



## **The Duggan/French Approach Somatic Pattern Recognition**

The body process is not linear, it is circular; always, it is circular.  
One thing goes awry, and its effects go on and on and on and on.  
A body is a web, connecting everything with everything else.  
- Ida P. Rolf, Ph.D.

### **What is DFA - SOMATIC PATTERN RECOGNITION ?**

In the Duggan French Approach, the emphasis is on discovering patterns in the body and becoming aware of how they are influencing our lives. Each DFA session is structured to encourage this awareness to emerge in its own distinct way. The work unfolds between the practitioner and the client through dialogue, touch and movement. The language of the body emerges, reshaping and harmonizing the client's relationship to her own life. Each session refines this developing relationship until the client feels reconnected to being fully in her body and in the world.

In DFA sessions, the client participates throughout, sometimes by making specific movements, or breathing into the part of the body where holding occurs, or simply allowing awareness of sensation to surface. It can take several sessions for the client to begin to recognize, and enter into dialogue with, this very subtle, internal, way of working. The practitioner participates through gentle questioning and observations that help the client develop an awareness of his habitual patterns of movement and holding. The work is quiet and nurturing, offering an expansive, supportive and safe place for clients to explore ways in which they can grow physically, emotionally and cognitively. Each session builds on the last in helping to restore physical vitality and connection to life at its fullest.

Each individual DFA session lasts for an hour. The number of sessions is determined completely by the needs of the client. Sometimes lifelong deep changes can occur in a short amount of time; sometimes it takes longer. Under all circumstances, clients learn lifelong lessons in how to enhance their own well-being.