

Integrating Positive Experience in the Therapy Setting with Kristina Vasiljevaite Marcher

A body-integrated approach to strengthening self-esteem, autonomy, and resilience — through muscle activation and developmental stages.

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FOUNDATION

Why Positive Experience Matters

In order to build the strong parts in contact — to make this a **new coding**.

And not to have a coding where you only get contact through problems.

The goal is to rewire the body-mind connection so that strength, pride, and achievement become the default pathways — not pain.

The Formula



Say the Right Message

Frontal lobe — conscious thought



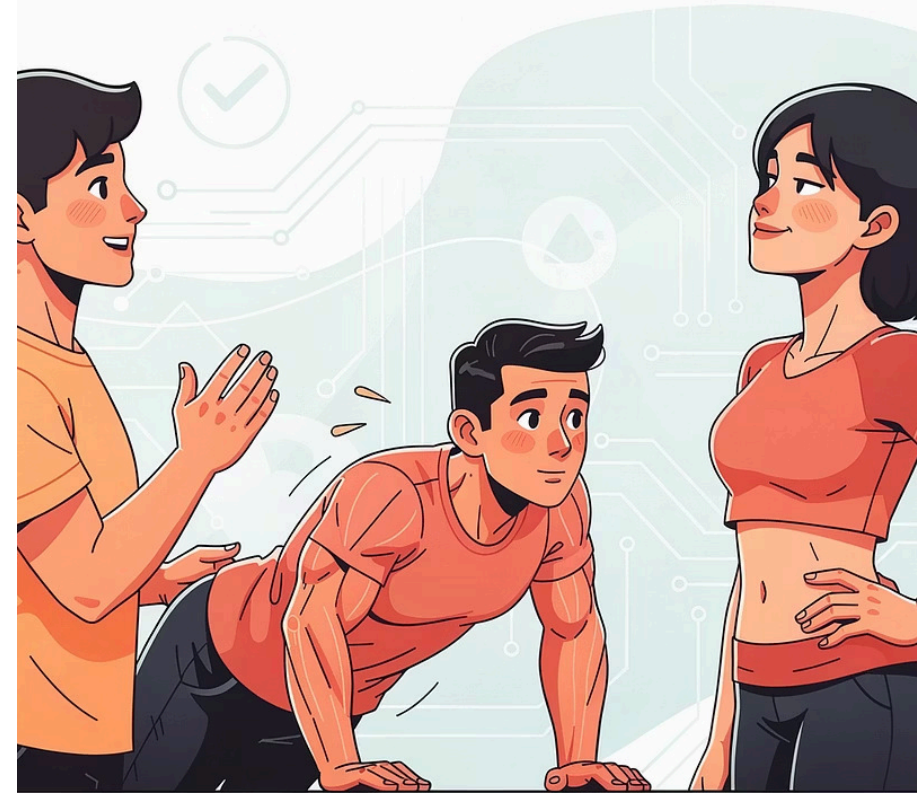
Use the Right Muscle

Brainstem — embodied activation



Connect with Emotion

Limbic system — emotional response

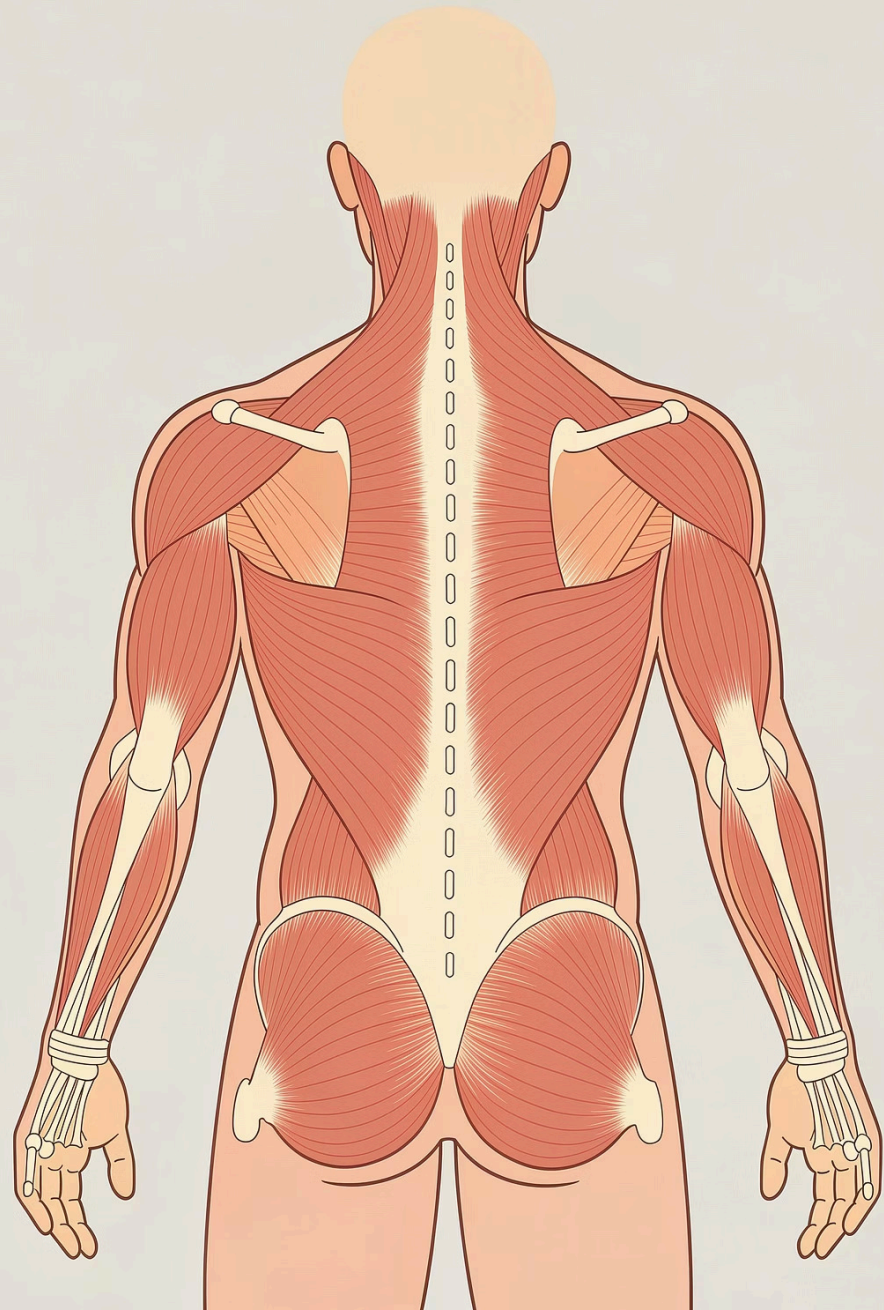


CHAPTER

Developmental Stages & Their Muscles

Each developmental stage corresponds to a specific muscle group. Activating the right muscle at the right moment supports the integration of positive experience into the body's memory.

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Self-Esteem

1 month – 1½ years

Erector Spinae

Stance towards life — your life energy. This muscle holds the body upright, reflecting one's fundamental posture toward existence. Life ene

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Autonomy

8 months – 2½ years

Psoas Major

Awareness of one's own centre. The psoas connects the upper and lower body — a core muscle of grounding and self-orientation.

Will

2–4 years

Pectoralis Major

Self-esteem related to action. The chest muscle embodies the capacity to reach out, push forward, and assert oneself in the world.





Opinion

5–9 years

Erector Spinae at Spinous Processes — Rotators

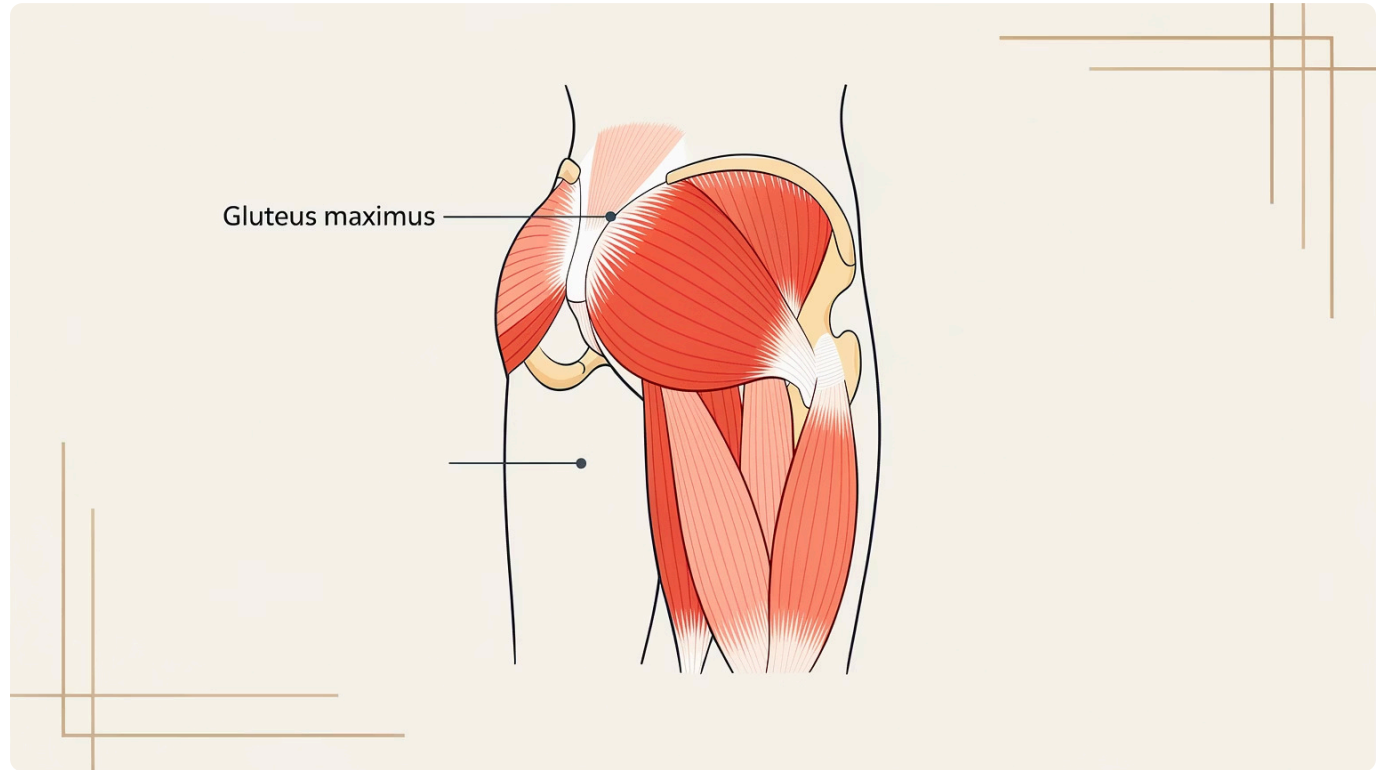
Integration of norms and values. These deep spinal muscles support the subtle, internal process of forming one's own stance and beliefs.

Solidarity – Performance

7–12 years

Gluteus Maximus

Putting one's energy into one's performance. The largest muscle in the body supports forward momentum, drive, and sustained effort.

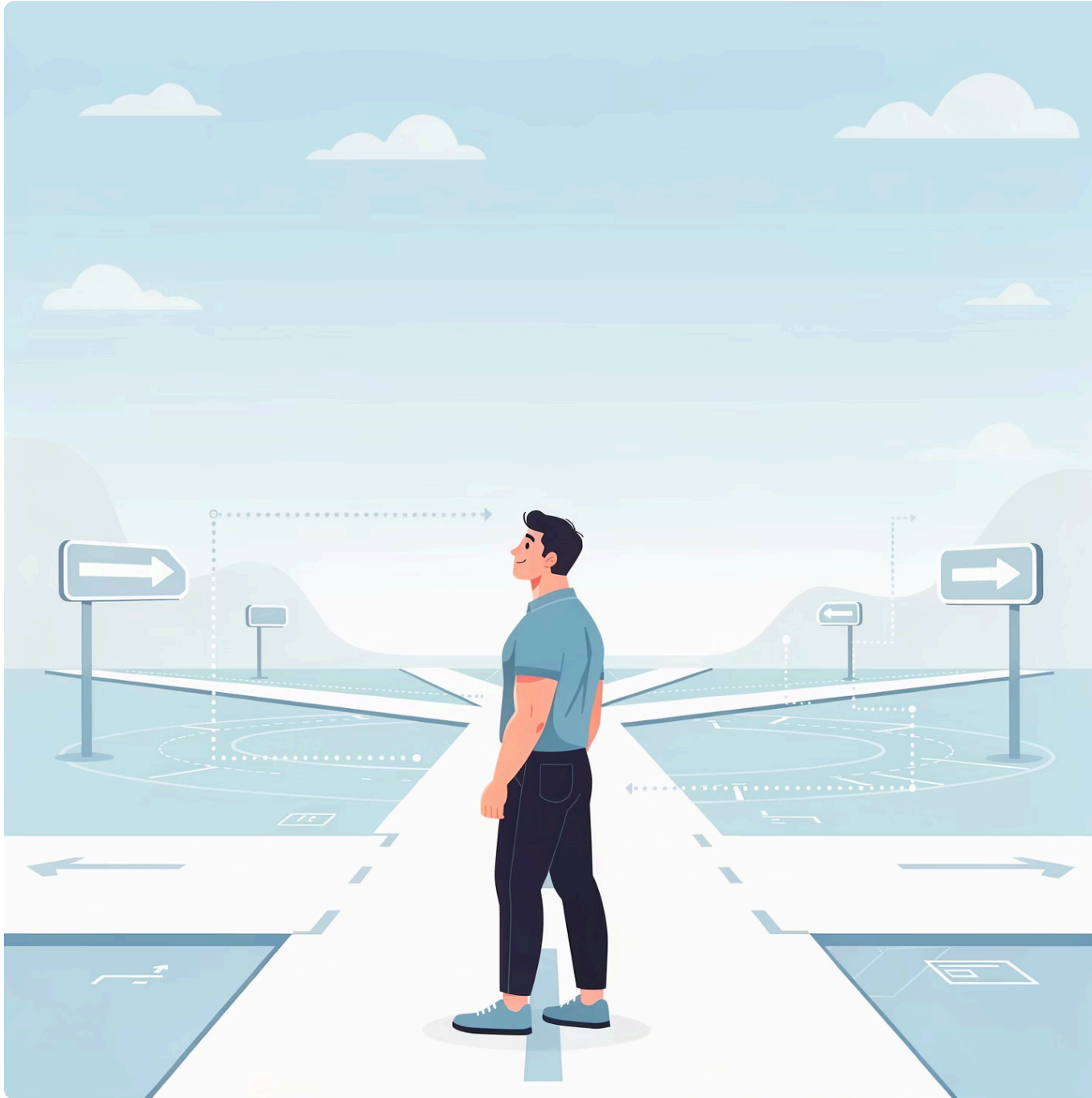


How to Use in Session



A step-by-step protocol to guide your client through embodied integration of a positive experience — linking action, muscle, and meaning.

Step 1: Name an Action You Are Proud Of



Use the **psaos major** to help the client sense what is good for them — what stands out as an important action.

Ask them to name it. Examples:

- *"I got my diploma"*
- *"I went for a walk"*
- *"I reacted better in a pressure situation"*

Step 2: Activate Your Chest

Then activate the **pectoralis major** — the chest muscle connected to willpower and action-based self-esteem.

Ask the client: *"What did you do to be able to achieve this?"*

- *"I worked hard"*
- *"I postponed my impulses for scrolling on my phone"*
- *"I did my energy management exercise"*



Step 3: Activate the Erector Spinae



Here you activate the **erector spinae** — the muscle of life energy and fundamental stance.

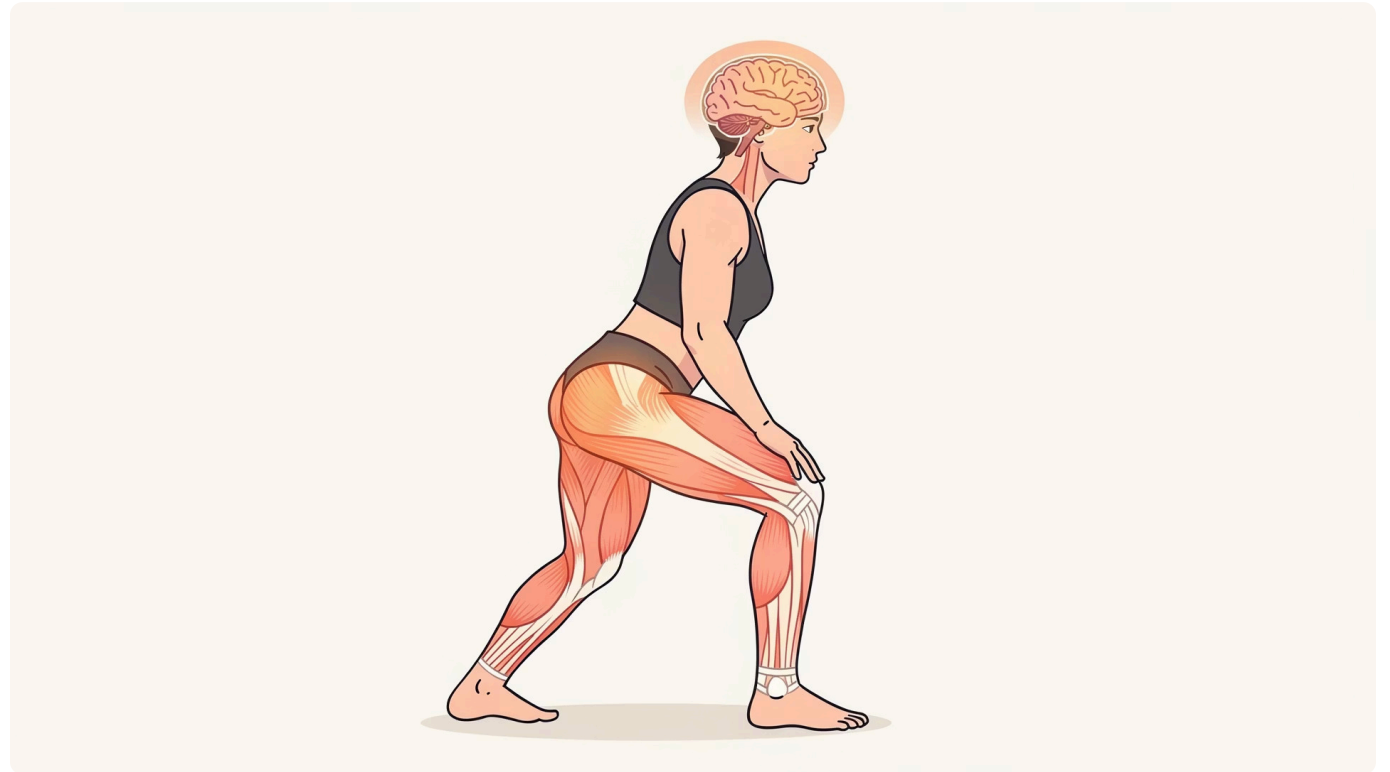
Ask the client: *"What did you gain from this achievement?"*

- *"I can increase my chances of getting better work and providing for my family"*
- *"My physical condition improved"*
- *"I got more self-respect"*

Step 4: Activate the Gluteus Maximus

Focus on the **gluteus maximus** — the muscle of performance and sustained effort.

Ask the client to feel the energy of their achievement grounding into their body, supporting their forward momentum and drive.





Step 5: Softly Move the Rotators

And lastly, at the end of the session, move the **rotators** very softly to create a new opinion or new value.

1

New value

"Getting my diploma makes me feel more safe and confident in my work atmosphere"

2

New value

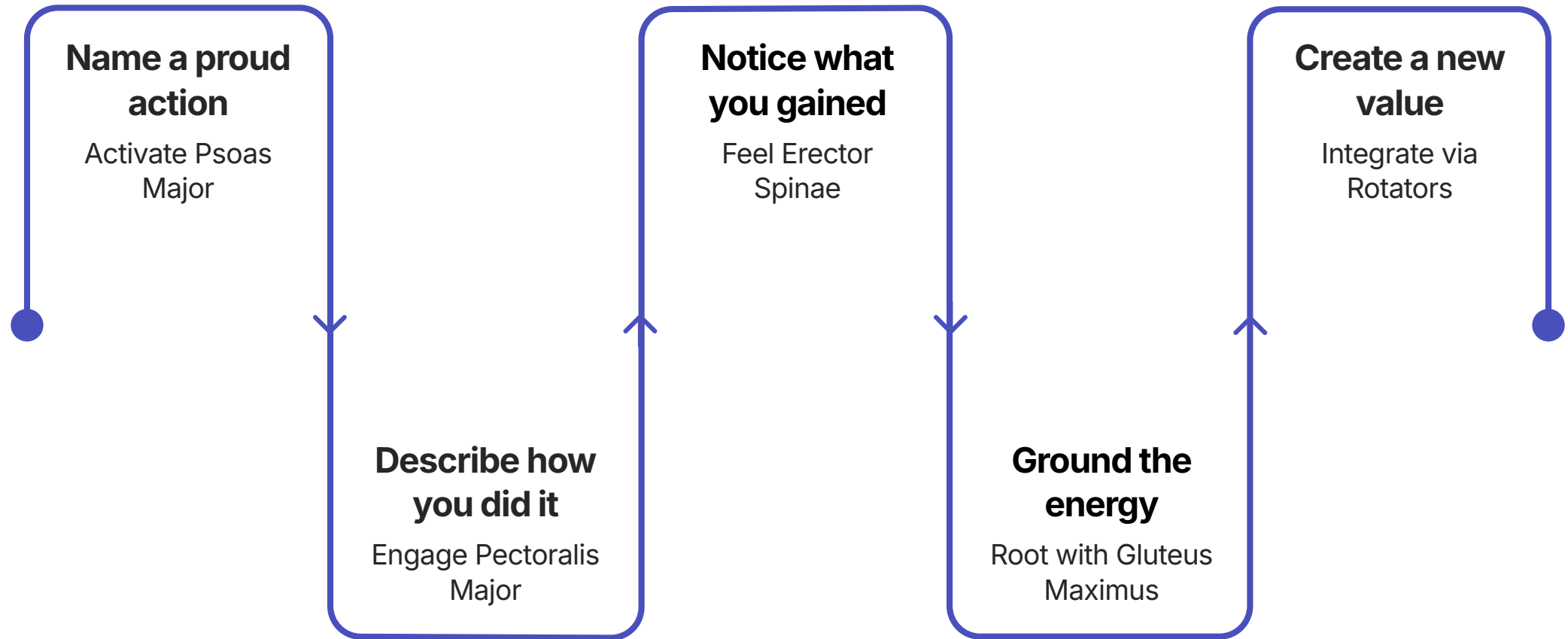
"Taking walks makes me more physically fit"

3

New value

"Responding appropriately gives me more self-respect"

The Full Session Flow



Each step activates a specific muscle group, linking embodied experience to cognitive and emotional processing — creating lasting positive coding.



New Coding, New Strength

When the body remembers success, the mind follows. Integrate positive experience — muscle by muscle, word by word.

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