

The Manual ASMR Test

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Autonomous Sensory Meridian Response, or ASMR, is a person's ability to feel subtle pleasurable sensations and their relaxing effect on the body. The Manual ASMR test is used to assess genuine mind-body connection, which consists of balanced somatic sensitivity levels and a balanced autonomic nervous system.

To perform the Manual ASMR test:

1. Have the client lie supine.
2. Roll your fingertips vigorously across the tissue that lies above the cervical nerve roots.
3. Caress the skin of the anterior neck, upper chest, arms, abdomen, and thighs.
4. Ask the client if he/she feels any tingling, chills, goose bumps, or any other sensations anywhere on his/her body.
5. Watch & assess for any autonomic responses.

*Since some people may have preconceived notions that it is a bad sign if they do or do not feel the sensations, when performing this test you may want to notify the client that it is a very good thing that they feel these sensations. However if they do not feel anything, there is no problem. And with the right actions or lifestyle changes they will be able to.

In the balanced individual, the upper cervical nerve roots should stimulate sensations in the upper body, and the lower cervical nerve roots should stimulate sensations in the lower body. The caress can stimulate sensations throughout the body. An extremely hypersensitive person will feel too much sensation, and may not even allow you to touch him/her, or perform the test properly. An extremely hyposensitive person will feel nothing, anywhere. Most people fall somewhere between these two extremes.

Not Connected: Either hypersensitive - feeling way too much sensation, or hyposensitive - feeling no sensation at all anywhere on the body. Client is not ready for energetic work until the sensations have been permanently established, and at a balanced level.

Partially Connected: Sensations are felt in only parts of the body. Some energetic techniques may be performed, but client needs to get fully connected before moving on to deeper work.

Fully Connected: Feels the sensations clearly & fully, without hypersensitivity, throughout the body. This individual is ready for deeper energetic bodywork.

Take note of exactly how much sensation is felt, and where exactly it is or is not felt on the body. Record these findings on the Primary Energetic Assessment form. Retest your disconnected or partially connected clients before and after each session, and update your findings in your Session Notes to ensure progress is being made. If you are not making progress in session, it is likely that the client will need to make personal or lifestyle changes before mind-body connection can occur. Once the connection has been fully established, it is not likely to become disconnected again. You should not have to retest connected clients every session, unless he/she experiences a significant trauma.

Further explanation, illustrations, and forms can be found in the Chi Bodywork Practitioner's Manual. For more information, please visit vibe-bodywork.com.