



The History of Kinesiology Theory

Carrie Thie & Matthew Thie

(CPT= Carrie Thie, MAT= Matthew Thie)

MAT:

How did you first “get involved” with Kinesiology? Why did you want to do this type of work?

CPT:

My grandfather on my mother’s side was a Methodist minister, and so it was always part of our attitude in our family that we had the role of helping in the community and attending to people to make their lives better. On my father’s side, my Grandmother was a midwife and was considered to have a special gift of “presence” and often attended people in time of need, particularly sitting with people through the dying process, what today would be considered Hospice care. My mother was a Block Mother in World War II and hosted the Red Cross trainings in our home. So I grew up with the model of the helper role, and always had the intention of following this type of social helper role for myself.

When John and I met, we found we had a common seriousness about wanting to dedicate our lives to making the world a better place in whatever way we could. I was studying psychology and child development, John was actually studying Law, but later decided to become a chiropractor.

John’s parents, John C. Thie and Mary Thie, were second generation immigrants from Poland and always looked for ways that they could help “the little guy” to succeed in this country. John C. Thie was a naturopath and chiropractor and developed a nutritional program which he called “A New Approach to Therapy.” He formulated his own line of nutritional supplements and both John and I worked for his company and got to know many chiropractors and physicians in California.

The Holistic tradition of chiropractic, and John’s father’s clinical knowledge and philosophy were a major influence on our growing vision for the work we wanted to do together. Early on we were exposed to many of the various ideas and techniques that chiropractors were using. So when we first heard about Dr. George Goodheart’s ideas of Applied Kinesiology, we quickly recognized that this was something different, and as John began to use it in his chiropractic practice he saw that this was amazing work.

MAT:

What did you think of all this “muscle-testing” and “energy-balancing” stuff?

CPT:

I was already pretty grounded in the benefits of chiropractic through my own observations of the changes in the lives of many patients at John's chiropractic clinic. When I saw the rapid changes in muscle response and the rapid shifts in posture, I was so amazed that at first it seemed unbelievable or miraculous. Over time, the consistency of the results made it more of an everyday thing for me. Part of what made it easier to understand was to move beyond the structural model to more of an energetic model of understanding human beings, and the transformative power of focusing on the positive, what we would call *Wellness* today. This was an era in which there was an initial awareness of TCM and Acupuncture with the opening up of China, and the beginning of the awareness of importance of self-esteem and the effects of stress in popular culture and health care.

MAT:

How did **TFH** specifically get started? What was the original idea? What was the concept or theory, and how did that work out in practice?

CPT:

The original idea was that we need healthy families as the basis of a healthy society. Just as we need to brush our teeth everyday to maintain health, we learned from Virginia Satir that we need a certain number of hugs per day, we need emotional support and opportunities to develop a vision of our own health, and we also need a role in maintaining and developing *Wellness* at the grassroots level within families. We loved the model of passing on fundamental information through an "each one teach one approach." Based

on the **Effective Communication Skills** that we learned from Virginia Satir, Yetta Bernhard, and Thomas Gordon, together with the muscle balancing principles of Goodheart's Applied Kinesiology, we developed a program called "Health from Within," which was meant to be a basic, safe program for lay people (for anyone), regardless of previous training or education.

As we developed the **TFH** training program and put together the book **Touch for Health**, we mainly emphasized the "bodywork" aspect of what we were doing, together with the model of balancing energy from TCM. The communication skills informed the process of teaching, but were not formally presented to students until they reached the Advanced Training for potential instructors of the basic program.

This program of teaching lay people has been repeated and spread all over the world during the last 30 years, and many people have adopted it as a health maintenance tool in their families AND this work has been adopted by so many different kinds of professionals from MDs, psychologists, school teachers, massage therapists, to chiropractors, etc. The concept and way of working has been embodied in so many creative ways through all of the additional Energy Kinesiology systems, and there is now the emerging profession of Energy Kinesiologist, which I believe will allow for continued growth of the awareness of this work, and its adoption by more families and individuals for self-care, and the improved health of the human family.

MAT:

What are some stories of things you've seen happen with **TFH/K**?

CPT:

I have countless stories, far more than I can even remember. One example, there was a man in his fifties, a father of a child with Down's syndrome. His goal for the boy was for him to be able to do basic things for a smooth transition into the mainstream classroom in school. The boy not only learned to button his pants, but achieved very high functioning in his classroom; and when his father became a chiropractor, the son went to work as his assistant in the clinic.

MAT:

Do you have some stories about how this work has helped *you* personally?

CPT:

Living with John Thie was always an ongoing learning, mind-stretching experience. I kidded John that his middle name was "Next," because of his enthusiasm for brainstorming and launching into new projects. **TFH** has been a road of ongoing personal development, and lots of exciting work.

MAT:

What type of conditions have you seen successfully treated with **TFH**?

CPT:

As a byproduct of helping a lot of people, many "conditions" have been overcome. The word "condition" suggests the medical, disease model, which has *not* been the focus of **Touch for Health**. Rather we focus on each person living their own unique life. Helping to balance people to achieve their life goals seems to be a better way

of improving health in general, rather than focusing on treatment of disease.

MAT:

Why is there this division in **TFH** between the Diagnostic Model and the Holistic Model?

CPT:

First of all, many of us using **TFH** do not have a license to diagnose, and we legally may *not* do diagnosis. Nor are we interested studying pathology. We continue to search for a vocabulary that is an alternative to doctor/patient or practitioner/client, which spans the various contexts of kinesiology (home, seminars, workshops, peer groups, clinical settings). Perhaps we need to go back to Martin Buber's concept of "I and Thou." Rather than assume that we can analyze and fix what's wrong with other people, we take on an expert supporting role in helping people develop *WHO* they are and *WHAT* they want to *BE*. Balancing their energy so that their natural life processes can function most efficiently and effectively.

MAT:

Do you do muscle testing and energy balancing even TODAY?

CPT:

My role over the years has been more in a support capacity for the teaching and training that John and now Matthew do. I have often contributed to instruction, especially on my favorite topic of **Effective Communication Skills**. My personal practice has included the balancing work that John and I did together and to an even greater degree, a lot of work in joyous visioneering-conversation, healing prayer, and spiritual development through our study

and participation in our local church and various evangelical programs.

One of the adventures that John and I began together was to help organize a Prayer and Healing ministry at the MUMC which incorporates some singing, some inspirational readings and **TFH** balancing and surrogate balancing as a healing modality in the context of the healing tradition of the church.

MAT:

What have you personally seen that really works to effective to share this work with the general public?

CPT:

I think that really, the most effective way to spread this work is to do the work of being an authentic friend to the people who are part of your life. It all grows from the individual connections through our own authentic, genuine experience of life, and the benefits of this work. Gossip spreads from person to person quite effectively, and in perhaps a slower, but more profound way, we create true awareness one person at a time through our shared experiences of appreciating and developing our own lives. It's really a way of being, rather than a product.

That doesn't mean that I am against good PR, press releases, radio interviews, and plenty of advertising, I have done a whole lot of that for over 50 years. I know it's important for getting the word out. But, at the end of the day, what gives this work sustainability is its actual practical use.