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## Integral pelvic therapy: A new approach to pelvic health for women

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**I**ntegral Pelvic Therapy (IPT) is a holistic form of pelvic floor therapy for women, with the aim of restoring balance in the pelvic area. This is done by using soft external and internal massage techniques in which concepts such as consent, presence and the capacity of slowing down are essential, suitable for every woman who simply wants to know more about her body, sexuality or general wellbeing. But also to treat conditions like a numb feeling in the pelvic area, dyspareunia, sexual trauma, hyper-hypotone pelvic floor, stress/urge incontinence, organ prolapse or chronic inflammations around the area of the vulva and as preparation before, during and birth. The IPT- practitioner works only after an embodied felt consent in the feminine body, so the client has an autonomous position, where she can receive the touch, instead of undergoing the treatment. For most women, this way of touching makes all the difference in feeling violated or not and can be applied in any case in the health care. An IPT-practitioner works with an extremely sensitive touch where full presence is required to notice the slightest change in color, tone and breathing of the client.

**Case study:** One Client 34 years old she got stabile marriage and gives birth 1.5 years ago. She is having severe pain in het vulva area, since she was at age 15. She feels the vulvar skin cracking during intercourse and due to the pain, she not intimate with her partner anymore. This is causing relationship issues. She went to the gynecologist, dermatologist, sexologist, pelvic floor therapist and at a psychologist. She had ultrasounds and a MRI-scan. She was diagnosed with Vulvary Vestibulitis Syndrome but no therapy helped. At last her psychologist was aimed at acceptance of the pain. At this point she felt devastated and came to me for help. Treatment was applied to give a soft stretch on the fasciae of the inner labia were tension and small restrictions were felt. This gave the client confirmation about her pain. Slowly, with a lot patience, the restrictions melted away and the area of the vulva became less painful. Due to the memory of painful intercourse and medical examinations, stored emotions came loose. After two treatments, the client could receive an external and internal touch without pain, for the first time after 19 years. This is not a single case. I have worked with many clients like the above. The combination of presence, consent and touch with awareness, seems to have an incredible beneficial effect on the emotional and physical layer in a women's body. It is time for research, so this form of therapy can be accepted as a full form of complementary care in womans pelvic health.

### Biography

Daphne van der Putten is a Midwife and the Developer of Integral Pelvic Therapy as an answer of pathology in the obstetric care. She has completed her Graduation as a Midwife and worked within all the ranges of the birthing field. She is also one of the developers of the Integral Pelvic Therapy-education training and is one of the Founders and Board Member of the Integral Pelvic Therapy Association.