



Blessings for a healthy and abundant 2023

ZB Transformation

Upcoming Events

- **Working with Gender Diverse Clients** - Dr. Misty Rhoads - January 14
- **The Pubic Bone** - Linda Wobesky - January 21
- **Making the Pyramid Personal** - Jennifer Allen - Jan 22
- **What is the Donkey?** - Jim McCormick - Feb 19

**Full Class Calendar is
Here**

New Year Clean Out! ZBHA Virtual Sale

Our inventory is still marked down. Grab your ZBHA CDs or DVDs while they last.

- Inner Smile CD - \$5.00
- Parallel Breath DVD - \$10.00
- ZB Overview DVD - \$10.00



Order Here Before They're

Friends & Fulcrums

Congratulations to all those who Certified in 2022!



- Amy Babcock (HI)
- Martha Colby (WY)
- Caitlin Cook (MA)
- Danielle Crawford (MD)
- Eric Eichelberger (OR)
- Kathryn Gabriel (AZ)
- Johanna Hartman (CA)
- Rachel Hassinger (MA)
- Katherine Johns (TX)
- Niree Kalfayan (CA)
- Carla Leyen (IA)
- Dani Livpriya (CA)
- Cheyenne McQuilkin (VA)
- Brendan Orr (MD)
- Vanessa Allison Reed (CT)
- Greg Vrona (VT)
- Willow Wonder (VT)

Learn about ZB
Certification

A Letter from Costa Rica by David Lauterstein

"I have just completed teaching ZB I and II consecutively with a two-day break in between at the Costa Rica School of Massage Therapy. On the last day, I was sent a video of monkeys by a recently graduated ZB teacher, Julie Sargent, who assisted me with 16 wonderful students. I know we all love donkeys, but monkeys are thrilling as well. So let your interface be inspired by these agile and vocal climbers along with our dependable and charming donkeys, who are also very expressive!!"

Leaning in and climbing up - David Lauterstein

Starting in May 2023, David will be offering a special ZB Certification Intensive at the Lauterstein-Conway Massage School in Austin, Texas!

Monkey Video from Julie
Sergeant

Learn More About Intensive ZB Certification
Program

Mentor Corner

Do I really need to write up my ZB sessions? The value of reflection

by Alison Lara Mott for The Mentor Committee

If you've been around a while, you will remember session write-ups, perhaps fondly and perhaps not, as a major component of your certification journey. For those of us newer to the journey, write-ups are only one in a series of optional enrichment activities for certification. A recent meeting of Certified Mentors found ourselves considering why might we want (or want our mentees) to write up ZB sessions and share them.



The first thing we all agreed on is that a fulcrum-by-fulcrum description of a session is the most tedious to write and least interesting to read. Not that it doesn't have its place in the learning process, but what other ways can writing and reflective activities be leveraged? Here are some ideas and tips gleaned from our conversation.

Reflection is a key growth strategy. It deepens awareness and lets us see patterns and effects of ZB over time and across clients. Consider keeping a journal to gather notes, ideas, sketches, reflections, quotations, etc. Make time to gather your thoughts immediately following a session so they don't scatter to the winds. Some of us even video record sessions - with clients' permission - for later review and reflection.

Prime your process with a focus. For example, choose a ZB principle (Interface, Blue Line, etc.) or something you learned in a class and describe how it showed up for you in the session. Or, ask yourself some questions. Here are a few to get you started:

What came up for me?

What excited/surprised me?

What did I struggle with (that a Mentor might help with)?

When in the session did I notice the frame bubbling up?

What were my most and least favorite fulcrums today? Why?

What is my learning edge and what in this session expanded it?

What common themes emerged from this session/series of sessions?

What thoughts and patterns did I notice arising as I worked?

Then comes the alchemical step. Whatever form your reflections take, the most amplifying thing you can do with them next is to share them with someone. This could be a ZB buddy, a study partner, a willing and curious

spouse, a teacher or a Certified Mentor. Who knows? Maybe your reflections will become the seed of a speaking series or a book or other ways to introduce ZB to a wider audience. Or maybe they will just be for your own delight and growth. Wherever you are on your ZB journey, from ZB-curious, to certification candidate, to seasoned practitioner who is still learning from every ZB you give, I hope you feel inspired to begin your reflective exploration today.

To learn more about working with a Certified Mentor email the Mentor Committee

[Email The Mentor Committee Here](#)

Feature a Teacher



ZB highlighted at International Vestibular Conference

In October 2022 ZB faculty members and physical therapists Mary Behrens (IN) and Rhonda Salvo (MA) attended the second International Conference for Vestibular Rehabilitation in Minneapolis. Both Mary and Rhonda, who met during the recent ZB Teacher Training, have specialty certification in Vestibular Rehab (having to do with dizziness and imbalance).

In 2022, Mary had a poster accepted that she presented on-site, entitled: **How Can We Help Patients Vestibular Migraine when Medication is Not an Option?** The poster describes Mary's case study where a gentleman, who was suffering from severe vestibular migraines, found complete relief after several sessions of Zero Balancing. Due to other medical issues, migraine medication was not possible for him. Many attendees, mostly vestibular PTs, showed interest in this case, and both Mary and Rhonda were busy for the entire session fielding questions about Zero Balancing.

The conference was fast-paced and stimulating, covering the latest research in both the diagnosis and treatment of various vestibular conditions. Mary and Rhonda learned a lot and enjoyed being in the field with over 500 attendees who are devoted to helping those with dizziness.



ZB Teachers Build Bridges with Health and PE Educators

ZBHA faculty members Mary Murphy (IL) and Misty Rhoads (IL) collaborated on an interactive presentation for Illinois educators who observe their students, other faculty, or themselves being “othered.” Mary and Misty spoke to a full room at the Illinois Association for Health, Physical Education, and Dance (IAHPERD) State Convention in Tinley Park, IL on December 2nd, 2022.

Stress that manifests in the body affects our neurobiology and often has its roots in the experience of personal, intergenerational, or collective trauma -- notably being ‘othered,’ left out, or isolated. Mary and Misty addressed what students and faculty may experience when they encounter microaggressions, lack of support, and feelings of isolation. They also offered ways to help students and faculty lower stress and anxiety levels, and create inclusive educational spaces.

Pioneering researchers, Mary and Misty incorporated their latest research on Zero Balancing and anxiety into the presentation to share how neuro-affective touch like ZB helps regulate the nervous system and lower anxiety levels. Participants also learned simple mindfulness exercises, breathing techniques, and other skills to help those around them relax and come into the feelings of belonging and safety.

Read ZB research authored by Misty and Mary

Do you have ZB-related news, poetry or artwork to share?

Please email us at zbha@zerobalancing.com

Items should be no more than 300 words. We reserve the right to edit your work for space and clarity. Thank you!

A Note of Inspiration

I am of the opinion that my life belongs to the whole community, and as long as I live, it is my privilege to do for it whatever I can.

–George Bernard Shaw



Zero Balancing Health Association | 1405 S. Fern St. , Suite 90510, Arlington, VA 22202

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Sent by zbha@zerobalancing.com