

Learning to be well

What to expect from a one-on-one process of the Grinberg Method®

Welcome to your Grinberg Method process!

Possible aims for our work together

You may be here because you are in pain or something bothers you physically, and you are focused on dealing with that. Obviously, the process will aim to support you to achieve a change. However, the methodology views people's physical state as the outcome of different repetitive patterns and as the body's expression of how we learned to deal with pain and fear. All these lead to the body not being able to use its natural ability to recuperate and return to well-being. To reach the desired outcome, the process will focus on unlearning the patterns and re-learning how to allow your body to heal itself.

It might be that you experience ongoing stress, worry, fear, boredom, loneliness, and the like, or have a particular form of behavior, such as nervousness or shyness, which appear in specific situations and disturb you. Here the process will teach you how to stop maintaining, in your body, those automatic ways of being. This will allow you to change the experience and gain the freedom to affect who and how you are in different situations.

And finally, you may be wishing to develop a talent, an ability, your clarity, the expression of your creativity or vision, or fulfill a specific project or goal. This is achieved by assessing what stands today between you and your wish, and teaching you through the body to cross your limitations and allow your potential to manifest and be fulfilled.

The process step by step

We start by defining the goal of the process together.

Whatever the aim is, all along the process you will learn to increase the quality of your breathing, relaxation, silence, and the awareness of your needs. You learn to transform the experience of pain, and to relax into fear. The process will show you how you can stop different types of efforts you hold in your body.

All these aim to increase your body attention. And with it, increase your vitality and your ability to concentrate; improve your quality of sleep and digestion; and overall attain a higher level of well-being. You will learn to tap into sources of energy that you may have not been aware of having in your body.

The process combines touch, movement and exercises with description and verbal guidance. This unification of the body and mind in the learning leads to long-lasting results.

The more you put into it, the more you will gain

The process is based on our cooperation, and so you have a major role in its success.

- To start with, give yourself the best conditions to get the most out of the session: come ready to involve yourself, don't eat a heavy meal right before, and most importantly allow for a little extra time before and after the session.
- The more you pay attention, and share with me, how your body is between sessions, the quicker your body attention will grow and the sessions will be adapted to follow your body. This includes any outstanding changes in your physical condition, sleep, appetite, digestion, vitality, etc.
- To establish the outcome of every session and the process as a whole, integrate what you have learned in the working room in your day-to-day life.

How long will the process take and is it working for you?

- Although the length of the process cannot be determined in advance, a noticeable change is expected within the first eight sessions. Process length will be affected by factors such as the duration and severity of what you want to change, how ingrained it is in your body, your age, and your involvement during the process.
- When there is no apparent change after about eight sessions, we will discuss the continuation of your process. In the event of a worsening, you should consult your physician.
- Like anything else in life, not everything fits everyone. At any stage of your process, you may decide that what it requires of you does not fit your wishes, and we will stop the process.

The Grinberg Method's disclaimer

The Grinberg Method is a methodology of attention that teaches through expanding and focusing body attention. It does not claim to heal, to be an alternative medicine, a massage therapy, or to be considered among the helping professions. It is not intended for persons suffering from conditions considered life threatening, or for those with conditions or serious illnesses that require medical or psychiatric attention. Moreover, it is not intended to be a substitute for any kind of required treatment. The method has no ideological or mystical basis and does not demand any particular lifestyle.

Any medication taken prior to or during the process should be taken as instructed by your physician, and any changes in medications or treatment should be done only after consulting with your physician.

Looking and touching your feet (*Foot Analysis*) is a tool to assess and define the aim of the process, and adapt it specifically to you. This is neither a medical nor psychological diagnosis, and it does not replace them. At any rate, prior to beginning a Grinberg Method process, a medical diagnosis should be sought for any unclear condition.

The following page contains several questions that cover the conditions mentioned above and will inform me of your general state of health and well-being. After you have completed it, it will be kept, and remain confidential, among my clients' files.

Kindly keep this information sheet for future reference. You are also welcome to read the Code of Ethics and Professional Conduct of Grinberg Method Practitioners (available at www.GrinbergMethod.com), in which you will find further information about what to expect from your process.

I look forward to our work together.

Please answer yes or no to the following questions. If you answer yes to any of them, please provide details (including date and duration) in the corresponding space.

Do you suffer from any chronic illnesses? Are you receiving medical treatment for them? no yes

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Have you had surgery? no yes

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Do you suffer today, or did you suffer in the past, from any life-threatening illness or condition? no yes

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Do you suffer today, or did you suffer in past, from any condition that requires psychiatric attention? no yes

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For women: are you pregnant? no yes

I have read and understand the content of all the information on the preceding pages, which I have received, about the one-on-one Grinberg Method process. I understand that the process is not a substitute for medical or psychiatric diagnosis and treatment, and that it is my responsibility to continue any treatment by medication, or otherwise, unless I receive other instructions from my physician. I hereby confirm that the information which I have provided above is true, complete and accurate. I understand that your agreement to accept me as a client is based on my confirmation that I understood the above and my signed statement. I shall update you immediately with regards to any changes to what I have written above. I understand and agree that you will always have the sole discretion to cease immediately any process using the Grinberg Method. Based on the information provided to me and my understanding of it, I hereby waive any claims with regards to the process using the Grinberg Method or any of your decisions in relation to it.

First name Last name Age

Street Code/City Country

Email Phone Mobile

Date/...../..... Signature

If you are under 18 years of age, one of your parents or your legal guardian must sign this form (see following page).

As a parent (or legal guardian) of _____ I hereby certify that I have read all of the contents of the information pages, which I have received, about the Grinberg Method, and that the information provided in the questionnaire is true, complete and accurate.

First name Last name Age
Street Code/City Country
Email Phone Mobile
Date/...../..... Signature