



ROB interviewing Etsamanga Caroline PIERS, Psychotherapist

Etsamanga Caroline: So the Maïeusthésie it's the name ... that mean the process of giving birth and ancient Greek name ... that means sensibility. So it's like the art of giving birth to yourself.

Rob And what does it entail, how do you proceed with someone?

Etsamanga Caroline: Its umm, a dialogue, very delicate. It's a therapy that puts your attention to the being instead of the context. So you might have been through different situation conflict err disease. Perhaps here it's like a door to show us the direction where put our attention to the being who lived this content, this disease and not on the disease itself.

Rob OK so you concentrate on the being rather than the problem that brings the person to you? So it's a dialogue that you have.

Etsamanga Caroline: It's a dialogue. Exactly.

Rob And you can have this dialogue in French with a French person? But you can do it also in English.

Etsamanga Caroline: Slowly by slowly why not? Yeah

Rob Because some of our listeners may be interested in contacting you, Etsamanga Caroline with a view to this form of therapy. Like this Maïeusthésie, you also practise something called JANZU. Now that sounds really quite interesting because its to do with water isn't it?

Etsamanga Caroline: Yeah exactly.

Rob So how does that work?

Etsamanga Caroline: It's a way of caring in warm water and it's a therapy that helps to let go totally.

Rob Right...

Etsamanga Caroline: You lie down on the surface of the water .

Rob And you're held by the therapist?

Etsamanga Caroline: Aha and you lie down and you have closed eyes but you don't sleep.

Rob Right...

Etsamanga Caroline: You are in movement but you don't do anything. I move the reserver but the reserver doesn't do anything, just be there, receive and let go. And let go until the breath because I put something on the nose that allows us to go under the water.



- Rob: Its not just on the water then, it's under water?
- Etsamanga Caroline: Under, yeah.
- Rob: Right...
- Etsamanga Caroline: If the body is agree, we don't force anything. It come from traditional way of healing from Mexico and someone from there also had been several years in Asia, in India practising a lot of meditation and deep meditation and yoga and so put off all the pressure points and lots of manipulation to keep only presence and movement, with the spirit of meditation which is doing nothing, willing nothing and everything comes from when its ready. We had not been in water like this, just to be flooding in water since we had been in the belly of our mothers. So its so good to get back to there.
- Rob: Let's talk about some practical details. You carry out this therapy locally. You go to the swimming pool, I understand. If someone is interested, they can contact you and then you would meet at Gouarec for example?
- Etsamanga Caroline: Ah oui, yes, Centre Aquatique du Blavet at Gouarec.
- Rob: And anywhere else that somebody wants to ... the sea perhaps?
- Etsamanga Caroline: We need warm water between 31 to 34 degrees, so it's not in the sea in Brittany but I'm very happy to come at home if someone has a swimming pool at home like this.
- Rob: OK. Something else that you practise is called TTT, now that needs explaining too.
- Etsamanga Caroline: Yes. That's the 3 letters for Trauma Tapping Technique
- Rob: Trauma Tapping Technique. In English.
- Etsamanga Caroline: Yeah.
- Rob: OK
- Etsamanga Caroline: Yeah, yeah, it's linked to international organisation name Peaceful Heart Network. When I was in ... Congo I met Gunilla Hamne and this woman went to Rwanda and Congo to spread this technique of tapping to the people over there. When I met her I was kind of over-stressed. I say well I wanna learn that thing, that sounds so great, so we organised it and so she came at home, and we had this little training with 5 other person and so that was in 2009 and since 2012 I'm a trainer of TTT. You don't have to speak about what's the problems for it if you don't want or if you can't speak about it, that's sometimes it happened and then you have this tapping to yourself, so that's something that you can do to yourself and also its something you can do with someone else.



- You can propose and give to someone else and receive from someone else and you don't have to be a specialist to learn it, to train people, and to share it.
- Rob: You practise your therapies in Central Brittany in general don't you?
- Etsamanga Caroline: Yeah.
- Rob: How can people find you?
- Etsamanga Caroline: They can find me on the website called medoucine.com
- Rob: medoucine.com
- Etsamanga Caroline: .com and I have a page on FaceBook
- Rob: OK well we'll come back to that. I must ask you about your extraordinary name, Etsamanga Caroline. Etsamanga is not French.
- Etsamanga Caroline: No it's not. Etsamanga is a name that come from Africa, specially from a language of Gabul. I have been dreaming of Africa since I was a little girl around 6 years old. I was dreaming of animals and they came from in my life every day. And so I went to Africa in 2001 the first time and then I spent several years working as a humanitarian worker in DRC.
- Rob: Democratic Republic of Congo?
- Etsamanga Caroline: When I was there I went to the pygmies in the forest and then this encountered I wanted to go in the safe place meeting the people of the forest, so I went to Gabul. I had this opportunity to walk this traditional path in Gabul called ... and so during this experiences I have been given this name, yeah.
- Rob: Ok, this involves local plants that can produce visions, you don't carry out this kind of therapy here in Brittany do you?
- Etsamanga Caroline: No, that was very specific to my personal path.
- Rob: Etsamanga Caroline, its been really fascinating and I'm sure that people will be interested to find out more and maybe contact you. Thank you very much. I feel much better now.
- Etsamanga Caroline: I'm happy for you.