



Points & Positions

Touch Technique Workshop with Will Davis

Friday, 30.9 – Sunday, 2.10.2022, Vienna (AT)

Points & Positions Touch Technique is a gentle touch that utilizes the dual approaches of soft pressure on specific connective tissue points within the musculature as well as gently positioning selected muscles of the body and applying light compression.

A unique aspect of this method is that **it is not the action of the practitioner that brings about changes**. We do not manipulate the tissue to make it change. The light touch stimulates the self organizing forces of the body's own resources and completes the changes in its own time and rhythm.

Another unique characteristic is that we do not work *against* a contracted muscle in order to force it to open and "relax". Instead we work *with* the contraction. Understanding that the contraction had a source, a reason to be there, we support the contraction by gently increasing it by our positioning and thus allow the contraction to release by itself.

This technique does not work on the muscular level but rather on the deeper, more primary connective tissue of the myofascial system. Using the plasticity quality of connective tissue whereby it adapts to local conditions in real time, this gentle work allows the connective tissue to reorganise so that the muscles soften and open and prepares the organism for deep and long lasting changes. Biological and neurological explanations are offered to help to understand how this method is effective.

This method is easily adapted to all physical therapies as well as body oriented psychotherapy.



Will Davis (1943) is an American psychotherapist with over 45 years experience. He has a psychology degree and was trained in neo-reichian Radix work, encounter groups, Gestalt Therapy and in various alternative healing methods. In the past 40 years, he has been practicing and training throughout Europe and before that worked in America and Japan. He developed the gentle connective tissue based somatic release technique of *Points & Positions* and

combines that with a unique synthesis of verbal therapy. He offers trainings in *Functional Analysis Body Oriented Psychotherapy* based on the self-organizing and creative movement of the *instroke* of the pulsation. He is member of editorial boards of two journals, the Italian Society of Psychologists and Psychiatrists, the EABP, AETOS, EAP and teaches as a guest trainer. He lives with his wife in the south of France.

Event Details

This workshop is open to all body therapists and psychotherapists, as well as to all people who are interested in a form of healing based on touch. There are no prerequisites to participate.

Location: Haus des Friedens, Albrechtsberggasse 9/7, 1120 Vienna, AT

Timetable: Fri 12pm-8pm, Sat 10am-6pm, Sun 9am-5pm

Cost: € 300

Language: English, with occasional German translation as needed

Max. number of participants: 16

Registration & questions: mail@johannesegger.at

Registration deadline: Wed 10 August 2022, with a € 150 deposit to secure your participation.

Cancellation policy: Your € 150 deposit is not refundable unless you/we can find another person to take your place. In the event that the workshop is cancelled by the organisers, your € 150 deposit shall be refunded to you in full.