

SKIN BRUSHING

It's both pleasurable and grounding and can lead to a variety of somatic sensations that can be explored in therapy. It's a safe self-care activity that can be done daily as a way to check in and connect with feelings, sensations, and the boundaries and self-image of the body.

Instructions

Skin brushing is best done in the morning upon awakening and in the early evening, just before bathing, but it can be done at any time of day when a client will feel the benefits.

Buy a natural bristle skin brush. I love the Yerba Prima brand which can be used with or without its long handle.

Skin brushing is done when the skin is dry, not wet. Always sweep in the direction of the heart. Begin at one of the feet and in long strokes sweep up the front of the leg, calf to thigh, then reach around back and sweep up the back of the calf, thigh, and buttocks to the lower back.

Do a set of 3 fully complete sweeps in each area. Now do this on the opposite side of the body. When the legs have been done, lift one arm over your head and sweep down from the wrist, moving down the inner arm and gently passing over the underarm and the breast tissue, being careful not to touch the nipple. Then sweep the outside of the arm and up over the shoulders toward the neck.

Cover all areas on the arm three times, then repeat on the other arm. Now gently, brush from the bottom of the neck over the chest and sternum in the direction of the heart, and, next, sweep up along the abdomen in the direction of the heart. When you are finished, take a moment to close your eyes and feel the various sensations you are experiencing, breathing rhythmically and allowing the experience to bring you into body awareness.

[Leslie Korn, Ph.D. 2016 An Effective Self-Care Method to Decrease Dissociation.
https://www.psychologytoday.com/us/blog/rhythms-recovery/201611/effective-self-care-method-decrease-dissociation](https://www.psychologytoday.com/us/blog/rhythms-recovery/201611/effective-self-care-method-decrease-dissociation)