Session 3. ‘The Biology of Touch’ Karen Elsworth

In this session I hope to outline a basic understanding of the mechanisms involved in the sense of touch, the anatomy of the skin and its interaction with other senses and the whole neurological system.

I will look briefly at neuropsychological development with relation to touch, touch as ‘food’ and programming of the brain in the ‘body/brain interface’. This becomes really interesting and invaluable when we begin to look at therapeutic relationships, intentionality and where I end and you begin.

There will be references made to current research into the interaction of sensation, the connection of all things, the importance of the cell membrane in brain programming and the evolution to higher levels of consciousness as the body forms myriad connections within the whole.

“*The lived body is not a ‘thing’ in the world but a way in which the world comes to be*” (Leder, 2008).