

THE ORIGINAL TUNING BOARD™

A SIMPLE TOOL TO HELP YOU...



GET YOUR CLIENTS IN THEIR BODIES

Help your clients to use their own bodies as a primary resource.



CONNECT YOUR CLIENTS TO THEIR WORLD

Teach clients to orient from a base of awareness and grounding.



UNLOCK HIDDEN INFORMATION

Help clients integrate mind and body by engaging with information held in postures and movement patterns.



INVITE TRANSFORMATIVE MOVEMENT

Encourage creativity and increase confidence through the integration of stability and movement.

“Because the Tuning Board will never be perfectly still, the individual is challenged to find, and quietly attune to, a relative stability, while surrendering rigidity, fragmentation, and holding patterns to motion.”

Darrell Sanchez, Ph.D., Tuning Board creator



“It is a brilliant invention that enriches every kind of somatic work, particularly SE. To directly learn with Darrell about the many-faceted possibilities of using the Tuning Board is an exquisite opportunity to deepen your own clinical skills.”

Dr. Peter Levine, Ph.D.

Join Darrell in an upcoming workshop to learn more about using the Tuning Board in somatic therapy.

www.tuningboard.org



ORIGINAL
Tuning
BOARD

A PSYCHOKINESTHETIC TOOL FOR USE IN SOMATIC PSYCHOTHERAPY



DANCE WITH GRAVITY

HELPING THE BODY BECOME A PRIMARY RESOURCE

www.tuningboard.org

USING THE TUNING BOARD

TO ENCOURAGE GROUNDING

Place feet parallel three finger widths apart.

Place 60% of foot length in front of side-to-side mid-line.

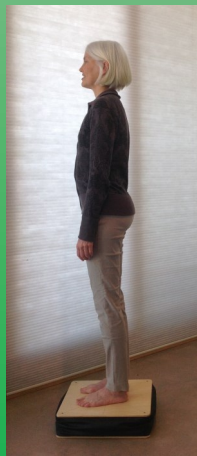


Support and spot your client to ensure safety. *

**Before using read all safety instructions at:*

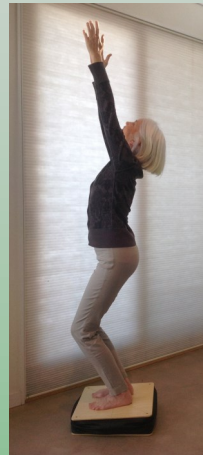
www.tuningboard.org/safety.htm

Have the client relax the knees and upper legs. Cue for micro-motion in the feet and ankles to respond to the movement. Use the breath to encourage spaciousness and relaxation in the upper body.



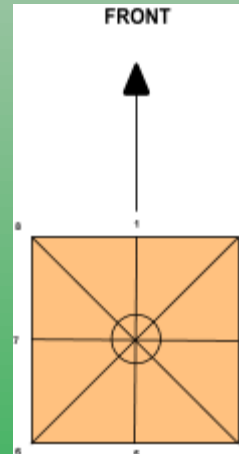
TO ENCOURAGE ORIENTING

Bring the client's attention to the surrounding space as she maintains awareness of foot and ankle responses.



TO ENCOURAGE SPACIOUSNESS

Use the grid to explore directions in space.



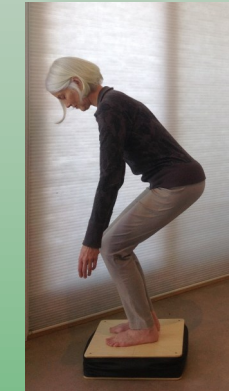
Engage the client's imagination in reaching for something above.



Invite the client to explore and engage with the space behind her.

TO ENCOURAGE CENTERING

Exploring off-center with functional grounding will help bring the client home to a truer center.



Feet stay grounded while lower and upper torso move off-center.

Dancing with Gravity helps us find a neutral, balanced and centered stance in life.



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