

THE ROLF INSTITUTE®

STANDARDS OF PRACTICE

NOTE: The Standards of Practice are a statement of the principles underlying what is appropriate technique in the practice of Rolfing® -- what it is and what it is not. The Code of Ethics governs the nature of relationships between Rolfer and client, Rolfer and colleague, and Rolfer and the general public. These documents overlap in some respects; it is therefore well to refer to the Code of Ethics when reading the Standards of Practice.

PREAMBLE

Rolfing is a cooperative venture between Rolfer and client defined primarily by intention rather than technique.

Rolfing is dedicated to the exploration of the concept that the human body has transformational potential for the total being.

Rolfing observes that living bodies have accompanying energy fields and that shifts in the structure produce concomitant changes in these energy fields.

Rolfing postulates that well-being manifests as a more ordered relationship between the energy fields of the body and the energy fields of the earth.

Rolfing teaches that the structure of the body is supported and reinforced by the gravitational field of the earth. A change toward better function is evoked by establishing an improved dynamic relationship between the individual and gravity.

The Rolfing concept of order manifests as dynamic symmetrical balance expressed around a vertical line of intention.

By freeing holding patterns created by unresolved history, Rolfing allows the body to assume a more integrated form.

Rolfing is primarily achieved through education, by releasing and reorganizing the myofascial network through the use of the hands and elbows with controlled pressure and direction.

The work is initiated by a standard series of ten sessions. This initial progression leads to a new level of integration which allows spontaneous continuing change to occur toward higher levels of function.

STANDARDS OF PRACTICE

PREAMBLE (continued)

Progress toward balance may be continued or accelerated beyond the ten sessions through further Rolfing and/or through Rolfing Movement work.

Rolfers recognize that their personal embodiment of the structural and energy concepts of Rolfing provide the foundation for their skill.

I. ROLFING IS A COOPERATIVE VENTURE BETWEEN ROLFER AND CLIENT.

- A. The Rolfer represents Rolfing to the client in a manner that is consistent with the overall goals and intentions of Rolfing.
- B. It is the responsibility of the Rolfer to recognize the parameters of the Rolfing process and to be sensitive to the client's rate of growth.
- C. The Rolfer is sensitive to the amount of input a client can receive in each session and regulates the duration and intensity of the session accordingly.
- D. The Rolfer clearly specifies to the client when other special talents and techniques are not considered Rolfing.
- E. Clients who are concurrently working with other health professionals are requested to notify them that they are working with a Rolfer.
- F. As part of the mutual agreement between Rolfer and client, the cost of the standard series of ten sessions is stated ahead of time. Rolfing is paid for by the session rather than by the hour.

II. ROLFING IS PRIMARILY ACHIEVED THROUGH EDUCATION, BY RELEASING AND REORGANIZING THE MYOFASCIAL NETWORK THROUGH THE USE OF THE HANDS AND ELBOWS WITH CONTROLLED PRESSURE AND DIRECTION.

- A. The Rolfer involves the client in the process by using contact that evokes responsible experiential change.
- B. Using verbal and manual means of communication, the Rolfer works with the myofascial system in such a way that the body responds with improved order and efficiency.
- C. It is not standard practice for the Rolfer to use chemical or mechanical aids to manipulation.
- D. The anus and vagina are never entered as part of the standard practice of Rolfing.

III. ROLFING IS INITIATED BY A STANDARD SERIES OF TEN SESSIONS.

- A. The series of ten sessions involves a progressive sequence toward the goal of integration and balance.
- B. By following the outline of standard series of ten session, Rolfers provide clarity and continuity in Rolfing for their clients, their colleagues, and the public.
- C. A photographic record of the Rolf work is recommended for educational and evaluative purposes. The client may request before one and after ten photographs.

IV. PROGRESS TOWARD BALANCE MAY BE CONTINUED OR ACCELERATED BEYOND THE TEN SESSION THROUGH ROLFING AND/OR ROLFING MOVEMENT WORK.

- A. Post-ten work is intended to reintegrate the balance of the tenth session. It may be done by any Certified Rolfer.
- B. Advanced work is an accelerated means of evolving the tenth session form to a new level of organization and awareness. It may only be done by Certified Rolfers trained in advanced work.

V. ROLFERS RECOGNIZE THAT THEIR PERSONAL EMBODIMENT OF THE STRUCTURAL AND ENERGY CONCEPTS OF ROLFING PROVIDE THE FOUNDATION FOR THEIR SKILL

As Rolfers, we recognize the challenge and importance of maintaining progress in our level of competence through professional development in classes and workshops as well as through attention to our own physical and personal process.