

Diافreotherapy:

Working on your body and your emotions

(Integrative Psycho-Physical Therapy)



Our body bears witness to our life history, going beyond what each individual is capable of consciously remembering. Our muscles “store” what we never got a chance to express, an impulse which we chose to suppress, an emotion that we were unable to feel.

What is Diافreotherapy?

Diافreo is a Greek word that means “*I open and let through*”. Diافreotherapy is an integrative body exercise of a somatopsychic nature, i.e. you exercise your body and, through your body, you also work on your emotions. In other words, you consider the interrelation between the body and the psyche, between the physical and the psychological.

Through exercises with your body, the goal is to achieve complete harmony. You free your breathing, you practice a number of stretching postures engaging the “posterior muscle chain” and its internal and lateral branches. Rather than dividing an individual’s body in independent sections, this method is based on the belief that everything is constantly interconnected: **your psyche, your body and your energy.**

Throughout our lives, we gradually adapt. By doing that, we “lock” certain areas of our bodies. We learn to inhibit certain responses and to isolate conflicting inputs relayed by our senses. We may also be forced to subtly change a posture in order to stop feeling a particular discomfort.

How does it work?

Our psychological and unconscious character is reflected by the structure and morphology of our bodies. Defence and resistance mechanisms are at work all over our bodies through muscular tension and compensating forces that are synchronised — every physical condition is matched by a specific emotional condition.

The Diافreotherapy working method distinguishes three stages:

- The ***symptom***: pain, discomfort, emotional and energetic imbalances, etc.
- The ***exercise***: fixing any compensating forces and wrong postures. Bringing the body to its center of gravity by working on any muscle contractions present at a deep level which may be oppressing the individual, and releasing their “muscular armour”.
- The ***cause*** or hidden source of pain, which may be emotional or physical in nature. This is the root cause of the problem and Diافreotherapy tackles it from the present moment in time.

When it comes to treating an individual, both the Diافreotherapy approach and treatment differ from those in traditional rehabilitation. Diافreotherapy is about pinpointing the root cause of a deformity, of the inability to make a particular movement, or a condition due to excessive tension. As a rule, such tension is overlooked and is located somewhere in the posterior muscle chain. The reason? When a group of muscles becomes chronically contracted, these muscles no longer function as a moving factor, but rather as a brake. Only by releasing that excessive tension will we regain the right muscular balance and our natural mobility.

In Diافreotherapy, in order to grasp the process by which a muscular imbalance has happened, you must view the body as a whole and consider also all emotional and energetic processes.

Unlike other techniques or methods, Diافreotherapy involves an awareness of your mind and body, of the direct relationship that exists between the psyche, the body and one’s character. Diافreotherapy also requires an active participation and involvement of the individual in solving their condition.

There is a price to pay for each of these “adaptations”, and that’s the loss of flexibility and spontaneity. The inability to make certain movements and a reduced capacity to respond. And also the loss of the connection between some areas in our memory. That price we pay can be more or less serious, depending on each individual’s personal history, but it always entails the loss of part of our identities.

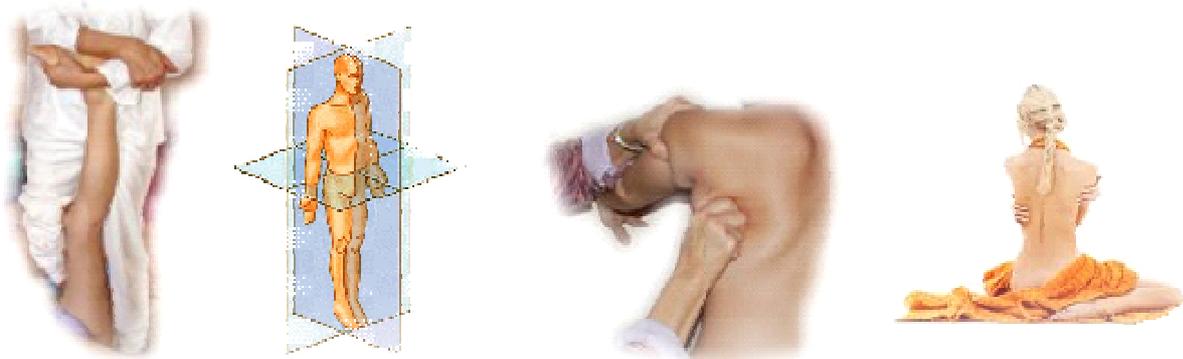
Who can benefit from Diafreotherapy?

Anyone can benefit from this type of exercise. It’s liberating and healing. It helps to re-structure yourself and to gain self-awareness. Having said that, obviously Diafreotherapy can be particularly beneficial in certain cases:

- Individuals with emotional or psychological problems: anxiety, depression, somatisation disorders, memory loss, neurological conditions, personal crisis, etc.
- Individuals with physical ailments, particularly chronic ones: fibromyalgia, scoliosis, slipped disc, sciatica, back/shoulder/elbow/hip pain, muscular stress, rheumatism, painful joints, etc. Also individuals with physical ailments which failed to heal with other, conventional or alternative, treatments.
- Individuals with no specific physical ailment who regularly perform heavy work or intense physical exercise, such as athletes, gymnasts, practitioners of pilates/yoga/meditation/dancing, etc.

And, in general, anyone who is keen on achieving balance and harmony between the body, emotions and energy, or who would like to gain better awareness of their bodies, or both their minds and bodies.

The goal of Diafreotherapy is achieving complete harmony of the self. We strive to regain each and every part of our bodies on the basis of physical exercises aimed at liberating tensions and attaining an awareness of one’s body. By releasing the experiences and expressions that have built up in our bodily memories over time, we make an effort to recover not only our health, but also all the shattered pieces of our suppressed identities.



DIAFREO in Dénia & Alicante

by **Toni Barber**

(Diafreotherapist - Integrative & holistic therapist)

www.tonibarber.com

Telf: 653.145.353; e-mail: tonibarbervalles@gmail.com

+ info about Diafreotherapy in: <http://diafreo.tonibarber.com>


Toni Barber
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