



"I think Theresa (you) summed it up best by saying that Rosen is an invitation to bring awareness to my body, something that was too intimidating for me to do in both group scenarios (yoga, Pilates) and one-on-one settings like massage. For me, the ability to freely talk about my emotional reaction to touch is what makes Rosen feel safe where other physical therapies do not. I actually use Rosen in addition to talk therapy and believe that the emotional awareness I gained from the latter was an essential prerequisite to benefit from Rosen. It took me several years in psychotherapy, repeatedly mentioning a desire to be more in touch with my feelings as they related to my body, before I felt I was ready to take the leap into Rosen. It is counterintuitive that something so gentle can make someone feel so profoundly vulnerable. There are many ways to frame the experience, but since I recently had my first child, I would describe Rosen as the soft touch every human deserves, providing another body for us to become aware of our own needs, boundaries, and postures of defense. Theresa generously loaned me a book called *The Psychophysiology of Self-Awareness*, which although quite dense, provided some great sidebar examples of one Rosen practitioner's methodology as well as scientific validation for those generally skeptical of "alternative healing modalities" (I include myself in that group). If you are seeking short-term physical relief from someone else's touch, a massage is probably more appropriate. If you are looking for emotional healing via physical self-awareness, Rosen—and in particular Theresa—is an invitation to do exactly that."