



Trager Level 16

Reflex Response II - Advanced Application and Practice

with Katriona Shawky

This course will further explore the principles, application and integration of Reflex Response in a Trager treatment. Now that you know the basic principles of Reflex Response from RR I, we can look at applying it to specific situations and particular needs of our clients - for example: Spasticity, balance and lack of stability, and for back problems.

The participants

- Can apply Reflex Response integration in a variety of positions appropriate for treatment: lying on side, sitting (appropriate for wheelchair or less mobile clients), kneeling, standing
- Understand use and reason why we do compressions (e.g., in hypermobility: loss of feeling structure).
- Explore Reflex Response in Mentastics for better balance and stability
- Can establish balance; increasing or decreasing tone in the tissues, appropriate for the particular client
- Have a deeper understanding of how Trager Therapy helps with trauma processing

25 hours of continuing education



Katriona became a physiotherapist in 1974 and was later drawn to Trager after experiencing Reflex Response for the first time in a session with a Trager practitioner. This experience and continued fascination with Reflex Response inspired her to become a Trager practitioner in 2002, a tutor in 2006, and is presently a Solo Instructor. She has organised Trager Egypt for the past 20 years and now teaches Trager trainings to the community there. Katriona is married and has lived in Cairo, Egypt since 1975, where she runs a full time practice and has led active childbirth classes for

women in Egypt for the past 30 years. She has studied Somatic Experiencing® to complement her work, which enables her to help clients cope with traumatic events in their lives, both large and small. She has 2 married sons and 3 grandchildren.