

Using the Groan in Therapy

1. When stuck in a feeling (self or client), first identify what sensation accompanies the feeling. Is it tightness in the chest, heaviness in the heart, a lump in the throat? Wherever it is, focus on that. See what sound matches the sensation. The sound that matches the sensation will support it to move and release. If the sensation and feeling don't shift, check if a softer, louder or more forceful groan is a better match.

(and when one feeling moves, often, another shows up-repeat the process with the new feeling)

2. For the practitioner-

When your client is talking excessively, and you are feeling annoyed and resistant, groan to yourself. Or groan out loud, if you have that type of relationship.



3. As an alternative to verbally telling you a story, or sharing a feeling, have your client groan their way through it. This will work especially well if it's a story they've been telling for years, or an upset they can't seem to let go of. The groaning will serve to both loosen the experience and reveal more information.

4. When celebrating! Groaning in appreciation allows for even more joy.
5. When the client is upset with their boss, partner, child or anyone else. Permitting them to voice it with sound will be a gift they probably don't give themselves.
6. When feeling unsure of which path to take. Finding the groan, or moan (usually more pleasurable) that goes with each experience may provide your client with useful information.