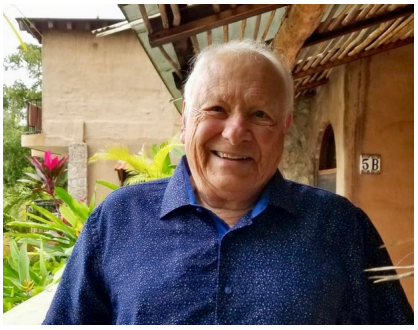
Zero Balancing®
INTERFACE

Spring blessings!

ZB Transformation



"Please encourage new people to study ZB and become Zero Balancers. The more people who know ZB, the more we're helping the world to be a better place."
- Fritz Smith, MD (1929-2024)

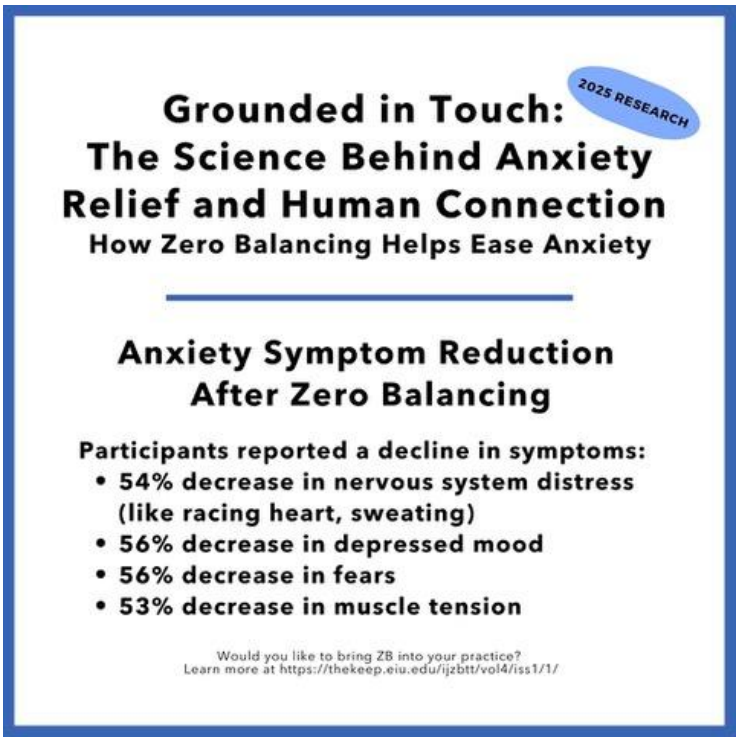
Find a Class

EXCITING ZB EVENTS
Deepen skills and connect to community!

8 March - November - (Full Series) Collective Healing Practices for Trauma, Activism and Inclusion with Mary Murphy and Misty Rhoads
6 April - Protocol Review with Michael Oruch: Upper Back & Neck
6 April - First Sunday Virtual ZB with Michael Oruch

16 & 27 April - Certification Candidate Cafe
20 April - Third Sunday: When to Improvise with Judith Sullivan
30 April - Core ZB Study Group - Online!
4 May - Protocol Review with Michael Oruch: Arms & Closing Sequence
4 May - First Sunday Virtual ZB with Michael Oruch
10 May - New England Regional Conference - Vermont
18 October - Zero Balancing Community Benefit - save the date!

View Full Course Calendar



Newly published research

Grounded in Touch: The Science Behind Anxiety Relief and Human Connection by Misty Rhoads, Mary Murphy, et al.

Anxiety disorders are among the most pervasive mental health challenges worldwide, affecting individuals across all demographics and socioeconomic backgrounds. As a leading contributor to disability and diminished quality of life, anxiety continues to rise in prevalence, exacerbated by global crises and societal stressors. This study explored how Zero Balancing (ZB) supports individuals with anxiety. Researchers hypothesized that ZB would lower the perceived severity of general anxiety and reduce perceived anxiety symptoms. This national study, conducted from August 2023 to April 2024, involved 80 participants who received 320 Zero Balancing (ZB) sessions facilitated by 12 certified ZB

practitioners trained in research methods.

In conclusion, Zero Balancing effectively reduced anxiety severity and symptoms, highlighting the critical role of somatic awareness in anxiety management.

Read the Research Here

Photo by Cyndy Shaw

May 10: New England Conference & Core ZB Advancing Skills Day - Westminster, Vermont

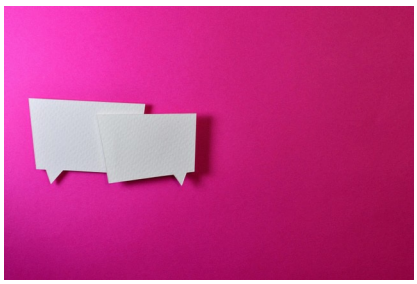
ZB Faculty and Certified Mentors bring you
the New England Bio-Regional Conference 2025
with a full day of Core Advancing Skills presentations from ZB Faculty:

Michele Doucette, DC, CZB • Ty Romijn, LAc.,CZB • Beverly Peirson, LMT, CZB • Julie Sargent, LMT, CZB, BCTMB • Sarah-Elizabeth Anderson, MA, LMT, CZB • Lisa Berger, LAc., CZB

Open to all who have taken ZB I and above.
Our theme for 2025: Tending Community - Strengthening our Container

Register Now

Add your Voice: Online Forum for ZBHA Community Members



Hello ZBHA members! Did you know you can join community discussion forums when you sign in on zerobalancing.com. Go to your account and click on Discussion Forum. Take a minute to set up your profile and then introduce yourself. Start a conversation, ask a question, share a poem or story and connect to community.

Online Core Zero Balancing Study Groups start April 30!

Beginning April 30, 2025, Certified Zero Balancing Mentors are hosting

bimonthly online Study Groups based on Core ZB concepts, principles and practices. Each session will be unique as participants are invited to bring their questions, explore inner sensing and touch skills, and practice specific fulcrums. The April 30 meeting will be facilitated by Eliza Mallouk and Veronica Quarry.

Future meetings will happen June 18 and September 17. Save the dates!

Sign Up Here

Friends & Fulcrums

MENTOR CORNER

Cultivating Personal and Professional Growth
By Chris Allen and Alison Mott, The Mentor Committee

As ZB practitioners, we learn to invite and appreciate feedback as a way to improve our skills. Other tools that support personal and professional growth include renewal and resourcing activities, taking time for reflection, and engaging in self-assessment.

Questions to help get you started:

1. How do you come to the blue line with yourself? Things like movement practices, being in nature, dancing, making art, being with friends and family. How do renewal and resourcing practices connect you with the flow of life and offer new perspectives and energy?

2. How and when do you take time to pause and engage in self-reflection? You may want to ask yourself: “How am I feeling? What ideas or issues are calling for my attention? What am I grateful for?” When you find something to work on, do you step into fix-it mode or take a welcoming, curious attitude and let it lead you towards insight?

3. What methods help you assess how you are doing regarding your various responsibilities and goals? What’s going well? What could be better? What gets in the way? (You may want to consider how you stay in alignment with ZB principles and/or keep your ZB skills strong.)

4. How do you get honest feedback, support and encouragement? Who can help you see yourself more clearly and work on your growing edges? Might a trained, certified mentor be helpful? If you would like more information about working with a certified mentor, please email the Mentor Committee at ZBMentorCommittee@gmail.com.

Find a Skilled ZB Mentor

Remembering Zero Balancing UK Faculty Member David Jones

David Maxwell Jones, a UK Zero Balancing teacher and 1996 graduate of the second Zero Balancing Teacher Training, passed on February 28, 2025 at the age of 77. He was a contemporary of David Lauterstein, Jeff Lennard, Paul Cohen and many other bright lights. In those days, the American cohort and the UK cohort had combined meetings during their trainings to share friendship and learning. David Jones is pictured in the group graduation photo in the bottom center. We remember him with love.

Feature a Teacher

20 April - Third Sunday Open Forum with Judith Sullivan

How Do You Know When You Need to Improvise?

Join Judith Sullivan in this exploration to learn how we know when we need to improvise or change direction in the course of a Zero Balancing session. As Judith states, "Usually the feeling I get is something isn't working. First I have to check myself. Then I have to see if I'm connected to the client. Or it could be the situation that you can't get there from here. What do you do in these situations?"

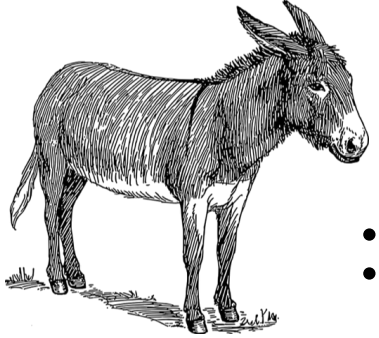
With wisdom and humor, Judith will lead this useful discussion! Judith is a master teacher with over 40 years of experience in Zero Balancing and craniosacral therapy. She is the author of Zero Balancing Expanded: The Attitude of Awaiting a Fish published by Upledger Productions. She's based in Charlottesville, VA.

Register Now

ZB Classifieds

Donkey Wish List: ZB Classifieds

Get the word out to fellow ZBers about a special



event, table for sale, and more! Create a free ZB classified ad for Interface.

Ad Guidelines:

- 35 words max
- Include a clear message or offer + accurate contact information.
- Must be submitted by the 15th for inclusion in following month.
- Send your Donkey Wish List Ad to Amanda King, Interface editor at amandamtzb@gmail.com
- The ZBHA is not responsible for the content of these notices.

Submit Your Ad

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

Please email us at **zbha@zerobalancing.com**

Items should be no more than 250 words. We reserve the right to edit your work for space and clarity. Thank you!

A Note of Inspiration

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."

-Lao Tzu