

---

# **The relevance of touch for personal development and psychotherapy**

## **接触在个人发展和心理治疗中的角色和作用**

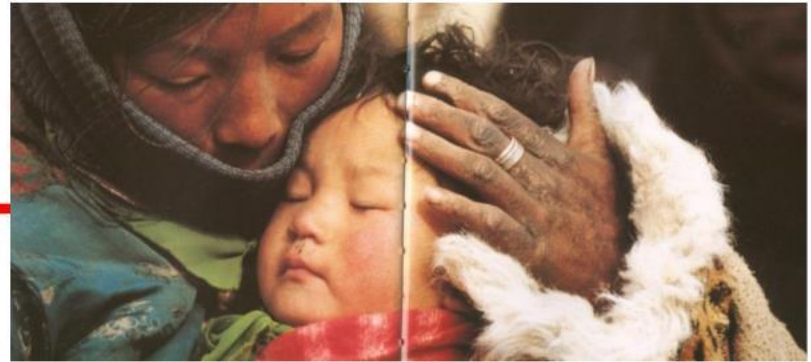
Lecture at the 7<sup>th</sup> Psychoanalytic Conference

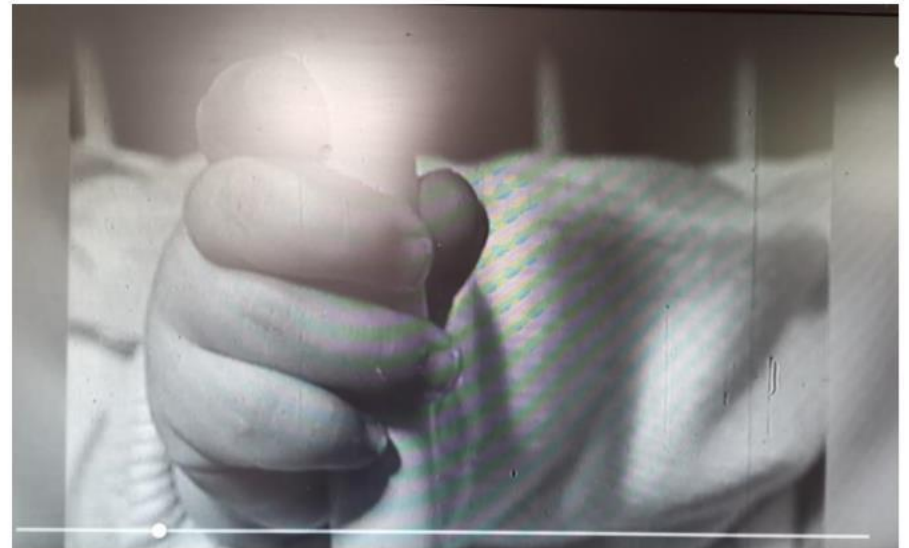
Ulrich Sollmann

Shanghai, China

2021-12-17









---

## 拯救的拥抱

这张图片来自一篇名为“拯救的拥抱”的文章。这篇文章详细地记录了一对双胞胎出生后第一个星期的生活。显然，两个婴儿被分别放置在各自的温箱里，妹妹被判定无法存活。一名护士违反了医院的规定将姐妹俩放到了同一个温箱中。当她们被放在一起的时候，相对健康的姐姐勾起了胳膊将她的妹妹怜爱地拥入怀中。这时，妹妹的心率变得平稳了，她的体温也升至正常范围。

[Http://www.daurelia.com/spirit/rescue.htm](http://www.daurelia.com/spirit/rescue.htm)



---

Imagine being born and entering the world. Imagine how it might have been in the womb, so comfortably warm, so protected, secure and cared. The light muffled, the noises gently modulated and a pleasant smell that always surrounds you, always being so intimately connected to the surrounding body of your mother.

想象一下，出生，来到世上。想象一下，在子宫里曾是那么温暖舒适，被保护，感觉安全，被照料。光线减弱了，噪音被柔和调节，环绕周围的总是那么好闻的气味，妈妈的身体一直围绕着你、与你亲密地连接着。

---

For your baby to be able to feel things around him stimulates the somatosensory system. This is essentially just a network of touch receptors spread all over the body that connect back to the brain through nerve cells. Each receptor is uniquely tuned to sense one component of touch (temperature, pressure or pain, for instance)..... Parts of the somatosensory system start to develop only a few weeks after conception. By week 8 of pregnancy for example, your baby has developed touch receptors in his face — mostly on his lips and nose — which are connected to his growing brain. By sensing stimuli in the womb, the somatosensory receptors help to develop his whole nervous system.

对于你的宝宝来讲，能感觉到他周边的事物，这刺激了躯体感觉系统。本质上，这是一个由遍布全身的触觉接收器形成的网络，它通过神经细胞与大脑相连。每一个接收器都被单独调频，能感受到触觉的一种成分（例如，温觉、压觉或是痛觉）.....躯体感觉系统的一部分自怀孕数周后就开始发展。举例来说，怀孕8周你的宝宝就已经发展了面部的触觉接收器——主要是嘴唇和鼻子——并与他正在成长的大脑相连。通过在子宫中感受刺激，躯体感觉接收器帮助他发展整个神经系统

Imagine what it feels like to experience the rhythms you encounter there. The peristaltic rhythm that accompanies your mother's digestion; the contraction of muscles and the recurring relaxation. Imagine how it feels like how your mother's heartbeat watches over your sleep in the womb, how it enables you to experience continuity and recognition when you wake up, because you feel that it is the same rhythm that helped you to fall asleep, to let go. Of course living in the womb, , hovering in the uterus, stimulates the sense of balance. On the other hand of course babies inside the womb feel the mother`s stress and have to cope with the higher tension or contraction within the womb.

想象一下，在那里你是如何感受你遇到的节奏的。伴随着你妈妈的消化过程，肠蠕动的节奏；肌肉的收缩和再次放松。想象一下，你妈妈的心跳看着你在子宫里安眠，那是一种怎样的感觉，当你醒来时，它是怎样让你感受到连续和认可的，因为你感觉到正是同一个节奏帮助你入眠，帮助你释放。当然，生活在子宫里，在子宫里晃荡，刺激了平衡感。另一方面，子宫里的婴儿当然也感受到妈妈的压力，不得不去应对子宫中更高的张力或是收缩。



---

**Touch  
and  
the social brain**

**触摸  
与  
社会脑**

---

It's touch that stimulates and structures life already from the  
very early beginning on.

请记得：从一开始，是触摸为生命提供了刺激和结构。

**Touch is touch and more than touch**

**触摸是触摸，又不仅是触摸**

# Body Awareness

# 躯体意识

---

Beginning very early in life the senses of touch, movement and gravity provide information about one's body and its relationship to the environment and others.

在生命早期，触觉、运动觉和重力觉能够提供关于自我躯体及其与环境 and 他人关系的信息。

---

**Touch** is important for the brain  
to develop  
a sense of self

**触摸**对于大脑发展出  
自我意识而言  
很重要

**Touch** stimuli cannot be ignored  
and  
are always all-encompassing in  
effect

**触摸**是不可忽视的刺激  
并且  
其作用是包罗万象的

# Specific physiological effects after birth

## 出生后的特殊生理作用

---

- stabilizes breathing, skin temperature, blood sugar levels.
- baby senses the physical boundaries and the difference between the I and the other
- important for further development
- ten years after birth there are cognitive differences,
- 它能稳定呼吸、皮肤温度、血糖水平
- 它让婴儿感觉到身体的界限，以及自己与他人之间的区别
- 它对后续发展很重要
- 出生十年后，认知能力会有差异



---

It`s the body-to-body-communication that opens up to a vital and sensed life to Mom as the “good enough mother” and the whole world.

身体与身体之间的交流，为妈妈开启了鲜活、可感受的生命，使她成为孩子”足够好的妈妈”和整个世界。

---

Touch acts like a drug  
produced by the body itself  
by mobilizing messenger substances  
like:

- Endorphins (happiness hormone)
- Oxythocin (bonding hormone)

触摸就像药物一样  
通过调动信使物质  
由身体产生  
如：

内啡肽（幸福激素）  
催产素（结合激素）

# Endorphine ..... 内啡肽.....

---

.....vitalizes:

- Good feelings up to euphoria
- Sense of satiety, and satisfaction
- drive to intensify one`s own development
- more alert, more motivated and more efficient.
- infatuation, tingling in the stomach
- Reduces pain

.....它会激活:

- 愉悦的感受, 乃至狂喜
- 饱腹感和满足感
- 推动个体的自身发展
- 更警觉、更有动力、更有效率
- 醉心的感觉、胃部的麻刺感
- 减轻疼痛

# Oxythocin ..... 催产素.....

---

...arouses:

- reliability,
- fidelity,
- better pain tolerance
- deeper sexual feelings
- Better learning ability
- security in relationship
- couples live longer
- socially beneficial

...它会唤起:

- 可靠性
- 忠诚
- 更高的疼痛耐受性
- 更深的性感觉
- 更好的学习能力
- 关系中的安全感
- 延长夫妻寿命
- 对社会有益

# Social behavior

# 社交行为

---

The hormones create social behavior:

- Being touched makes you feel safe and secure
- Touching the other feels this as a reward
- The interplay of this nourishes the dynamics of a social system
- Touch interaction with pets and animals can also trigger oxytocin release.

荷尔蒙产生社交行为：

- 被触摸会让你感到安全
  - 抚摸对方会感到一种回报
  - 这种相互作用滋养了社会系统动力
  - 与宠物和动物接触也会触发催产素的释放
-



# Social benefit... 社会效益...

---

...related aspects are:

- oxytocin strengthens the experience of In-group and Out-group,
- makes the awareness of this distinction clear,
- thus also strengthens the distance to the Pit-group and
- figuratively awakens the feeling of "having to defend".

...相关的方面包括：

- 催产素增强了内部团体与外部团体的体验
- 让人清楚地意识到这一区别
- 从而也加强了与对立团体的距离
- 形象地唤起了“不得不防卫”的感受



---

" I take care of you  
and  
you take care of me"

"我照顾你  
而  
"你照顾我"

(reciprocal behavior as one basic paradigm  
of family and social system).

(互惠行为是家庭和社会制度的一  
种基本范式)

---

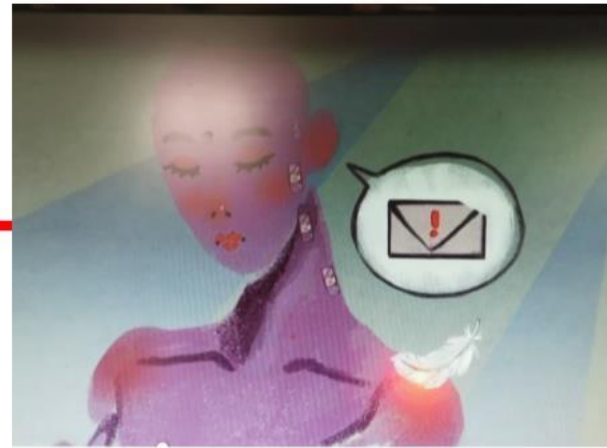
**C-tactile nerves**

**C触觉神经**

---

C tactile nerves (stroking fibers)  
let us feel  
if we like a body contact or not

Touch mobilizes hormones and  
neurotransmitters (messengers)



C触觉神经（安抚纤维）  
让我们去感受  
我们是否喜欢身体接触

触摸可以调动荷尔蒙和  
神经递质（信使）



# Function of the C-tactile nerves: C触觉神经的功能

---

- strengthen the immune system
- make happy
- prolong life
- Relaxation and stress reduction
- vital as the air to breathe
- experience and convey attachment and security through the presence of others
- awaken joy, pleasure, comfort, power, threat, fear, violence, etc.
- first language you learn
- first contact with the world
- 增强免疫系统
- 让人高兴
- 延年益寿
- 放松和降低压力
- 正如空气对呼吸般重要
- 通过他人的在场，体验并传达依恋和安全感
- 唤醒喜悦、快乐、安慰、力量、威胁、恐惧、暴力等
- 你学的第一门语言
- 第一次与世界接触

## Touch of the C-tactile nerves serves.... 触碰C触觉神经有助于.....

---

- self-awareness
- the relationship between “I and the Other”
- the perception of community
- keeps people together in community
- serves as a reward for social contact
- 自我意识
- “我与他者” 的关系
- 对社群的感知认知
- 使人们团结在一起
- 作为社会接触的奖励

**Conclusion:** touch stimulates,  
develops and ensures, so to speak,  
the **social brain**

**结论:** 可以说, 触摸会刺激、发展并  
保障**社交大脑**

---

The skin is the space where the Core-Self and the Other meet.

Touching the skin enables and enriches the experience of a relational dance like: “It takes two to (dance) Tango”

皮肤是核心自体与他人相遇的空间。

触碰皮肤可以促发并丰富关系舞蹈的体验，

就好像是：“跳探戈需要两个人才能进行”。

---

Sensitivity of human senses  
decreases in the course of life

人类感官的敏感性  
随着生命过程而衰减

The sense of touch is the only sense that is  
not affected by this. The sense of touch is  
therefore just as effective as it was at the  
beginning of life. Often even more intensive

触觉是唯一不受此影响的感觉。  
触觉如生命之初一样敏感  
甚至常常更敏锐



---

**Closeness vs distance**

**亲密vs距离**





# Closeness vs Distance 亲密vs距离

---

- Regulation between the „I and the Other“
- Interplay of communication, interaction, self-positioning and sensed knowing
- Based on feeling and sensing oneself .....
- ...in relation to the Other and the world around me
- Personal, relational, social and from the beginning on a bodily experience
- Is regulated and induced by different kinds of language:
  - Verbal language
  - A verbal, nonverbal language
  - Social language
  - Language of (soft) touch
- Closeness vs distance *always is embodied*
- “我与他者” 之间的调节
- 沟通、互动、自我定位和感知认知的相互作用
- 基于感受和感觉自己.....
- ...与他人和我周围的世界有关
- 个人的、关系的、社会的，以及从一开始就是身体体验的
- 受不同语言的调节和诱导：
  - 口头语言
  - 非言语语言
  - 社交语言
  - 轻触的语言
- 亲密与距离总是具身的

---

The corona crisis is a first-time precedent  
in evolution and history of mankind  
With the global message:

**" one must not touch "**

This leads to a meaningful increase  
of mental illness

One very specific is (all kind of) addiction

新冠危机是人类进化史上  
第一个先例  
向全球带来一个信息：

**“不能触碰”**

这导致精神疾病的  
急剧增长

一个非常特别的问题是（各种各样的）成瘾

# Addiction as response to “No-Touch”

## 成瘾是对“不能触碰”的反应

---

- Loss of the familiarity of touch.
- People are increasingly living in a "lonely world of distance, isolation, solitude"
- increased use of digital media. I.e. touch is additionally reduced.
- cell phone and tablet more touched than another human
- unconsciously awakens a body alarm.
- Cortisone level increases
- increased heart attack
- Anxiety, depression etc. increase
- 失去熟悉的触碰
- 人们越来越生活在一个“遥远、孤立、孤单的世界”
- 更多地使用数字媒介，触摸也就更少了
- 相比于触摸他人，反而更多地触碰手机和平板电脑
- 无意识地唤醒身体警报
- 肾上腺皮质酮水平升高
- 心脏病发作增加
- 焦虑、抑郁等增加

**然而，人们渴望的是一个真实的他人**

**And yet there is longing for a real other**

---

heavy smoking and alcohol use increases  
mortality by about 35%  
for loneliness about 45%.

重度吸烟和饮酒会增加  
死亡率增加近35%  
孤独感增加近45%

# If touch is missing early 如果生命早期缺乏触碰

---

- death too early despite basic care
- in survivors mental and physical damage,
- reduced body growth
- immature immune system
- simple memory functions are no longer possible
- reduced volume of the brain
- 尽管有基本照顾，但会过早夭折
- 在幸存者中，会有精神和身体损害
- 身体生长减退
- 不成熟的免疫系统
- 简单的记忆功能已不再可能
- 大脑容量缩小

# Resilience for the nervous system

## 心理弹性对神经系统的作用

---

- Good emotional slowdown
- Better competence to concentrate
- The ability to align oneself
- The ability to put one's own needs aside
- Tolerance for frustration
- Better ability to feel happiness and balance
- Better stress-resistance
- Strong ability to attune and to relate
- Less anxiety
- The ability to be in the here and now
- Empathy
- Self-respect/understanding of oneself
- 良好的情绪缓冲
- 更好的集中精力的能力
- 自我调整的能力
- 把自己的需要放在一边的能力
- 对挫折的容忍
- 更好地感受幸福和平衡的能力
- 更好的抗压性
- 很强的协调和沟通能力
- 更少的焦虑
- 更好的活在此时此地的能力
- 共情
- 自我尊重/自我理解

## In concrete terms 具体而言

---

- **Confidence** that the inner and outer influences are structured, predictable and explainable.
- That you have the **resources** to meet these demands.
- Confidence that the **commitment and effort are worthwhile.**
- And: **alone it doesn't go well at all**
- **相信**内外影响是结构性，可预测，可解释的。
- 相信自己有满足这些需求的资源。
- **相信承诺和努力是值得的**
- 并且：独自一人一点儿也不好



---

Which experience brings you to this question?

什么经历让你想到这个问题？

Which new experiences can possibly be the answers?

哪些新的经历可能成为答案？

---

**Longing  
for  
a human means  
longing for the Other**

渴望人类  
意味着  
渴望他人

---

**Body perspective  
and  
body-work**

**身体视角  
与  
身体工作**

# Energetical Process 能量过程

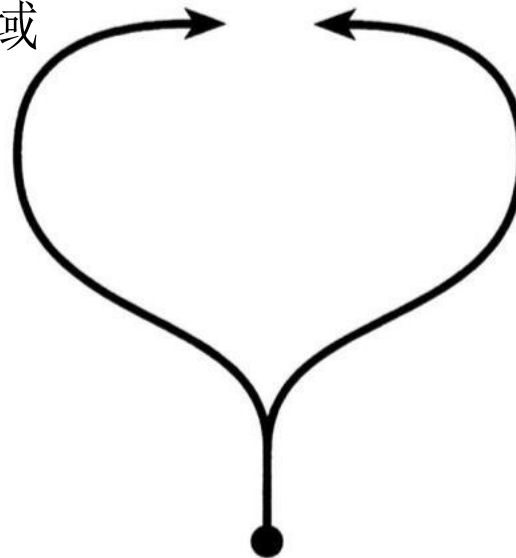
---

spiritual field, 精神领域  
psyche, 心灵  
me 自我

physical field, 生理范畴  
soma, 躯体  
body 身体

pictures, 图像  
thoughts 思维

movement, 运动  
feeling 感受



Energy / 能量  
charge / discharge 充电/放电  
Excitement 兴奋

# Basics of BPT

## BPT的基础

---

- Energetic perspective and self-regulation • 能力视角与自我调节
- Focus on the body • 关注身体
- Relationship means attachment and bonding • 关系意味着依恋和联结
- Childhood experience is embodied • 童年的体验是具身的
- Functional identity of body, feeling, thinking, acting and so on • 身体、感受、想法、行为等方面的功能同一性

# Body-psychotherapy 身体心理治疗.....

---

... or body-self-experience is a voyage or adventure (in the sense of experience) of self-discovery towards:

- Self-awareness
- Self-expression
- Self-possession
- Richness of relationship
- Touching the nature and passion of life

.....身体自我体验是一种（在体验意义上）自我发现的航行或冒险，它朝向：

- 自我意识
- 自我表达
- 自我占有
- 关系的丰富性
- 感触生命的性质与激情

## To sum it up 总结

---

Body-to-body-communication especially touch stimulates the organism

身体与身体之间的沟通，特别是触摸，为有机体提供了刺激

The nonverbal, sensed imagination of touch enriches the contact between the  
“Core-Self with the Other”

非言语的、感受性的对于触摸的想象，能丰富“核心自体与他人”之间的联结

Body-Contact creates the ambiguity of “Self and Other”

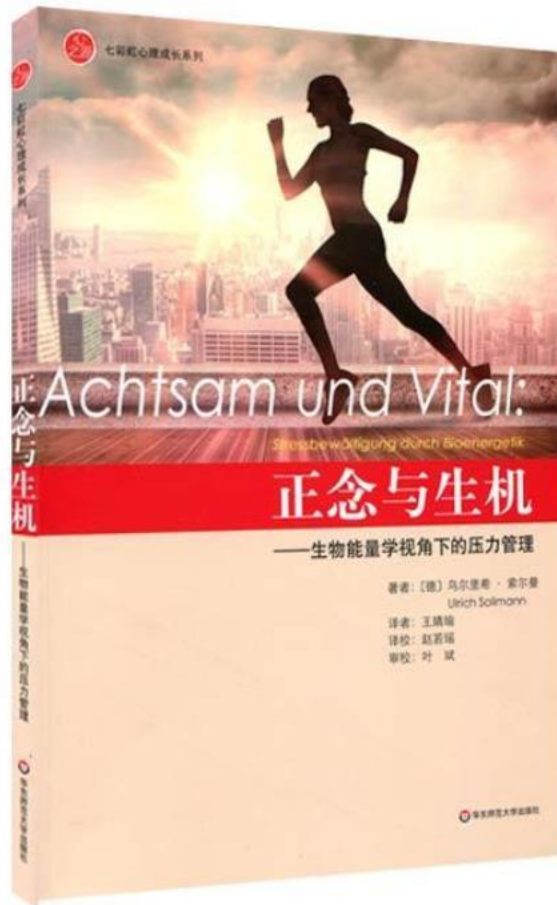
身体接触产生了“自体与他人”之间模棱两可的感觉


The competence of ambiguity regulates the heartbeat of touch and vice verse

含混的能力对触摸的心跳进行调节，反之亦然


This you may call the embodiment of relationship.

你可能称之为关系的具身化。






世界图书出版公司



**你一动，我就懂——身体语言答案**

**当当，卓越，京东有售**



**你一动，我就懂——身体语言答案**

作者简介  
乌尔里希·索尔曼 (Ulrich Solmann)

“30年行为研究专家”“20年政治领袖行为教练”，他不仅是德国总理默克尔的行为教练，也是德国各大企业的行为教练。受聘于普华永道、德国汉莎航空公司、德意志银行、德意志商业银行等知名企业。曾任教于德国明斯特大学，是德国生物能分析协会 (DVBA) 的主席，还是中国德中心研究院特约嘉宾。

索尔曼长期研究东西方文化及肢体语言差异，致力于为经济、工业及政治领域企业及人士提供培训及咨询服务，包括管理人员自我完善培训、抗压力培训、领导人（政党或企业）自我表现能力培训及宣传策略的制定。

**内容简介**

也许你已经知道，身体语言是隐藏在沟通细节中的魔鬼。它决定了沟通的成败，但你是否知道，仅仅牢记住那些具体的身体姿势或面部表情所对应的含义是远远不够的！人各有别，身体语言也因因人而异，它与一个人的自身条件、经历、性格特征、文化背景等息息相关。本书向你解释究竟什么才是一个人的身体语言和非语言交流方式的魅力来源。“万变不离其宗”，阅读本书，跟着肢体语言大师一睹“宗”的面貌！





---

**Practical aspects**

**实践方面**

# Form of touch 触碰的形式

---

- With what do we touch, with which part of the body?
- How do we touch? In what way?
- With which drive quality do we touch?
- Where do we touch?
- With or without clothing?
- With or without talking?
- On a specific purpose?
- Space of time for touching?
- 我们用什么触碰？用哪个身体部位？
- 我们如何触碰？用什么方式？
- 我们以如何性质的驱力来触碰？
- 我们触碰哪里？
- 触碰时是否穿着衣服？
- 触碰时是否交谈？
- 有何特定目的？
- 触碰的时间？

# Functions of touching 触碰的功能

To give a vivid support

给予生动的支持

- To support self-exploration of dissociated parts
  - To encourage to partial regression
  - To reenforce aggressive impulses
  - To support experience of relationship, to be there and have boundaries at the same time
- 支持对解离部分的自我探索
  - 鼓励部分的抑制
  - 加强攻击性冲动
  - 支持关系的体验,  
• 在那里的同时保存边界

# W-Questioning when working with the client

## 与来访者进行工作时的提问

---

- Use very simple questions 进行非常简单的提问
- Ask what actually happens in the here and now like: 询问此时发生了什么
- What happens in your body? 你的身体发生了什么?
- Where/when does it happen? 何时何地发生?
- What changes in your body? 身体有何变化?
- Where does it change in your body? 身体的变化在哪里?
- Do you know this from your life or is it new to you? 你早就知道还是最近发生?
- How do you feel by this? 你对此的感受如何?
- How do you breath and where do you feel your breathing? 你如何呼吸, 哪里感受到你的呼吸
- Do your experience tension/pain in your body and where? 你感到身体的紧张/疼痛吗? 在哪里?
- What happens when you experience this? 当你感受到时发生了什么?
- What kind of thoughts do you have when this happens in your body? 当你感受到是你有什么想法?
- What would you do when you feel this in your body? 当你感受到时, 你会做什么?

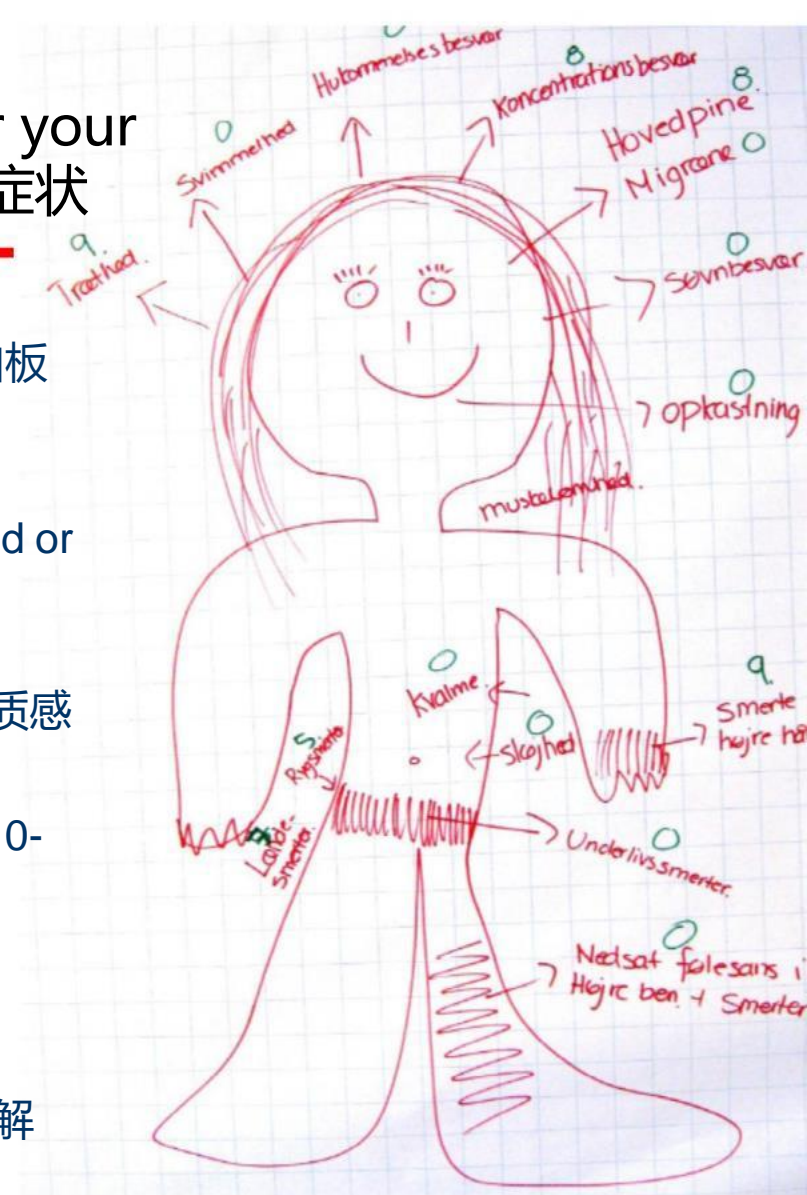
Questions: differentiating and connecting 提问：区分与联结

Body 身体	<p><b>Body perception:</b> 身体感知</p> <p>What happens in your body? 身体里发生了什么?</p> <p>Where does it happen in your body? 发生在哪?</p> <p>When does it happen? 什么时候发生的?</p> <p><b>Breathing:</b> 呼吸</p> <p>When this happens how do you breathe? 发生的时候你如何呼吸的?</p> <p><b>Tension/ pain – relaxation</b> (neutral– unpleasant– pleasant):</p> <p>紧张/疼痛- 放松 (中立的-愉悦的-不快的):</p> <p>Where do you experience tension/ pain in your body? 身体的哪个部位感到紧张/放松?</p> <p>What happens when you experience this? 当时发生了什么?</p> <p><i>if patients perceive too much tension, unpleasant sensations or pain</i></p> <p><i>⇒ modify/ stop and try to gradually influence this sensations</i></p> <p>如果病人觉得太紧张、不快或疼痛</p> <p>⇒ 修正/停止然后试着调节情绪</p>
Thoughts 思维	What kind of thoughts do you have when this happens in your body? 发生的时候你在想什么?
Emotions 情绪	What feelings are connected with this body experience? 与这个身体感受相关的情绪是什么?
Behavior 行为	What do you want to do when you feel this in your body? 当你有这些感受时，你想做什么?
Effect作用/ Changes改变	<p><b>How</b> does it change your body? 你的身体有何改变?</p> <p>What change of breathing do you experience? 呼吸有变化吗?</p> <p>What else happens in your body when you realize this? 还发生了什么其他的吗?</p>

## Exercise:练习

Draw your body, parts of touching and / or your symptoms  
画出你的身体，触碰的部分或你的症状

1. Draw the contours of your body on your flip chart. 在白板上画出你的身体轮廓
2. Draw or note where in the body you want to be touched or not 标出你想要或不想要被触碰的部位
3. Note the type/ quality of touch there 标注触碰的方式和质感
4. Note the strength of wished touch here and now (from 0-10) 标注想要被触碰的强度 (0-10分)
5. You can also do this when you have pain or symptoms somewhere in the body and want touch for relieve 如果你的身体感到疼痛或有症状，也可以通过触碰来缓解



It is OK to help each other.如果可以的话互相帮助

[www.sollmann-online.de](http://www.sollmann-online.de)

Patient drawing of her symptoms

(Fatigue, dizziness, memory impairment, concentration difficulty, headache, migraine, insomnia, vomiting, muscular pain, nausea, feeling something off in right hand, abdominal pain, back pain, lower back pain, reduced sense of feeling in right leg and pain in right leg.)

# Guidlines for the excercises

# 练习指南

- 
- |                   |       |
|-------------------|-------|
| • Body sensations | 身体感觉  |
| • Breathing       | 呼吸    |
| • Feeling         | 情感    |
| • Thoughts        | 思维    |
| • Fantasies       | 想象    |
| • Tension, stress | 张力、压力 |
| • Pain, boundary  | 疼痛、界限 |
| • Time, break     | 时间、休息 |
| • Self-regulation | 自我调整  |



# Logbook

Body	Feelings	Thoughts	Behaviour	Effect

# Coping questions and encouragement

## 应对问题和鼓励

---

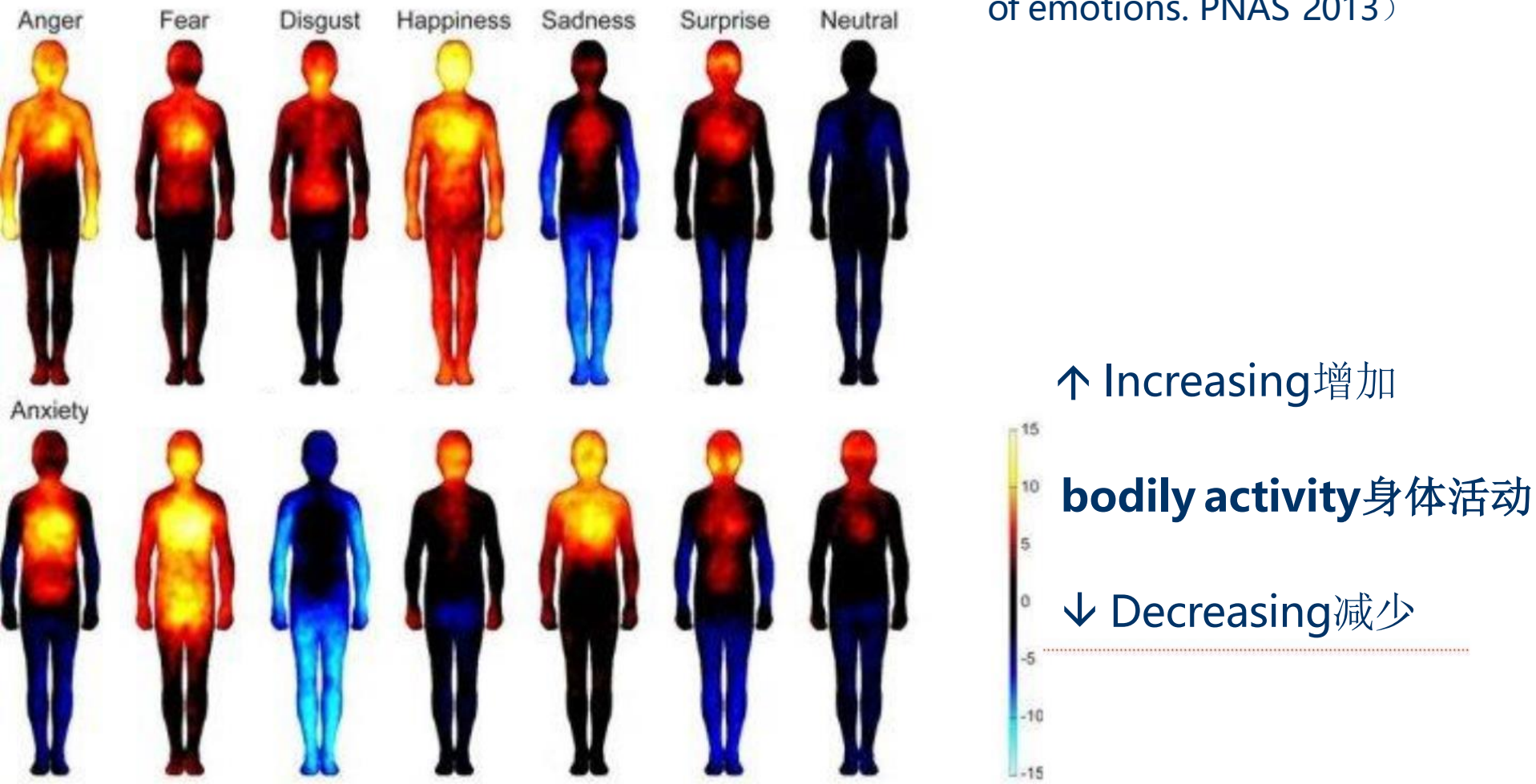
- How did you manage to deal with all these things?
- Where did you get the strength to do that?
- What made it possible for you to hold on to your desire for change for so long?
- How did you manage not to make it worse?
- Others would have given up hope long ago. Where do you always get hope from?
- It is hard to believe, you have managed this, how could you?
- What can I do without taking the task for you?
- Take a few breath and try again another way
- You have done it once, I know you can do it again
- 你是怎么成功处理这些事的?
- 你从哪里获得了那样做的力量?  
什么使你改变的渴望保持了这么久?
- 你是怎样避免事情变得更糟的?
- 其他人可能早就失去希望了,  
你从如何得到希望的呢?
- 这真是难以置信, 你居然做到了,  
你是怎么做到的?
- 为了不拿走你的责任, 我能做什么?
- 做几个深呼吸, 试试其他办法
- 你已经做到过一次了,  
我知道你可以再做一次。

# The bodily basis of emotions 情绪的身体基础

» The researchers induced different emotional states in 700 participants. 研究探索了700名被试不同的情绪状态

» Subsequently the participants were shown pictures of human bodies on a computer, and asked to colour the **bodily regions whose activity they felt increasing or decreasing**. 在电脑上给被试展现人类身体的图片, 并让他们根据感受到不同身体区域活动的增加或减少标注不同颜色。

(Nummenmaa et al. Bodily maps of emotions. PNAS 2013)



# Focused work 重点工作 1 / 2

---

- support the present experience
- strengthen the experience of body boundaries and safety
- vitalize all levels of experience - sensation, sensory impressions and images, movement and behavior, feeling as well as meaning
- reduce possible disconnection of the body sensation
- use the body sensation as a basic ground for self-awareness
- to promote resources on all levels thus resilience
- 支持当下的体验
- 加强身体边界与安全感的体验
- 言语化所有层面的体验——感觉、感官印象与画面、动作与行为、感受以及意义
- 减少可能存在的与身体感觉的分离
- 将身体感觉作为自我觉察的基础
- 促进所有层面的资源，从而促进心理弹性

# Focused work 重点工作 2 / 2

---

- stimulate holistic self-regulation processes
- Release psycho-physical tension, reduction of breathing, as well as possible numbness
- thus restore more openness and participation in life
- Rediscovering one's own rhythm
- Promote sensitive oscillation between incipient excitement and holding containment
- balance the vegetative nervous system
- 刺激整体的自我调节过程
- 缓解身心紧张、降低呼吸频率、以及可能的麻木
- 从而恢复对生活的开放和参与
- 重新发现自己的节奏
- 促进最初的兴奋和抱持容纳之间的敏感振荡
- 平衡植物神经系统



---

Dipl. rer. soc. Ulrich Sollmann

Höfestr.87

D-44801 Bochum

[sollmann@sollmann-online.de](mailto:sollmann@sollmann-online.de)

[www.sollmann-online.de](http://www.sollmann-online.de)

Wechat ID us44801

Wechatblog: BodyNeverLies