improve our sensibility
- to be completely present on the touches, feeling all the time
- always we need to improve our knowledge, day by day. Sándor during groups studies, always brought a great material of philosophers, writers, poets and scientific articles.
- enthusiasm and interest by subjects like sincronicity, images, dreams, impulses, all this, dr. Sándor used to say, has a special place in understanding each moment as a whole.
- to be always aware and opened to the new and sacred when working with people
- to be aware of labels and previous diagnosis

A professional in Sándor's work can help first of all receiving the person with open heart and no critic posture.

The care taken for the application of the touches is necessary to be always respected. It's interesting to remember that the basic *Calatonia* on the feet do not provoke any sensation of invasion and usually gives the patient feelings of expansion, calmness, safeness and well-being. The simple fact of having one's feet taking care is a base for a relationship that aims for one's readjustment and heal.

The Subtle Touches of Sándor's work is undoubtedly useful to help in interdisciplinary approaches in the area of health and psychosomatic, in phonoaudiology, in the field of body therapies with energy and balance.

Sándor's work has link with the work of Asheley Montagu, both of them using the skin as means of contact, but the practicability and the unbelievable variance of Sándor's Subtle Touches give us light in the human horizon.

Also Sándor's work like Barbara Ann Brennan – “Hands of Light” - would rather focus on health than on disease. We can perceive in her book- “Hands of Light” - the work with body magnetism, this field we can find in Sándor's Subtle Touches.

How we can see, we have comparative titles to which Sándor's work can be compared and how do they differ, where each professional brings points of light to the science.

If we dive in Sándor's work we can find some points of Reich and Lowen and also the presence of Paul Schilder. If we go deeper we can meet oriental medicine. The presence of artist's sensibility and the philosophical atmosphere can be perceived.

Calatonia method in association with psychotherapy can help analytic process, bringing a great help. The Calatonia induces responses in duet to the kinesiological factors mobilized by the soft touches as to the sensations affects, images and ideas arisen by tactile stimulation.

As Sándor was establishing the basis for the use of Subtle Touches during psychotherapy sessions, he referred to the fact that alongside the therapeutically effects of contact, the Subtle Touches make use of the high potential of the skin sensitiveness, allowing a multisensory experience.

We learned with him that the patient's reactions to the method cannot be viewed only as physiological reconditioning but, and foremost, as existential revaluations.

Subtle Touches have the quality to benefit the opening of our Corporal Universe.

Bibliography

- Subtle Touches- A Life Experience with Petho Sándor's Work by Suzana Delmanto
- The Khalatonic Method in Psychotherapy- article by Lucy Penna (1952-2011) published in Science and Culture- 1985 (37)
- Schilder, P.: The image and appearance of the human body
- Lowen, A.: Bionergetics: 1975
- Montagu, A.: Touching- the Human Significance of the Skin- 1986

- Brennan, B. A.: Hands of Light- a guide to healing trough the Human energy field- 1987