



# The Insightful Body: Healing with SomaCentric Dialoguing

*Julie McKay*

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# The Insightful Body: Healing with SomaCentric Dialoguing

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## **The Insightful Body: Healing with SomaCentric Dialoguing** Julie McKay

SomaCentric Dialoguing offers therapists simple yet effective techniques for improving communication with their clients, and for helping clients understand and articulate what their body wants them to be aware of. In this accessible introduction to the approach, Julie McKay outlines the core techniques and shows how they can be applied to make therapeutic sessions more effective. Explaining that individuals process information in different ways - audially, visually, or kinaesthetically - she describes how therapists can identify each client's unique language blend, and how they can use this knowledge to encourage them to become more in tune with, and more able to express, their body's needs. Guidance is provided on how to ask more effective questions in sessions, what words to use, and what words to avoid for optimal results. By using carefully chosen words and phrases, therapists can empower clients to express themselves freely. Using the simple yet profound techniques outlined in this book, therapists of all kinds will learn how to look beyond the head and into the body to help clients heal more completely and more deeply. This book will provide yoga and tai chi instructors, craniosacral therapists, occupational therapists and a wide range of other healing arts practitioners with the skills they need to refine their dialoguing vocabulary and deliver rich and rewarding sessions.

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