

Rebonding of the Body



"Rebonding of the Body" is based on the assumption that in order to survive traumatic incidents in our life we may disassociate or disown certain parts of our body or personalities. No real healing can take place until these disassociated parts are revealed and reintegrated into the person's whole being.

The technique utilizes memories as pathways to healing.

Structure of Sessions

- Verbal Sharing, Play and Storytelling
- Drawing an Outline of the Body or Body Part
- Physical Exercise and/or Games involving a particular body part.
- Relaxation
- Visualization and Memory Recall
- Painting and Drawing/Journal Writing
- Verbal Sharing and Story telling
- Closing
- Journal & Dream Writing (during and between groups)

Basic Principles

- Group is structured and consistent.
- The program moves from the least vulnerable to the more vulnerable
- The therapists maintain a nurturing position.
- Includes verbal and nonverbal techniques (art, movement, creative visualization and other modalities) to stimulate the emergence of disassociated parts.
- The group is open for abreaction to occur in a safe manner,
- The traumatic incident need not be verbally disclosed to the group in order for integration to occur
- Therapist needs to recognize trauma symptoms and be able to teach grounding and self-management skills
- The element of "play," that is forgetting or losing oneself, must be present.

Objective: To "rebond" the person with themselves, or to reintegrate the disassociated personality or body parts.

First Children's Group

The History of the Body drawings, which are produced in the first session, gives the therapist an idea of where the body blocks exist and which sessions are going to be difficult for that participant.

Rebonding of the Body is a multimodality program that was first designed for children who had been sexually abused, later modified for women who had been physically and sexually abused and then further modified for different populations, including adolescents of both genders and men who have survived trauma. It now has a broader application in the healing process for individuals of all ages who have experienced a wide range of traumatic experiences. It has been successful in treating persons who have survived cancer treatment, severe burns and motor vehicle accidents, as well as persons with eating disorders and psychosomatic illness. The structured program allows the participants to become more trusting and comfortable with their bodies and themselves

Position is important. One lady drew herself lying on her side. She did not realize until the end of the evening that her head was bent forward and it looked "as if" she were hanging by the neck. She shared with us that she was actually hanging herself in her present relationship

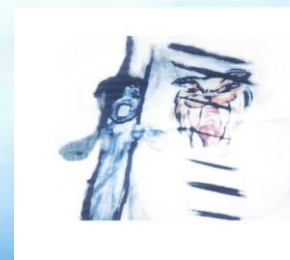


The Women's Research Group

The research project consisted of two groups of 6 women who self-referred and agreed to suspend any other therapy during the research project. The ages ranged from 23 to 63 (20s, 30s & 40s, 1 was 63). Two had no previous therapy, the rest had some degree of therapy including other types of body work. One withdrew from the group after the 3rd session because of family responsibilities.

The group consisted of 8 sessions, 3 hrs each. The women were asked to **take their drawings home** and to place them under their bed or in a "special" place in the room in which they slept. This process encourages dreams. They were then **given a journal**. This journal was for dreams, memories, feelings, thoughts and questions that rush to the surface of consciousness. They were told that this was their private book.

Writing out one's feelings and reading them later is an excellent resolution technique.



This remarkable woman portrayed her feelings in the drawing of her legs. On one is her anger expressed in the tiger, and the other, her fear symbolized in the lonely, isolated, blue abandoned baby

The logo and medallion for **Rebonding of the Body** were created by Adeline O'Gorman, Art Therapist, Victoria, BC.

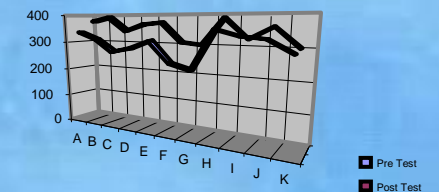
Standardized Tests – Evaluation and Measurement

Two standardized tests were utilized. They were the Tennessee Self Concept Scale (TSCS) and the Beck Depression Scale which were administered pre and post Rebonding programs.

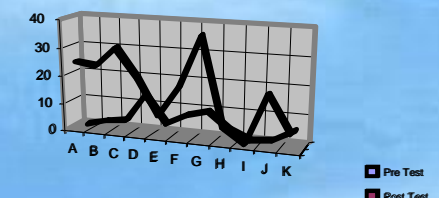
The results of these tests measured only the immediate results of the technique. Some women claimed to notice changes months afterward which they attributed to the group, or to the techniques or to the skills that they learned in the group. There was a substantial difference in the objective measurement of before (17.9) and (299.6) and after (4.2) and (348.4).

Therefore rejecting the null hypothesis that there was no change.. Statistical T-Test Value with 10 degrees of freedom and two tail probability showed Beck **4.20**, therefore,, **p<.002** TSCS - **5.38**, therefore, **p<.000**. Once the research groups had concluded, there was a demand for more groups in that community.

Tennessee Self Concept Scale (TSCS)



Beck Depression Index



for *Rebonding* training contact:

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