



Trager Level 13

Reflex Response Basic Course

with Katriona Shawki

The Reflex Response Basic Course is a continuation and deepening of our Trager work, based on principles we are already familiar with. When we incorporate Reflex Response into a session, it requires the active involvement of the client. The application requires clear verbal guidance from the practitioner of desired movement directions and actions. The effects are often instantaneous and profound.

Working in diads and triads we develop the ability to touch precisely and clearly and the accompaniment of clear and direct verbal communication. Reflex Response is a direct way to release unconscious holding patterns, which allows to experience more freedom. But it can also activate and stimulate, it depends on what the structure and tissue need.

The participants

- Understand how to appropriately integrate Reflex Response into treatment
- have practical experience to increase their sensitivity while working with the principles of subtlety, softness and gentleness of movement
- are able to work with reflexes and make the connection between brain and nerves and muscles more conscious and clear through clear communication
- Have experience using Mentastics and Reflex Response to raise awareness and facilitate changes in posture and gait

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.