



# SINGING DRAGON

## The Insightful Body Healing with SomaCentric Dialoguing

Julie McKay

February 2010 • 256pp • ISBN 978 1 84819 030 6 • PB • \$24.95

*“The Insightful Body is much more than a book. It is a step-by-step course for therapists, offering a range of processes and insights, to facilitate communication with the wisdom of their clients’ bodies.”*

—**Bruce Burger MA, RPP**, founder of Heartwood Institute and author of *Esoteric Anatomy: The Body as Consciousness*

*“One of the most difficult things for a bodyworker to quantify is the subjective experience of ‘dis-ease’ for each individual client. Julie defines and teaches that therapeutic quality of ‘presence.’ This book takes you beyond communicating with your client to true interaction with body, mind and spirit. I learned from this book, and because of it will continue to learn more with each interaction with my clients.*

*Improved communication, improved outcomes, continued learning and growth for both the client and the bodyworker...Fabulous! This is what the therapeutic relationship is all about!”*

—**Jean Wible, RN, BSN, NCTMB, LMT, HTCP**, author of *Pharmacology for Massage Therapy* and *Drug Handbook for Massage Therapists*

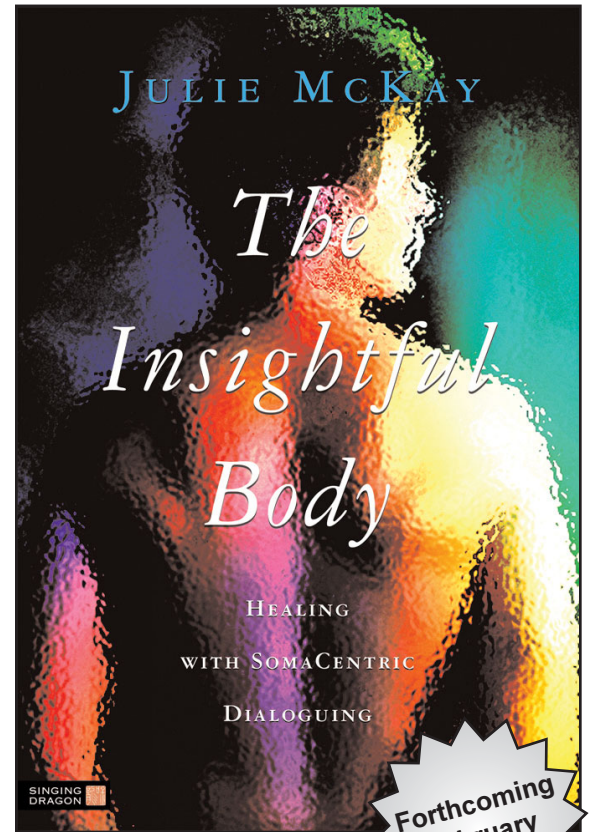
SomaCentric Dialoguing offers therapists simple yet effective techniques for improving communication with their clients, and for helping clients understand and articulate what their bodies want them to be aware of.

In this accessible introduction to the approach, Julie McKay outlines the core techniques and shows how they can be applied to make therapeutic sessions of all kinds more effective. Explaining how individuals process and communicate information, she describes how therapists can identify each client’s unique language blend, and how they can use this knowledge to help them become more in tune with, and more able to express, their body’s particular needs. Using the simple yet profound techniques described in this book, therapists of all kinds will learn how to get beyond the head and into the body to help clients heal more deeply.

*The Insightful Body* will provide bodyworkers, acupuncturists, psychotherapists, movement instructors, and a wide range of other healing arts practitioners with the skills they need to deliver rich and rewarding sessions.

**Julie McKay, CST-D, NCTMB, BFRP** and director of The CLEAR Institute, is a highly respected therapist and teacher. Julie has spent over 10 years refining her techniques that she uses to dialogue with clients. She is passionate about helping others learn how to become more effective therapists. For information on her SomaCentric Dialoguing classes, please visit: [www.ClearInstitute.net](http://www.ClearInstitute.net) or contact her at [info@ClearInstitute.net](mailto:info@ClearInstitute.net).

**Contents:** Acknowledgments. Introduction. 1. What It Is All About. 2. Creating and Holding a Safe Space. 3. Key Concepts. 4. Talking Colors. 5. Frustrated Aardvarks. 6. Dialoguing. 7. Open-Ended Questions versus Closed-Ended Questions. 8. Word Choice. 9. Wiggle Words. 10. Getting Started. 11. Meet the Twins: Resistance versus Protection and Their Role in Healing. 12. Gems and Nuances. 13. Creating a Session. 14. Getting Unstuck. 15. Techniques Review. 16. Exercise Review. 17. Next? Glossary. Resources. Bibliography. Index. About the Author.



See reverse side for ordering information

## Order Form

To order, please fill out the form below and mail to the address at bottom. Individual orders must be pre-paid using a check, money order, or credit card. Institutions using a purchase order may be billed.

- Please send me \_\_\_\_\_ copy(ies) of *The Insightful Body* by Julie McKay  
2010 • 256pp • PB • 978-1-84819-030-6 • \$24.95

\*Tax: PA residents add 7% sales tax to the subtotal. VA residents add 5% sales tax to the subtotal.

\*\*Shipping: Add \$5.00 for one book, \$1.00 for each additional book.

Subtotal \$ .....

Tax\* (PA & VA residents only) \$ .....

Shipping\*\* \$ .....

**TOTAL** \$

### Payment

- Please bill me (institutional customers only) P.O. Number .....

- I enclose a check or money order (payable to Jessica Kingsley Publishers, Inc.)

- Please charge my:  Visa  Mastercard  American Express

Account number: .....exp. date .....

Signature .....Phone number .....

- Please keep me informed of new books

E-mail address: .....

Areas of interest: .....

### Billing Name and Address

### Shipping Name & Address (if different)

.....	.....
.....	.....
.....	.....
.....	.....
.....	.....



#### Send Orders To:

**SINGING DRAGON**

an imprint of Jessica Kingsley Publishers

400 Market St., Suite 400, Philadelphia, PA 19106

Toll Free Phone: 1-866-416-1078 • Fax: 215-922-1474

Email: [jkpmail@presswarehouse.com](mailto:jkpmail@presswarehouse.com)

To order online or for more information, visit: [www.jkp.com/singingdragon](http://www.jkp.com/singingdragon)