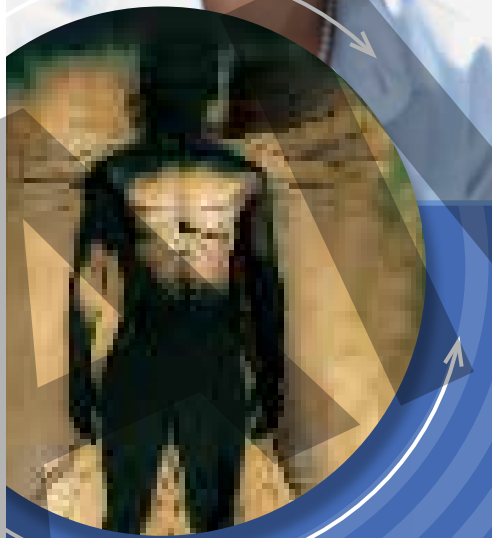# KST & RETRACING

References

1. Stephensen RW. *Chiropractic Textbook*. Davenport, IA: Palmer School of Chiropractic. 1927;98-99.

2. Upledger J, Vredevoogd JD. *Craniosacral Therapy*. Seattle, WA: Eastland Press. 1983:251.

3. Coulter HL. *Homoeopathic Science & Modern Medicine*. Berkeley, CA: North Atlantic Books. 1980:24.

4. Stein A. Comprehensive family therapy. In R. Herink (Ed.), *The Psychotherapy Handbook*. New York: New American Library. 1980:204-207.

5. Kirschner DA, Kirschner S. *Comprehensive Family Therapy*. New York: Brunner/Mazel. 1986:18-19.

KOREN SPECIFIC TECHNIQUE

KST is very gentle and yet very powerful.

Koren Specific Technique (KST) patients may experience the healing phenomenon known as retracing. What is retracing? It is a healing process that occurs as old physical and/or emotional energies, diseases, pain or other symptoms "come to the surface" after blockages, interferences or subluxations are corrected.

Some examples of retracing

For example, after a KST session, feelings of lightness and happiness may surface and the patient begins to laugh. Or, the reverse occurs and the patient begins to cry, even though they might not feel sad.

Another example: The patient is feeling better but suddenly the original symptoms return and then clear up as quickly as they appeared.

Some patients externalize or release old toxins after a KST session. This may include a rash or other skin condition, fever, cough or some other "cleansing" reaction.

These conditions are usually short-lived but a necessary part of healing.

Retracing may not always be dramatic or even physical. Retracing may occur in dreams later that evening (or a few nights later). Patients often report more, different or particularly vivid dreams. Some patients say they don't remember having any dreams because their sleep was unusually deep.

Retracing is healthy

No matter what happens, remain a little detached and enjoy the show. Your body and mind are healing and whatever happens is good for you.

Retracing experiences can be both physically and emotionally quite intense. In such instances it's often difficult to see the experience as part of the healing process. Patients going through a particularly intense retracing pattern may feel as if they've had a serious relapse or that they are getting worse. They are not!
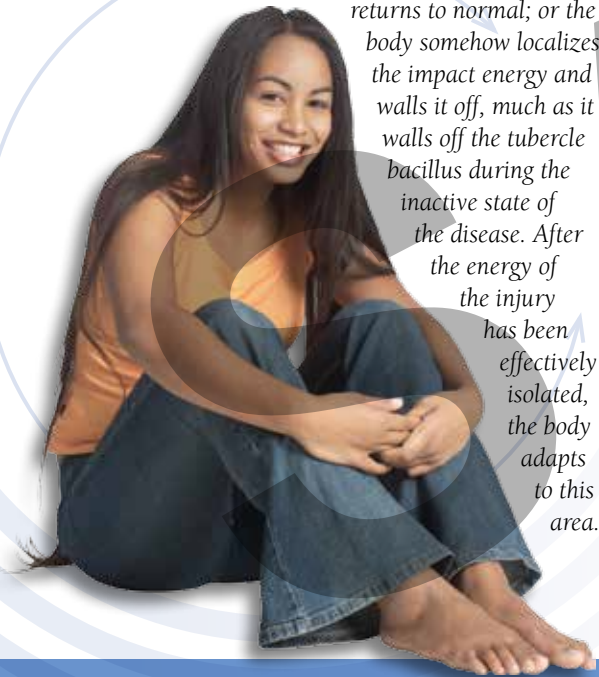
Please let us know what retracing you may experience because, although retracing usually passes relatively quickly, patients have been known to terminate care as a result of it. Such patients may be cheating themselves of a complete recovery.

Retracing in other healing arts

The phenomenon of retracing has long been recognized by other healing arts. Practitioners of various forms of bodywork including chiropractic,[1] Rolfing, shiatsu and massage therapy have long noticed their clients experiencing "flashbacks" as they release energy long trapped in their bodies.

CranioSacral™ therapy, developed by John Upledger, a doctor of osteopathy, uses the terms "unwinding" and "somato-emotional release" to describe this phenomenon. As Dr. Upledger writes:

Body tissues (especially connective tissues) possess a memory. When an injuring force occurs, the tissue which receives the force is changed. Perhaps it retains the energy of impact…. The human body then either dissipates that energy and returns to normal; or the body somehow localizes the impact energy and walls it off, much as it walls off the tubercle bacillus during the inactive state of the disease. After the energy of the injury has been effectively isolated, the body adapts to this area.

Energy (electrical, magnetic, prana, Qi or your own personal preference) is then forced to move around this area rather than through it…. When the original injury is discovered, the repressed emotional components of the somatic injury frequently and concurrently release.[2]

Homeopathic retracing

Constantine Hering, a homeopathic researcher, codified the laws of retracing. It is known as Hering's Law or "The Law of Cure," and states that as retracing occurs, symptoms will move:

(a) from interior to exterior,

(b) from the most vital to the least vital organs, and

(c) in reverse order from that in which the symptoms appeared.[3]

According to Dr. Hering, true healing only occurs if there is retracing: "Only such patients remain well and are really cured who have been rid of their symptoms in the reverse order of their development."

Retracing gets energy moving. It is part of your healing journey.

Emotional retracing

Psychotherapists have also noticed "retracing" calling it progressive abreactive regression or PAR.[4] It is considered a phase one goes through as part of the movement towards healing and wholeness. As the individual "moves out to new behaviors and accomplishments ... [he/she] turns inward to experience fears and dysfunctional programs that need to be worked out."[5] PAR appears normally in human affairs as a part of growth at all levels. For example, someone gets a long-deserved promotion and then begins to be troubled by feelings of incompetence or an artist is suddenly recognized and, instead of finding exhilaration, becomes depressed.

Retracing and medicine?

Retracing seems to occur with healing systems that permit the body to express and rebalance itself. Retracing is uncommon in standard medical practice because medicine tends to suppress disease and mask symptoms. This may be dangerous because drugs tend to drive disease deeper into the body.

It's part of your healing journey

Retracing is a wonderful part of your healing journey. It can open the door to deeper health and healing. Please discuss any retracings you may be having with your KST practitioner.