



## Manual Techniques MRP

Welcome !

The school of somatopathy is open to everyone, with or without medical training. Its aim is to train people to use a gentle, empathetic manual approach, global and energy-based, relying on otherness and listening skills. This school is recognized by the teachers' federation of the M.R.Poyet Method.

The teaching is open to anyone who sincerely wants to work within a supporting relationship. It's a commitment to a new and difficult path, requiring demanding soul searching, an awareness of body and spirit as being one, and of the global nature of the person within his environment and family.

The therapist aims to put into practice manual techniques based on osteopathy and directly inspired from the teachings of Maurice Raymond POYET, who used to be Pierre-Camille VERNET's teacher. This knowledge is enriched with Pierre-Camille VERNET's research in somatopathy. He is surrounded in his work by his colleagues.

## MRP Method

M.R.P. = methode respiratoire primaire = Primary Respiratory Movement

M.R.P. = Maurice Raymon POYET

The somatopath uses the MRP Method, a non-manipulative manual technique directly inspired by the teachings of Maurice-Raymond POYET (who died in 1996). He was a well-known osteopath in his time, and his works have gone beyond the discipline, in bringing precision, rapidity, extreme gentleness, efficiency and innocuousness.

Pierre-Camille VERNET was one of his most attentive students. This knowledge of MRP and of its disorders is now enhanced by his research work : he has enabled the discipline to move to a new level by giving substance to Somatopathy as such, the subject matter of this site.

The name "Method –MRP" refers to the Primary Respiratory Movement

This extremely slight movement of flux and reflux is perfectly detectable by an attentive hand in any area of the human body. The MRP, probably detected for centuries, was described for the first time in 1945 by William Garner Sutherland, a doctor, osteopath and student of Andrew Taylor Still, inventor/founder of osteopathy.

The name "Method – MRP" also refers to Maurice Raymond Poyet.

The Indochinese war enabled M.R. POYET to discover oriental medicine. It showed him that a less "mechanized", more energy-based approach of the person was possible. His new understanding of osteopathy was characterized by a global and original view point, and by the lessening of mechanical gestures: "the hand has to be as light as a butterfly's wing".

Since then, somatopathy is the name which has been given to the techniques from this school derived from the original Sutherland's osteopathy. Since 2007, the noun "osteopathy" in France only refers to the manipulative osteopathy schools.

## Somatopathy

Traumatic events in the person's life and history have an influence on different levels of perception and memory. The memory and perception we are interested in are somatic.

The body is going to be the recipient for memories of lived events, emotions, fears, the feeling of life experiences.

The traumatic events of a person's life as well as those of his family history – like a painful "legacy" – can have an influence on different levels of perception and memory. These past events forgotten or concealed by the conscious memory, can take on a more or less dramatic character, and can even become traumatic.

In other words: we can observe that those personal traumas, as well as the traumas in the family history, are going to have somatic consequences.

The « feeling of past experiences » refers to the following observation: it is perfectly possible to suffer in a psycho-emotional manner from events which don't really concern us but which have been told or transmitted to us through people we are emotionally connected with...

For example, feelings of injustice felt by the children or grandchildren of people involved in major trials (Cézenek).

A form of suffering can be "transmitted" and crosses time therefore generations too.

As long as the repair, that is to say the rehabilitation, hasn't taken place, the descendants continue to suffer. Because the event hasn't been lived by the patient himself, that's when we use the term "feeling of experiences". There are difficulties to demonstrate resilience.

A second example: the 2nd or 3rd generations of ethnic or religious groups victim of mass persecutions in past wars...

Psychiatry knows the subject very well, describes it precisely and deals with it in its own way through what is called "the systemic relationships". Somatopathy also discovered in this physical traces, leaving under trained hands, tactile micro-abnormalities such as membranous fibrillation, modifications of tissue density, etc...

To this day, all that is perceptible can be manually corrected.

We are particularly interested in 3 parameters we call Levels of Organisation:

The experience of the event itself, its nature and density.

The feeling of life experiences, emotions, fears.

The time where the event is being lived and the repetition cycles.

These three levels are recorded differently in the body, especially in the skull:

- different somatic localizations: bones, sutures, organs, membranes

William Sutherland spoke about the inter-connection between the bone structure he called "dura-pater", and the membranous structure, he called "dura-mater",.

The body organs and functions depend on the balance between the two poles.

different perceptions of micro-movements whose nature itself is distinct (lemniscates, fixed areas, slight gliding movements at the level of cranial sutures, subtle changes in density and tension).

The somatopath will be able, from the skull or the organs, to differentiate between these levels of perception and organisation. He will also be able to define the nature of the lesion physically present at the time of the trauma.

To discuss the numerous tactile abnormalities, we group them under the generic and practical term of "somatic lesions". Although the person's memory cannot really go back much more than beyond 2 or 3 years old, the somatopath will probably be able to perceive in the memory of the body "somatopathic lesions" inscribed from the time of conception...

## Training School Program

(can be modified)

The training is 4 years long with 8 seminars per year.

### ° 1st year:

Physiology M.R.P., sensory manual approach, energetics: connection to life

Fuses

The cranial-sacral connection. The 3 diaphragms

The pelvic belt: sacrum/hip bone/coxo-femoral/pubis symphysis.

The knee

The lumbar and dorsal spine

The scapular belt: the ribs, the sternum.

Osteology, cranial osteopathy: occiput, sphenoid, ethmoid.

Neurology, central nervous system, neurophysiology, meninx.

### ° 2nd year:

Somatopathy: empathic listening/symbolic approach of pain

Cervical spine

Osteology, cranial osteopathy: frontal bone, jaw bone, zygomatic bone, parietal bone.

Coccyx

Upper limbs, shoulder, elbow

Lower limbs, the foot, the ankle

Fascias

The neurovegetative system

The ear

### ° 3rd year:

Maurice Poyet's energy-based neuromuscular chains and anatomical points on the sacrum.

Visceral elements and M.R.P. method of study and balancing.

Somatopathy of the foot according to Pierre-Camille VERNET.

Interpersonal and psycho-emotional approach

Neurophysiology (follow up): cranial nerves

The hand

Breathing

Digestion

Mandibular-temporal articulation, deglutition

The urogenital track

### ° 4th year:

Endocrinal system, neuro-endocrinal zones and their psychosomatic and behavioural

Interactions

The newborn's and child's skull

Pregnancy and childbirth

Somatopathy: the foot and the hand, fixed areas, cranial sutures

Embryology / in-utero life

The eye

Notions of diet and nutrition, information on phytotherapy.

Review synthesis, internship

The analysis, then the gentle corrective movements on the body of these mechanisms caused by lesions, will have the positive consequences of freeing the patients from their physical problems and, gradually, from the recurrence of inhibitions, fears and various pains of somatopathic origins.

The somatopath only acts in the MRP (Primary Respiratory Movement) through the abnormalities of the MRP and the various micro-movements. The positive side effects are included by this one and only action.

A traumatic reference in the past can be awoken and magnified by a current event, sometimes very benign. For example, a small fall can bring back to the surface the suffering felt in a serious accident that had been forgotten since.

The mechanisms caused by the lesions hereby mentioned, are also connected to past traumatic shocks. Isn't a popular saying quite true : "once bitten, twice shy"?

During the last 12 years, somatopathy has been confronted to thousands of practical cases, which have brought about the following assessment : the first reference is located in the memory of a traumatic event which took place during the + or - 9 months period of life, that is to say from the time the couple considers having a child up to the 9 month old baby. We consider this theory to be valid unless proven otherwise.

Recent discoveries (neurosciences, 2011) tend to support this observation. Indeed, according to Dr. Boris Cyrulnik, a well known neuropsychiatrist : "the mother's emotional disturbances in the last month of pregnancy physically modifies her baby's brain structure. The consequence: a subsequent difficulty (suicidal tendencies, especially during adolescence) to deal with emotions, insignificant ones for whoever hasn't had to suffer indirectly from these maternal stress".

Therefore, we are basically saying the same thing, except that, according to our observations and touch, these situations of stress can sometimes originate from far far further in time...

We also notice that family behaviours that have continued through generations, are important and have to be taken into consideration, because they modify our behavioural codifications in the present.

## CONTACT DETAILS

To pursue your training, two addresses :

In Brittany, in the outskirts of Rennes

School of Somatopathy, MRP Method  
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tel : 06 16 08 02 96

In Ardèche : near Valence

School of Somatopathy, MRP Method  
Château de Grozon  
07 270 Saint Barthélémy-Grozon

tel : 04 75 07 63 59 ou 06 16 08 02 96

## ° Recommended Readings

Anatomy for movement / Blandine CALAIS GERMAIN  
Anatomy to colour in / Wynn KAPIT/M.ELSON.édition MALOTNE  
Atlas of human anatomy / F.NETTER  
Clinical anatomy / KAMINA