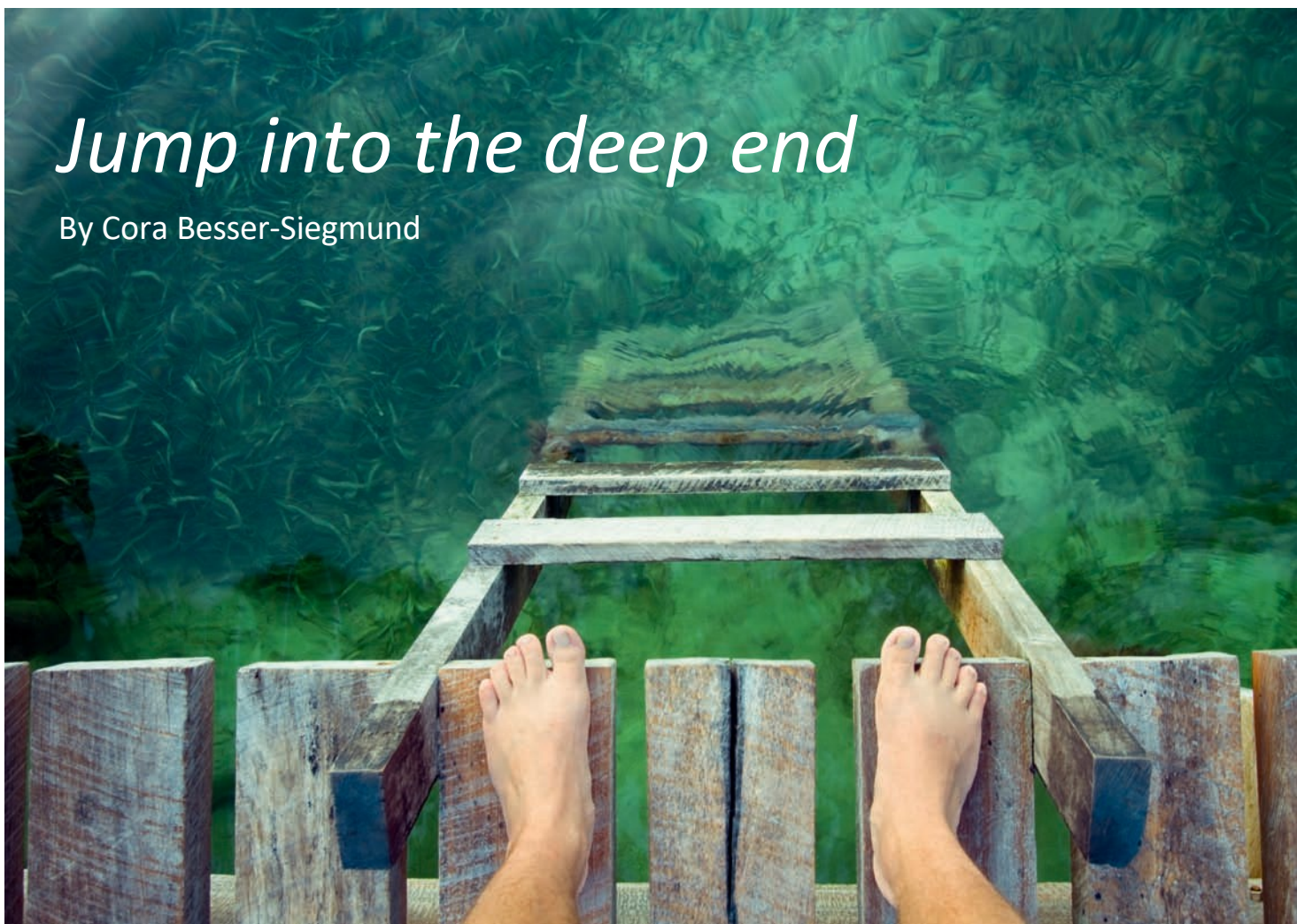


Jump into the deep end

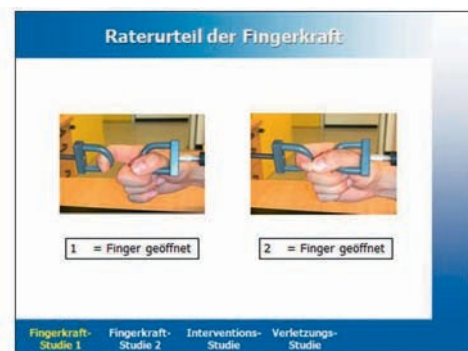
By Cora Besser-Siegmund



Wingwave and health coaching: emotion management for depression

The graduate psychologist Marco Rathschlag has been working on the topic of wingwave coaching for the past year. As part of his basic research, he first wanted to prove that the finger force in so-called ne-

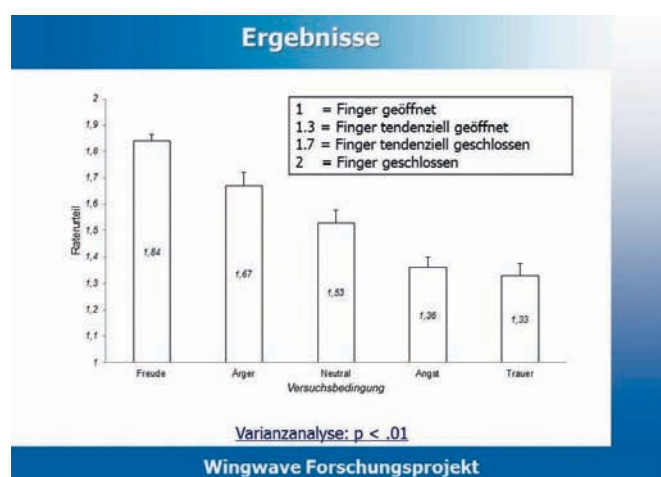
gative emotions such as sadness is actually lower than with positive emotions such as joy. The hand and finger power can be proven with the so-called myostatic test. This test is used by wingwave coaches to



Finger test and test with machine. Myostatic test according to Besser-Siegmund

The intervention consists of the use of rapid eye movements - also called "awake REM phases" (Rapid Eye Movement). The intervention then consists of the use of rapid eye movements - also called "awake REM phases" (Rapid Eye Movement) - in combination with proven change strategies from NLP and behavioural therapy.

Interestingly, the correlation between emotions and their effect on physical strength has not yet been researched. The result of the objective strength measurement showed: physical strength is lowest when anxious and sad, and strongest when happy - this applies not only to finger strength, but also, for example, to a person's jumping strength and running speed in sports.

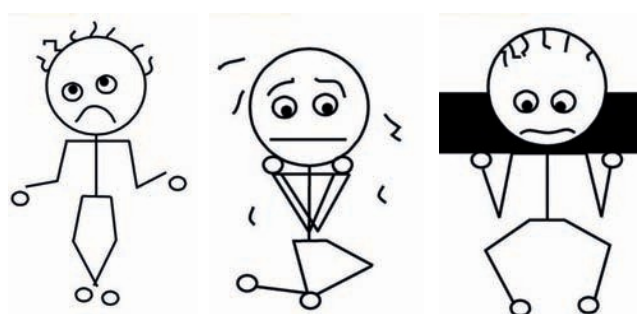


Emotion and finger power

The results are also extremely interesting for understanding depressions, as most of those affected complain of a mixture of anxiety, sadness and listlessness - in other words, the absence of joy. On the neuro-linguistic level, people have always described depressive symptoms with metaphors that indicate a decreased activity of the healthy muscle tone:

- "I find everything difficult."
- "It drags me down."
- "Hang your head."
- "I can't take it."
- "I drag myself through life."

Successful wingwave coaching is always accompanied by an increase in physical muscle strength - measured by finger strength. The findings from Marco Rathschlag's basic research show that this strength indicator is representative of the entire body experience. He



Emotional male - helplessness, despair, burden.
Drawings: Lola Siegmund

makes it understandable why clients report not only relief from stress after wingwave coaching, but also an increase in positive emotions such as joy, confidence and determination.

And here, too, our language knows how strong muscle tone affects our mental and physical well-being - both when resting and in action:

- "It's easy for me."
- "It's easy."
- "My heart is light."
- To be "energetic" or "buoyant" about the task at hand.
- "The work is easy to do."
- "It was an uplifting conversation."
- Not to forget, of course, the "leap of joy".

Since wingwave can positively strengthen not only the mental experience but also the physical power, the method has been used for years in health coaching: to reduce stress and to increase the subjective feeling of well-being, the individual's ability to perform and the general joy of life. This year, all wingwave coaches are increasingly focusing on the topic of "health coaching" - it is also the theme of this year's international congress for short-term coaching in November for all wingwave coaches. Depression will also play a role there.

Intervention framework for depression

Depression is considered an illness and a clinical symptom. Accordingly, wingwave coaching cannot replace long-term therapy with appropriate psychological support, which is often very important for those affected. It has been shown, for example, that psychopharmacology only has a lasting effect if it is offered in combination with accompanying psychotherapy. When using wingwave coaching, it should be clarified with a psychiatrist who is also treating the patient, whether the

wingwave coaching works best when REM sleep is maintained, as we consider the neurobiological "energy" of the dream phase to be beneficial for the effectiveness of our method.

Wingwave can be used specifically within the framework of interdisciplinary cooperation to dissolve emotional blockages that often slow down the therapy process unnecessarily. Sometimes wingwave coaches - depending on their training background - are both coach and psychotherapist. Psychotherapists often recommend a few targeted hours with a wingwave coach parallel to psychotherapy. Information about the training profile of wingwave coaches can be found in the Coachfinder on the wingwave homepage. Once the emotional knots have been untangled by wingwave, the psychotherapist picks up the thread of therapy again in order to use the results together with the client. Often it is only the myostatic test according to Besser-Siegmund that reveals important "triggers" in the patient's stress memory that contribute to the depression. Here is a case study:

Joachim is 38 years old, an experienced personnel officer. He had been planning for a long time to give up his salaried job and become self-employed with a small personnel agency. Although his business started successfully, after a few months he began to experience typical depressive symptoms: anxious brooding, waking up early, concentration problems, catastrophic fantasies, fear of the future, etc. He went to a counselling centre. He went to talk therapy, which stabilised him, but the "bad basic feeling", as he says, remained: "Everything to do with my new company seemed scary and threatening to me.

His therapist recommended wingwave coaching at our institute, and through the myostatic test we came up with the emotions fear and grief. This was in connection with the life story of his maternal grandfather when he was between 15 and 18 years old. My client had hardly any memories of this grandfather, but he immediately remembered a very tragic story that was told in the family. When he was 18 years old, the grandfather had been swimming in a lake with his younger brother on a hot summer day. The younger brother took an exuberant dive from the jetty into the cool water - and never resurfaced.

"You can't imagine how hysterical my mother was whenever my siblings and I went to the swimming pool in the summer," Joachim said. "We

should never jump into the pool overheated - and always remember the story of grandpa's poor brother." Suddenly a jolt went through Joachim and he looked at me in shock: "Oh God, do you know what I used to tell my family and friends when I was planning independence? - I said over and over again: 'Well, of course it's a jump into the deep end ... but it'll work out! but it will work out!'"

With the alert eye movements we stabilised the emotions "shock", "fear", "sadness" and likewise "guilty conscience", which Joachim had associated with the tragic story of the "brave jumper" on behalf of the grandfather and also on behalf of the young man who had died in the accident. The testing and intervention took only two hours of wingwave coaching. Afterwards, Joachim continued the treatment with his therapist without fail. The colleague reported to me that the co-operative therapy measures on the topic of "thought management and positive motivation" worked much better and that the depressive symptoms subsided quite quickly and permanently.

It is also important to note that numerous tests carried out by wing-wave coaches have shown that many depressive people have a weak muscle test even in the case of resourceful moments and wishful thinking in their lives: Memories of loved ones, sporting victories, being with friends, beautiful but unfulfilled dreams for the future and life, etc. Here the word "melancholy" can describe the condition well. For example, it may hurt to listen to the music you listened to together with your "ex" during a severe heartbreak - even if it is very beautiful music. Here we let the clients think of the positive experience and wave away the "painful feeling of separation" in the face of a beautiful moment.

In this context, we advise caution when talking about "resource work": Often, resourceful experiences seem really uplifting. But sometimes the conscious perception of beautiful moments in life can also lead to an emotional low, when they have become a "painful memory" or a "lost dream".

In solution-oriented coaching or in the formulation of positive goals, coaches often ask their clients about resourceful experiences in their life. The process of immersing oneself in the beautiful experience with all the senses can sometimes lead to the client "crashing" emotionally instead of feeling better by focusing on the positive - this happens when "melancholy" is involved.

Auditory mood barometer

On the one hand, wingwave coaching - especially through the use of the well-researched myostatic test according to Besser-Siegmund - can ensure a quick and accurate "encirclement" of stress memories that could sustain a person's depression and persistently trigger their emotional "being pulled down".

Furthermore, there are various wingwave interventions that can have a positive influence on the proverbial "mood" of depressive people by focusing the coaching on the "inner dialogue" of the depressive client. This is very important, because there are numerous studies that clearly show a connection between depressive symptoms and a person's self-dialogue. It is not only about limiting beliefs such as: "Don't be too happy - the big end is sure to come!", but also about the emotional quality of the inner dialogue. Often the inner voice is very unpleasant in sound and thus promotes depression: scolding, accusing, complaining, contemptuous.

We let clients overcome the unpleasant "touch" of the voice pulling them down with the process of In the "Bodyscan" we feel and "wave" this negative resonance. As a rule, the inner voice loses its negative energy and becomes friendly, supportive, encouraging or even positively rousing on its own, which is immediately accompanied by a significantly improved body feeling. Once the tone of voice has improved, even depressive people find it easy to focus on permissive and supportive emotions.

"I'm allowed to feel good." Or:
"I deserve recognition".

The effect of this wingwave intervention on the inner voice is based on the fact that our brain has two auditory cortexes, each of which is located in one half of the brain and fulfils different tasks. The

One cortex decodes the "what" of a word message and the other auditory cortex is dedicated to the emotional evaluation of the message: what feeling, what mood is triggered as an emotional wave by what is heard? The targeted wingwave interventions for depressive people are directed at this auditory "mood barometer" and thus ensure that the mood is lifted.

The specially composed wingwave music also has an anti-depressive effect on many people, especially if the clients listen to the music first thing in the morning - when they are still in bed. This dispels the typical morning low that almost always accompanies depression. Many depressives also appreciate the balancing effect of wingwave music when falling asleep: "Then I drift off into dreams with a good feeling and sleep more peacefully and easily," one of our clients described the effect. The wingwave music¹ works with an alternating left-right beat that "touches" the auditory sense and thus the entire nervous system with pleasant melodies and emotions in the resting rhythm of the heart.

Literature:

- Cora Besser-Siegmund, Harry Siegmund (2010): Wingwave-Coaching - Like the flap of a butterfly's wings. Pa- derborn: Junfermann
- Marco Rathschlag (2013): Self generated emotions and their influence on physical performance. Approved thesis submitted for the degree "Doktor der Philosophie". German Sports University, Cologne



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¹ With the wingwave app you can listen to all the melodies for rehearsal, and you can also download the demo melody "Feelwave" free of charge.