

Energetic Healing Techniques, Relationship Coaching, and the Treatment of Chronic Pelvic Conditions

The treatment of various conditions that manifest in the pelvis and vulva are often misunderstood in the medical community. It is only recently, with more openness to alternative, non-western medical modalities, that exploration and understanding is underway for the treatment of chronic pelvic pain syndromes. A large component in working with this pain, is understanding the common distortions of the human energy system in metabolizing energy before it reaches the body. These distortions that create dis-ease, or pain, in the pelvis. This understanding I acquired primarily through my studies and work with Brennan Healing Science. The physical body, the only aspect treated in tradition medicine, is one part of the human energy field (HEF). The HEF is also made up of chakras, emotions, and spiritual connections, which in turn make the whole of a person. The HEF metabolizes energy before it reaches the physical body. It is often easier and safer to work within the space of the HEF to effect change. This article touches on healing and coaching techniques I use when working with clients with pelvic conditions in order to help release the dis-ease associated with these conditions.

The most important factor when working with clients with pelvic conditions is understanding sexual trauma and consciously creating space so a client can feel safe. Sexual abuse survivors often re-experience the earlier wounding as the pelvis is 'thawing out' or opening. Somatic body and energy work on these clients can facilitate their healing process; however, it is very important to have a complete team of professionals supporting them. This team could involve; medical doctors, psychotherapists, acupuncture doctors, physical therapists specializing in pelvic floor work, chiropractors, etc. Touch is not always healing for these clients, and refraining from touch is not necessarily healing either. It is a fine line in communication with the client on the type of healing work they may need or desire for each session. This is why it is important to encourage clients to explore and share their needs, coaching them to facilitate their own healing. This can carry over into their ability to ask for needs in their intimate relationships. As a client becomes aware of sexual trauma they are desiring healing and reclamation of their power. It is important to let them discover this rather than provide a plan to fix it. I often suggest they see a psychotherapist in conjunction with our work together. This alleviates the reliance on therapeutic needs being filled by our work together. It is important when working with this trauma to continually evaluate progress and needs with the client. This helps empower them to be in control of their healing plan as I offer my services in a loving way to facilitate that plan.

Breath is an extremely powerful healing technique. Coupled with energy work on the body it can help a client connect to the life force energy in the pelvis that may have been frozen their entire life. I first work with relaxing and balancing the energy field by placing hands on the joints and chakras. It takes about 20-30 minutes. It is imperative before working with the client that my own energy field resonates at this balanced and relaxed frequency. Throughout this period, the client may talk to release whatever is held. As they talk I am encouraging them to breath into blocked areas previously identified together. They may share about trauma. I am careful to allow just enough talk to release and encourage silence, presence, and breath so the client can get in touch with their body experience. I am also assisting the client to release by clearing out stuck energy in the HEF that weighs it down. Sometimes a chakra or organ may need some special attention to help metabolize energy better. Ultimately the release of held emotions in the HEF and body are of utmost importance. A practitioner needs to be comfortable with these emotions in themselves in order to assist another in release. The gold in the healing process are moments when breath is softly flowing through the HEF and the client feels their

sexual energy in the pelvis. Feeling this energy inside usually opens a desire for more and the healing really unfolds. At some point in sessions with a client it may be helpful to place a hand directly on the genital region or have them place their own hand on their genitals, pelvic floor, or sacrum. Contact in this area is avoided by practitioners because it is controversial, yet can be very healing. This contact (clothed or unclothed) provided by the practitioner with clear healing intention can be helpful. The client's intimate partner, if available and willing, can become a significant healing partner for the client because they already have an intimate relationship. It also allows the partner to participate in the healing process. Suggesting individualized breathing, body movement, sex and/or masturbation exercises to practice at home with self or partner is crucial at this point.

In dealing with pelvic conditions it is very important to take slow steps in incorporating touch (from self, partner, or practitioner) to the genital region, especially in cases where the vulva is tight and irritated when penetrated (vaginismus). Encouraging the client to take it slow is advised. It is common for sexual trauma survivors at the beginning of their healing path to rush into fixing their condition. They long for more pleasure, the body is not ready, and variations of the original trauma are recreated, with intimate sexual relationships as well as practitioners. Tantric spiritual practice for individuals and couples can be a soothing alternative for traditional methods for sexual arousal. Use of breath and sensate focus is key to creating more space in the body for healing the pelvic region. I often coach clients and their partners in breathing techniques, offering video and reading materials to assist them. Breathing techniques are key for the woman to open her pelvic region and for the man to pace lovemaking with sensate focus and, if penetration is practiced, to last longer. It is very helpful for men to have information on how to support their female partner in this healing process. Much of my coaching is working with the female client on how to tell her partner what she needs. Much success is achieved in the healing relationship created when the male partner understands what his female partner needs. This is very important in the process of taking it slow. The female partner can also help her male partner by moving the energy from the pelvic region toward the heart and encouraging breath. Both partners benefit from releasing images around social sexual conditioning as they drop into their bodies more. Much healing can unfold for the female partner when her male partner practices the art of slow, deliberate, intentional touch and lovemaking for the purposes of her healing. Certain positions during lovemaking can also enhance the effects of opening the vulva, stretching the vaginal walls, and creating healing in the pelvic region.

Non-traditional yet practical approaches are sometimes the most effective treatment for chronic pelvic pain. It is a process for the client and should not be taken lightly. Understanding the emotional nature of sexual trauma and the non-physical aspects that affect the condition is crucial in healing this condition. Information provided here in this article is the tip of the iceberg as our social conditioning is just now opening to this work. In addition, more health care practitioners in the western and non-traditional sectors are seeking these types of techniques and tools for working with clients with chronic pelvic conditions. These conditions are becoming more rampant as women and men awaken to the life force energy abundant in the pelvic region. On the other side of pain is pleasure!

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