TITLE: “Personality and behavioural change through fascial integration”

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BACKGROUND

We have continuously observed how fascial work can affect posture and how it can change the nervous system’s activation process. The goal of this research is to prove how fascial work based on vibratory and oscillatory techniques can influence the flexibility of the nervous system itself. Following an initial character evaluation it is then possible to determine different activation of the nervous system and how to transform it through fascial work. We hereby refer to a particular character diagnosis already present in literature with the aim of proving how a particular fascial intervention can lead to behavioural, attitudinal, as well as overall health changes. We present a new technique of fascial treatment that leads us to observe immediate changes in the condition of both nervous system and neurophysiological activation.

METHOD

We present a method aimed at affecting the connective tissue along fascial chains through the use of vibrational and oscillatory techniques that release kinetics energy. Each treatment is made as well of active movement of the patient alongside breathing techniques. Our goal is to prove that pairing breath, motion, and oscillatory techniques induces involuntary vibrational movements through the whole body, from head to toes. When movement becomes involuntary the patient enters a state of neurological tremors, which rebalances the central nervous system and releases fascial tensions through all body segments. We analysed a sample of ten patients measuring their health before and after a course of four treatments. Stabilometric platform, photographic evidence on posture, psychodynamic tests such as STAI-Y (State-Trait Anxiety Inventory), SF-36 (Short Form Health Survey), heart rate variability (ppg stress flow), electroencephalography (EEG), and personal evaluation tests have been used to monitor posture, nervous system’s activation and attitudinal changes.

RESULTS

After a course of four treatments, patients showed substantial increase in SDNN (index of psycho somatic health) as well as changes in the parasympathetic and sympathetic nervous system’s values. Changes in value depend as well on different characters treated. Through SF36 test, we measured how fascial work directly influences patient’s attitudes. Stabilometric platforms have allowed us to observe a decrease in the Fourier Transform’s values and a perfect balance of the postural segments. Alpha waves have notably increased in the electrical activity of the brain.
CONCLUSION
The values obtained from all tests proved the direct relationship between fascial integration techniques, increase in health levels and attitudinal changes.
The school - scuola di “Integrazione Fasciale”®, – makes use of connective tissue’s work to resolve structural problems, aches as well as to transform personality traits and neurophysiological alterations. It is vital to underline how any intervention on the nervous system needs a different approach and technique for each different character. We can therefore assess that this methodology leads to behavioural, attitudinal, overall health changes, as well as to a different response to both external and internal stimuli.

REFERENCES

PROFESSIONAL PROFILE:
Dr. Marco Montanari (ITALY)
Psychologist, psychotherapist and researcher, he has spent many years practicing fascial manipulation aimed at changing personality traits in patients.
After studying with Jack Painter, he developed his Fascial Integration therapy that has been so far taught in annual courses. This method is a result of a combination of many techniques, such as Postural Integration, Rolfing, Bioenergetics, Trauma Release Exercises, somatic neuromodulation, Gestalt therapy, studies of neurophysiology and kinesiology. The School of Fascial Integration (Integrazione Fasciale®), based in Bologna, adopts an approach, which provides for postural intervention in order to transform attitudes and personality traits in patients.
Dr. Montanari is also committed to performing research and development on the relationship between Fascia work and the change of personality. He taught classes at the University of Palermo, Urbino, Padova and he is currently carrying out training courses in Bologna, Rome, Lisbon, Ljubljana and São Paulo.

LINKS:
Fascial Integration official website: http://www.integrazionefasciale.it

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