

Developed by Aminah Raheem, Ph.D., Process Acupressure or PA combines traditional acupressure techniques with leading edge process psychology skills for a body/mind/spirit approach to therapy.

THE UPLEDGER INSTITUTE REPORT:

Process Acupressure

BY KAY MEDDLETON, RN
SPECIAL TO **NURSE'S TOUCH**

My interest in Process Acupressure began about four years ago when I read Aminah's book, **Soul Return: Integrating Body Psyche & Spirit** (Aslan, 1990), and learned that pressure points could release energy blocks in the body. Aminah's concept intrigued me even though I was a traditionally trained nurse who graduated in 1960.

When Aminah's workshop came to New England, I signed up for the course and learned hand techniques



for opening up the energy flow through the physical body. These touch skills address the body energy flows in both general and specific ways. In PA, I learned how to find, open and relieve congestion in acupoints with finger fulcrums, and how to stay at the interface between the structure of the body (soft tissues and bone) and the energy of the body (meridians and chakras) with touch.

In the past year, I've incorporated PA into both my four-year-old private practice and the hospital setting. I

work on a GYN surgical floor and have found PA to be very helpful to my patients by releasing the energetic trauma of surgery, stimulating peristalsis and reconnecting the pelvic area to the legs and feet.

By using the pressure points, I've help patients find relief from nausea, headaches and backaches, as well as recover from anesthesia, fainting or shock. My hospital patients have been very receptive. They really enjoy the relaxation that results from a PA session along with feeling better; they also like the special attention.

My private patients have responded well, too. For example, one of my clients was having severe back pain and sciatica from a ruptured disc at L5, S1. I worked with her to ease the pain and to bring the body energy back down through the spine into the legs. She opted to have her physician use a laser to remove disc fragments, but still suffered from numbness and pain in her left leg and foot. Using PA's hip-leg-foot release, I was able to help relieve the pain and reconnect the energy flow. The patient went from barely being able to walk to total recovery, returning to work pain-free. This is a good example of how PA and

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conventional medical interventions can work together.

Another client who came to me with pain in her back, shoulders and neck had a history of sexual abuse as a young girl. Although she had years of counseling and some bodywork, she wasn't able to get beyond the pain. I'm stilling working with her, but to this point we've freed-up some body structure, which has relieved the pain in her back for the first time in years.

I feel that it's important to explain the principles of PA to my clients. I tell them about the energetic flow within the body and the three layers of energy that extend beyond it. Trauma can cause a block in one or all of these levels. My work is to locate and facilitate the release of this energy and assist the body structure into its normal flow or movement.

I tell my clients that they are soul, and that the soul knows exactly how to heal the body. The client's strong intention of wanting wholeness, balance and awareness allows this healing to be possible; I am the facilitator of this process.

There are situations in this work when emotions and memories surface. As these memories come into consciousness, I advise my clients just to look at them and give them permission to release. I also work with clients who are not ready to look beyond their physical issues. That's okay; I respect where they are in their recovery process. I find that engaging the client's process at an energetic level is extremely powerful and freeing. Chronic pain such as migraines, shoulder and neck pain, back pain and asthma can be related to personal trauma from years before or even from youth. After a few PA sessions, the body structure begins to release the old trauma, memories surface, awareness occurs and healing begins.

There's a quote from Aminah Raheem that sums up PA. She said, "The object of Process Acupressure is to clear the body of its limitations of personal history so that the soul can be free to heal and get on with its purpose." That statement places the credit for healing where it truly belongs—on the soul or spirit of the individual, rather than my magic fingers.

(Kay Meddleton, RN, works at Eastern Maine Medical Center in Bangor and maintains a private practice in Old Town, Maine, incorporating Process Acupressure, CranioSacral Therapy and Therapeutic Touch into her practice. She is a member of the Nurse Healers Professional Associates and the Maine Nurses Association.)