

HomePlay Suggestions

Focus on whatever you are touching as you go about your day. Notice how much you take the sense of touch for granted. What ideas do you have for bringing mindfulness to touching?

Monitor your self-touch and your touch in tablework. Notice what leads you to more gnostic touch. What leads you to more pathic touch?

With self-touch and touch with clients notice the sensation in your hands as well as the quality of what you are touching. Is your attention generally more with what you are touching? Practice switching back and forth with your attention. Where is the sweet spot?

How can your self-touch and touch in tablework be more novel?

What qualities of touch do you savor the most when you receive sessions? How can you bring these qualities to your self-touch?

Practice using the words from the Word Cloud when talking about *Trager*. This can be silently to yourself, or out loud to an imaginary person. When you feel more confident use these words with clients and potential clients and/or referral sources.