



SOMATIC AND BODY- BASED SELF-REGULATION

Using the Body to Improve Care

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OVERALL GOALS OF TRAINING

- Develop a working knowledge of somatic awareness and therapy
- Understand the importance of body-based awareness and self-regulation.
- Learn how to use the body to increase effective trauma treatment
- Using a knowing through experience approach, a direct body-based experience using the right hemisphere of the brain.
- Learning how to use somatic based techniques as a self-compassion tool to prevent compassion fatigue.
- Learning how to use somatic techniques with clients.



FRAMEWORK AND HISTORICAL CONTEXT

Goals

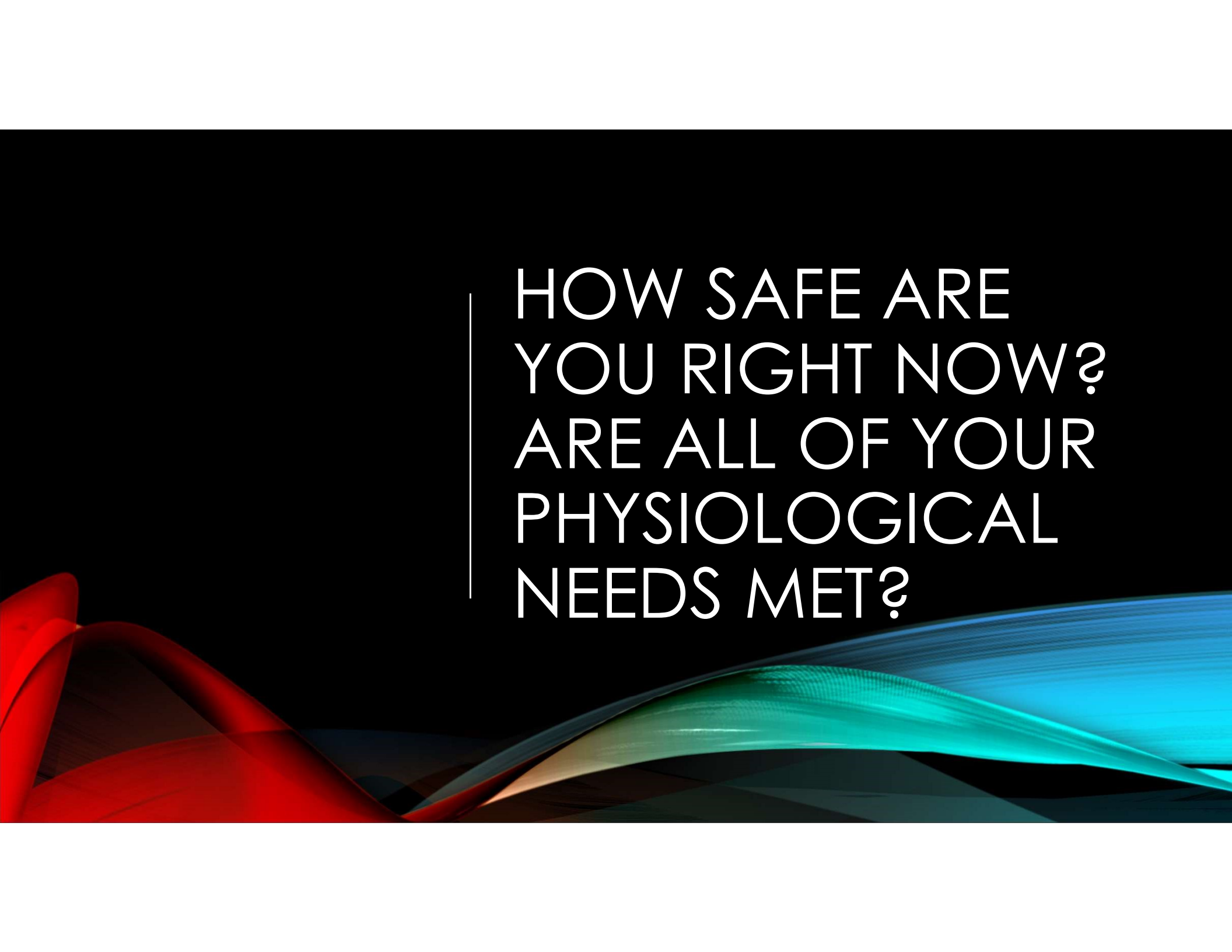
- To explain the theoretical and practical shift in thinking
- The context in which the shift is still happening and why you need to know about somatic and body-based trauma and techniques.

BOTTOM UP, BODY BASED SELF-REGULATION

A different approach to trauma treatment and the understanding of trauma.

Based in building a safe inner base (Fay, 2016).

Hierarchy of needs- starting with the physiological needs first. Regulated body-more access to the other parts of the thinking brain.

The background features abstract, flowing shapes in red and blue, set against a dark background. The red shapes are on the left, and the blue shapes are on the right, creating a sense of movement and depth.

HOW SAFE ARE
YOU RIGHT NOW?
ARE ALL OF YOUR
PHYSIOLOGICAL
NEEDS MET?



LET'S GET RID OF THE CRAP

SALLY GRAY YOUTUBE

Conflicts

What conflicts are you experiencing?

Resistances/**A**nxieties

What resistances do you have?

What is making you anxious?

Problems

What problems do you have right now?

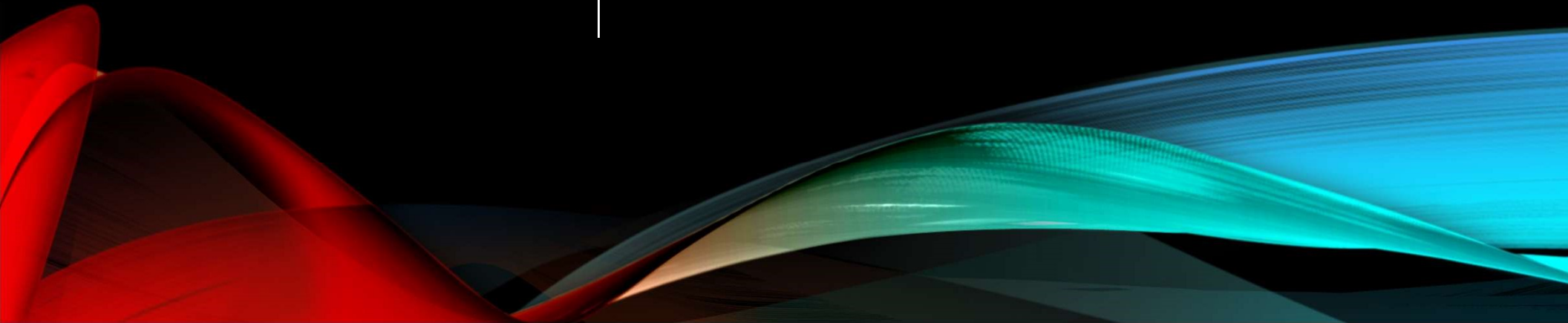
STORY OF MEDUSA

- Narrative of trauma
- How?
- What does the story illustrate?



We are changing from
left brain conscious
treatment to right brain
unconscious affect and
body based processes
(Schoore, 2012).

HISTORICAL SHIFT



How many words can
you list that describe
body feelings?

How many words can
you list that describe
emotions?

BODY VOCABULARY VS EMOTIONAL VOCABULARY





WAS THERE A DIFFERENCE?

Negative vs positive

Health vs pain



HOW DO WE MAKE THE SHIFT?

Goal-

- To identify how the brain structure lends itself to a bottom-up explanation
- To understand the steps that come before self-regulation



HOW CAN TRAUMA BE TREATED FROM THE BODY UP?

- Right brain based treatment
- The client creates a synthesis of embodied experiences, provides a new foundation for left brain logical structures.
- Top-down approaches- based in treating the pathology or illness in the other. Do not attend to the shifts in the sensory experience of the individual.
- Ex: teaching a client to regulate emotions from a thinking place such as trying to tell themselves they are not in danger.
- Doesn't work because the body hijacks the brain (Goleman, 1995). The neocortex is not working as it is sensitive to stress and safety.
- Top-down approaches to manage the subcortex do not calm the body!
- This process makes sense based on the structure of the brain, let's review



Neocortex

Cognitive Processing,
thinking, logic,
reasoning

Mammalian Brain

Emotions, identification and
Processing

Reptilian Brain

Sensory information, body processing, Autonomic
Arousal.
Survival Functions



THE BOTTOM PROCESS OF SELF-REGULATION

- Self-regulation is the holy grail
- However, we often jump to wanting this illusive skill before we develop the process that mirrors the image of the brain we just explored.
- The first step to getting to self-regulation is interceptive awareness
- The taking in of sensory information inside and outside of the body.
- We will explore interoceptive awareness in more detail but let's look at trauma and the body first.



HOW DOES TRAUMA EFFECT THE BODY?

Goals

- To create a better understand of how the trauma we described in the previous section impacts the body
- To identify the changes that take place and how these impact us emotionally or relationally.




TWO TYPES OF TRAUMA

- Shocking adverse events
- Includes-abuse, assault, injury, disaster, assault, poverty,
- Relational-Developmental trauma
- Emotional neglect
- Failure to connect
- Absence of attunement, resonance and feeling felt (Bromberg, 2011)
- Resulting in dysfunctional neural patterns and complex trauma.
- Regulation is off due to the continuous pattern of highs and lows (Schoore, 2012)
- Loss, deprivation, emptiness (Fay 2016).

HOW DOES TRAUMA AFFECT THE BODY?

- Trauma lives in the body through implicit memories even if they have been forgotten or are unconscious
- The body based memories immediately trigger disembodiment and dissociation and there is no chance for connection with functions in the higher cortex.
- Hyperarousal –an aggressive state of terror
- Hypo arousal- a frozen state of terror Schore, 2012).
- **Physiological changes**
- Small muscles in the eyes in hyper/hypo arousal loops
- Small muscles in the ears in states of arousal or collapse (Porges, 2011)
- Lungs, heart and gut stuck in fixed trauma response patterns (Tucker, 2007)
- Respiratory, digestive, circulation disorders.
- There are links between sexual trauma and obesity (ACE studies)
- Metaphysical changes, disembodiment and disassociation
- Blockage in the heart in the yogic traditions (Fay, 2016)
- Lack of integration in the body.



LETS ALL STAND UP
GIVEN THIS DEFINITION
HOW MANY PEOPLE IN THIS
ROOM HAVE
EXPERIENCED.....



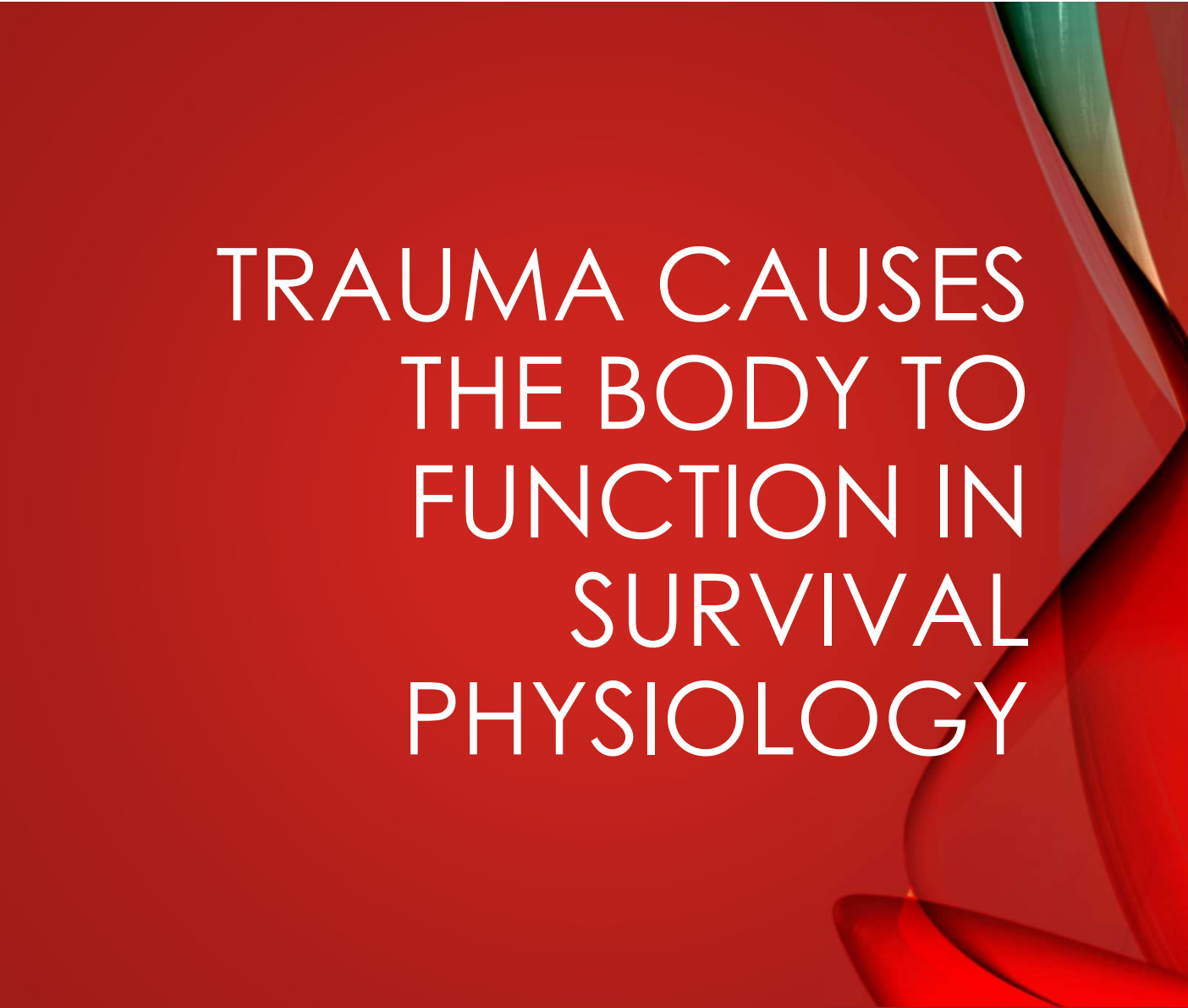
COMPLEX TRAUMA FROM BODY BASED PERSPECTIVE

Body based symptoms

Panksepp and Biven (2011) state that when disembodiment goes on for long periods of time the person can stop feeling sensations in the body.

Primitive emotions held in the body from disruptive neuronal perceptions can become disruptive physical symptoms.

Often substances can provide a way to numb and to feel.

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TRAUMA CAUSES THE BODY TO FUNCTION IN SURVIVAL PHYSIOLOGY

Can be left over from
early in life during the
neurodevelopmental
grow periods. Mark's
Story



DISSOCIATION AND DISEMBODIMENT

- Dissociation
- Both the defense and the attachment drives are active (Ogden & Fisher, 2015)
- Numbing reaction to horror and terror
- Innate processing pathways in the brain are interrupted and the emotions are distorted (Fay, 2016).
- Can materialize in night terrors (Kalsched, 2013) and physical illnesses (Frewen & Lanius, 2015).
- Disembodiment
- The body never connects with the higher brain functions of higher cortex which is responsible for empathy and compassion
- Survival parts of the brain are still active but the higher levels are not.
- Leads to depression and inability to act.



SEXUAL ABUSE AND THE BODY

Guerino et al. (2015) noted that there is a severe motor limitation, difficulty with coordination, significant muscular retractions, thoracic and cervical kyphosis, cervical protrusion as a result of the postures they had adopted when victims of the **sexual** violence suffered in childhood



IMPACT OF BODY BASED TRAUMA

Relationships

Relationships have not provided that attunement that is necessary for healing.

Relational communication can be hindered or shut down.

Present as emotionally absent (Schore, 2012).

Attachment

Attachment patterns are embodied

Relational memories are stored as implicit memories in the right hemisphere.

They provide the templates for future interactions (Beebe & Lachmann, 2014).

Internal working models

Models may be defective due to inadequate models developed early in life.

The models are the representations of self, other, and how relationships work

They are encoded in procedural memory and are unconscious (Schore, 1994)

RESISTANT TRAUMA TREATMENT

Somatic based techniques can be used from the beginning as a foundation for treatment.

Can also be used when treatment has hit a standstill.

Can be used when there are changes in perception but there are still continued somatic symptoms that are not shifting.

Supplement and basis for treatment, can be used sequentially.



INTEROCEPTIVE AWARENESS THE FIRST BUILDING BLOCK

Goal

- Create an understanding of why interoceptive awareness is so important

Pathways are linked to
the organs (Craig, 2002;
Critchley et al., 2004)

Linked with cognition and
decision making

Lower levels of awareness
are linked to depression
(Avery et al., 2013),
anxiety (Paulus and Stein,
2010) and addiction (May
et al., 2014).

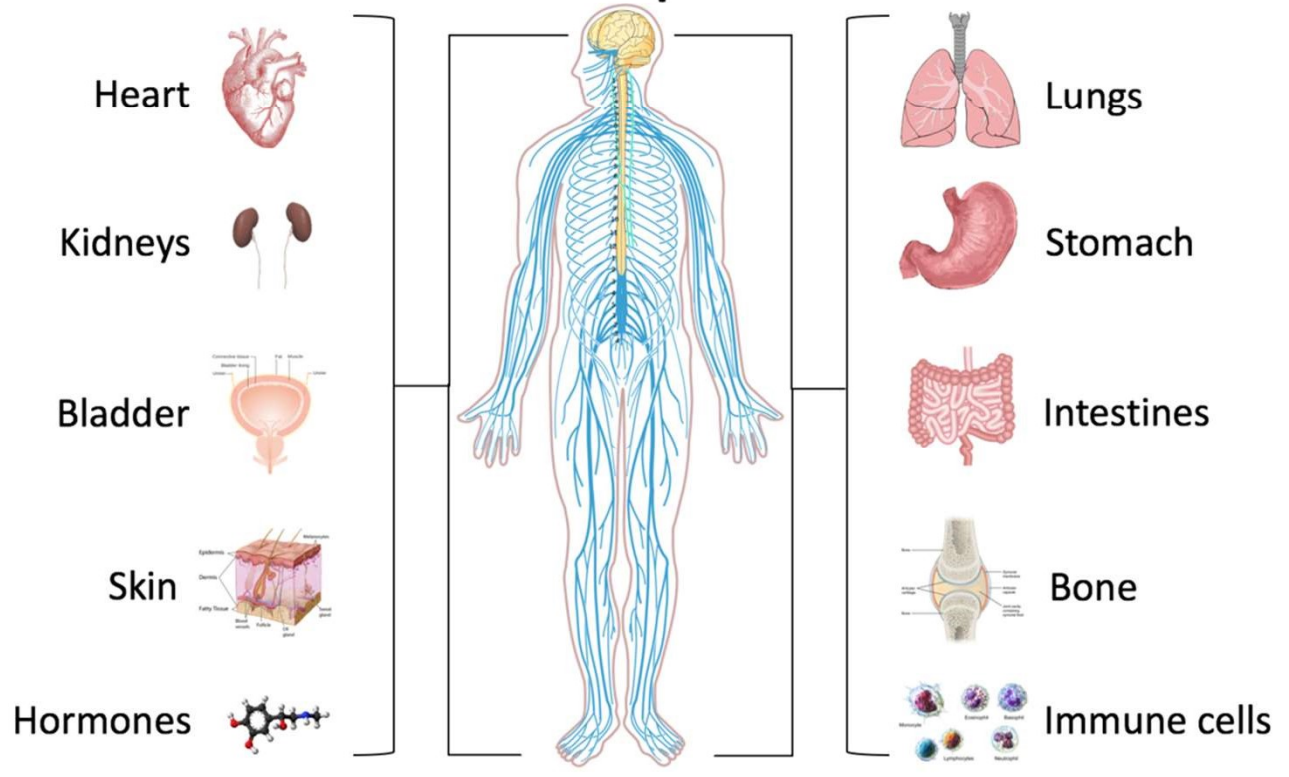
WHY IS INTEROCEPTIVE AND BODY BASED AWARENESS IMPORTANT?



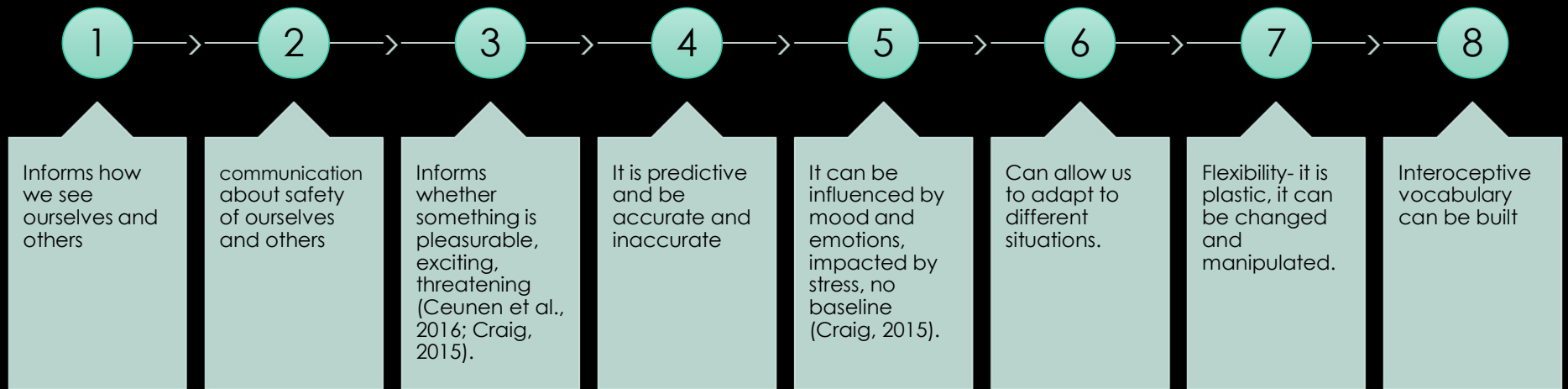
WHAT IS INTEROCEPTIVE AWARENESS?

- The ability to feel the internal organs and state of the body including sensations of pain, touch, and temperature (Craig, 2015).
- Interoceptive awareness is different from interoceptive accuracy and is a self-report of the internal states and the bodies tendencies (Ceunen et al., 2013; Limmer et al., 2015).
- Fustos et al. (2013) identify interoceptive awareness as a precursor for the development of emotional regulation.

Interoception



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WHAT DOES INTEROCEPTION PROVIDE US WITH?



INTEROCEPTION IS THE “INFANT’S SIXTH SENSE”

Porges, 2003



INTEROCEPTIVE AWARENESS

- Impact on mental health
- Van der Kolk (2014, p. 274) “Our sense of ourselves is anchored in a vital connection with our bodies”.
- Links to stress and anxiety



EXTEROCEPTION

- Exteroception helps us pay attention to the external environment
- Includes: sight, hearing, taste, smell, touch
- Coordinates with other systems during healthy development.
- Also altered by stress, can provide distorted information about the surrounding environment.
- Ex: Porges found that hearing can change when the stress system is activated, middle-inner ear muscles change so hearing is tuned towards lower predatory sounds.
- Lesser ability to perceive content, hypervigilance turned on.



SOMATIC PROCESSES

Goal

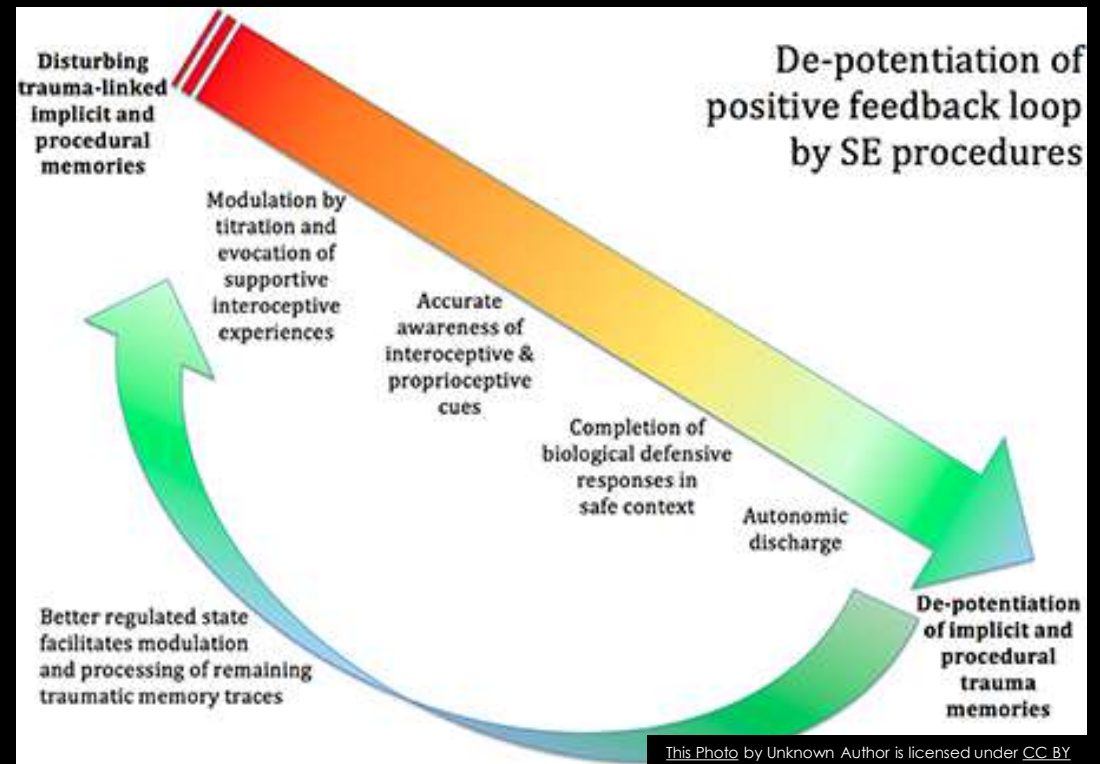
-To provide insight into how somatic processes and interventions work

- Soma=Body
- Starts with the knowing of your own body
- What does this look like in our interactions?
- Non-verbal communication, bodily based affective states, interactive regulation of body states.
- Window of tolerance- not only that of the client but also that of the therapist (Ogden & Fisher, 2015).

SOMATIC PROCESSING

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WHAT IS SOMATIC AWARENESS?





OTHER BODY BASED AWARENESS

- Kinesthetic Awareness
- Muscular awareness and skeletal awareness.
- Proprioceptive Awareness

CORE RESPONSE NETWORK (PAYNE ET AL. 2015)

Dynamic system made of the:

Subcortical autonomic

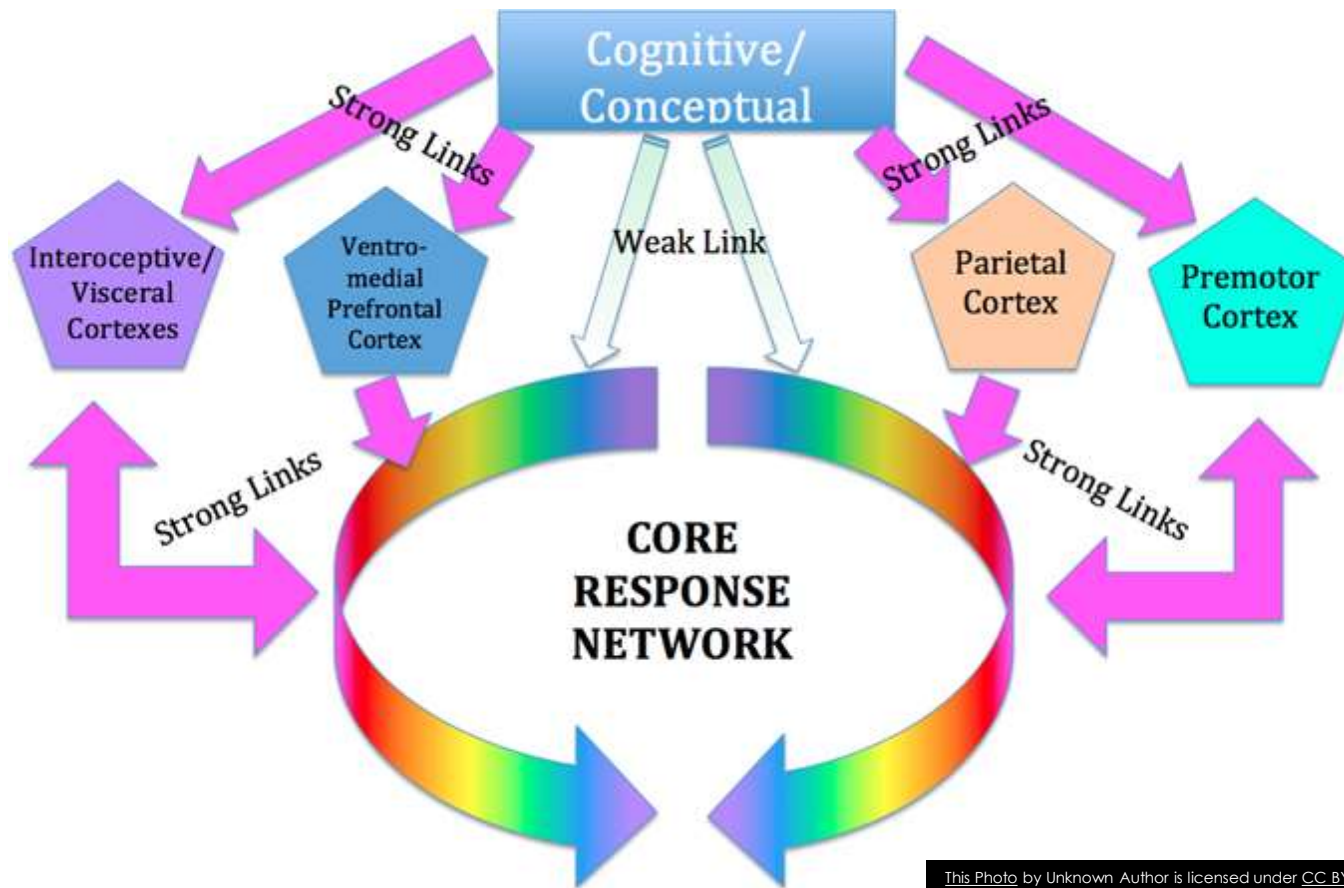
Limbic

Motor System

Arousal System

TRAUMA AND STRESS IS A CHRONIC DYSREGULATION OF THIS SYSTEM





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PHYSICAL SECURITY



EMOTIONAL SECURITY



SELF-WORTH



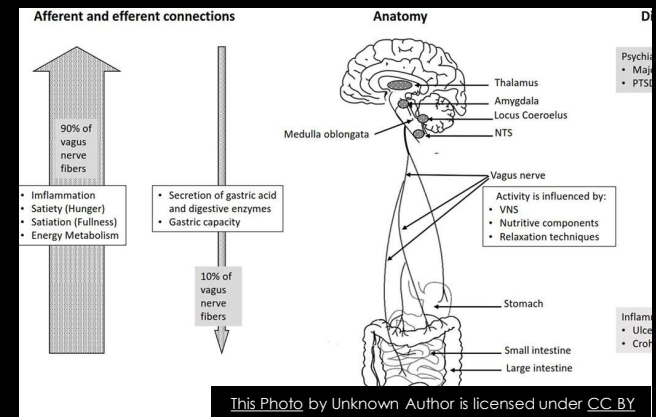
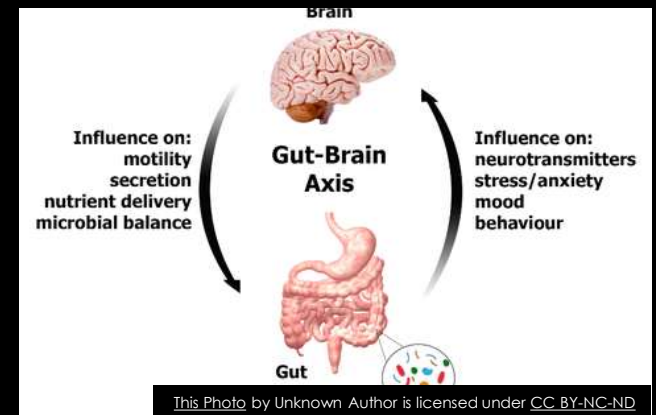
THE VAGAS NERVE

Goal

- To understand the role of the vagus nerve
- To understand how this relates to trauma and how to stimulate the Vagus Nerve

VAGAS NERVE

- Means the wandering nerve
- Peter Levine



POLYVAGAL THEORY

Sensation is the language of the nervous system and the neuroceptions are the words.

Key concepts (Porges, 2003;2011)

Neuroceptions-uncscious perceptions that give us information about threat, danger and life threat

Affect emotions, sensations, movements, images and thinking

Can lead to hyperarousal or immobilization

What does this look like in clients, muscle tensing, eye dilation, rapid or shallow breathing.

The vagal fibers provide us with the soma sensory information

Ventral vagal is linked to social engagement.

The ability to somatically sense the arousal of the ventral vagal verve helps put the brakes on the cortisol response from being triggered (Stanley, 2016)

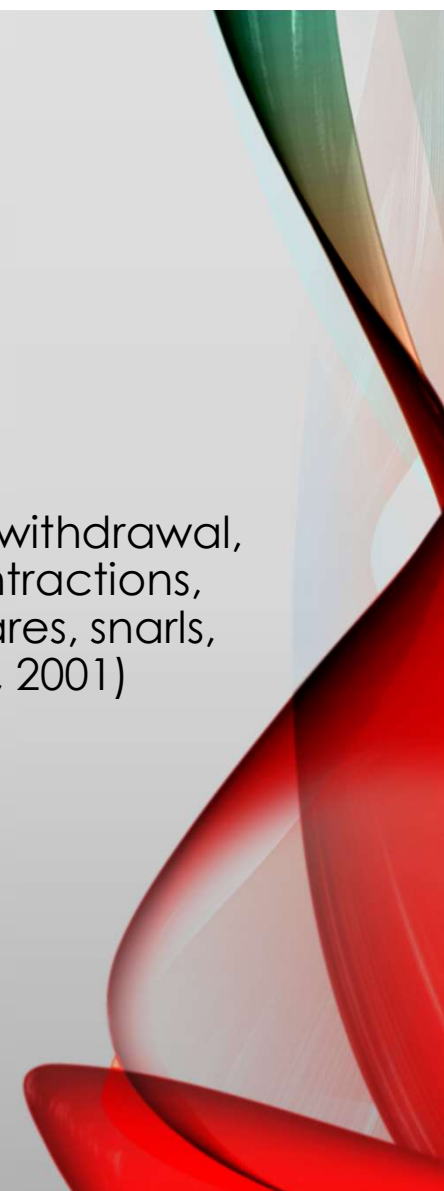


WHAT ARE THE SIGNS WHEN THE VAGAS NERVE IS UNDER STIMULATED?

- You can see it at both ends!
- Top-Headaches, neck pain, vision issues.
- Bottom-Poor gut health-digestion, bowel movements, IBS, other inflammatory bowel issues
- You can stimulate the vagas nerve and many somatic exercises are designed to stimulate the vagas nerve.

MISINFORMATION
FROM THE BODY
THAT ONCE KEPT
THEM SAFE NOW
HINDERING THE
PRESENT

Enactments, withdrawal,
collapse, contractions,
grimaces, glares, snarls,
growls (Llinas, 2001)





HOW DOES BODY-BASED TRAUMA IMPACT ATTACHMENT?

GOAL: TO UNDERSTAND HOW TRAUMA STORED IN THE
BODY CAN IMPACT RELATIONSHIPS.
TO UNDERSTAND THE RELATIONSHIP BETWEEN SELF-
REGULATION AND ATTACHMENT.



THE BODY AND ATTACHMENT

Attachment start with meeting of body-based needs

- Being fed
- Being changed
- Soothing out of control body-based states.
- Physiological mechanisms must be developed to feel safety and security
- Social referencing for the development of emotional vocabulary

- Co-regulation is the external regulation of the internal neurological system (Bowlby).
- Parent's have to be calm to "calm the nerves" of baby or child
- Co-regulation sets the foundation for physiological processes including maintenance of balance or equilibrium (Kain and Terrell, 2018)



INTERPERSONAL NEUROBIOLOGY

The injuries from Trauma lay in the body and the brain

Need to model interoceptive awareness for our clients.

Stanley (2016) suggests safety, grounding in the present moment, bringing attention to the body, giving neuronal state of emotional safety through your body and social engagement system.

The healing must be intersubjective and is based in communication that pre-dates language (Beebe, 2014).



INTERNAL
FAMILY SYSTEMS
RICHARD
SCHWARTZ

Body based challenges are not always conscious and are similar to the what are referred to as “parts”.

The abused part from childhood operates under the assumptions and beliefs from the time that the child was experiencing the abuse.

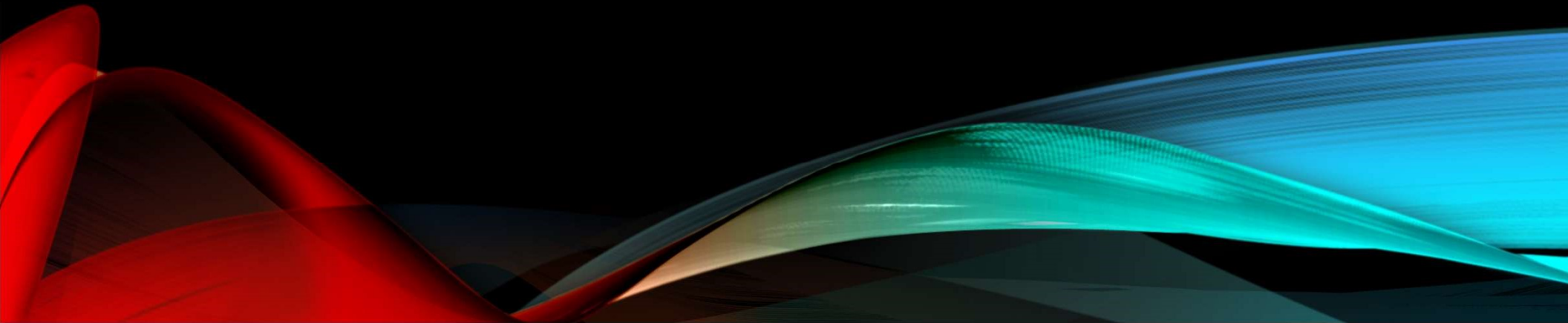
Developing an inner relationship that the body is safe.

“MAPS OF THE BODY IN THE
BRAIN CAN BE SIMULATED
AS IF THEY WERE
OCCURRING EVEN THOUGH
IT IS NOT TRUE. BECAUSE WE
CAN DEPICT OUR OWN
BODY STATES, WE CAN
MORE EASILY STIMULATE THE
EQUIVALENT BODY STATES
OF OTHERS” (DAMASIO,
2010, P. 104).

Our is to transfer states to
our clients, you can
transfer embodiment to
your clients (Bromberg
2011; Schore, 2012).

“COREGULATION CAN BRING HIGHLY
AROUSSED STATES DOWN INTO SOCIAL
ENGAGEMENT WHILE UPREGULATING
DESPAIRING, DEPRESSED STATES.

Stanley, S. (2016). Relational and Body Centered Practices for Healing
Trauma.





RELATIONSHIP BETWEEN INTEROCEPTIVE AWARENESS AND PARENTAL ATTACHMENT

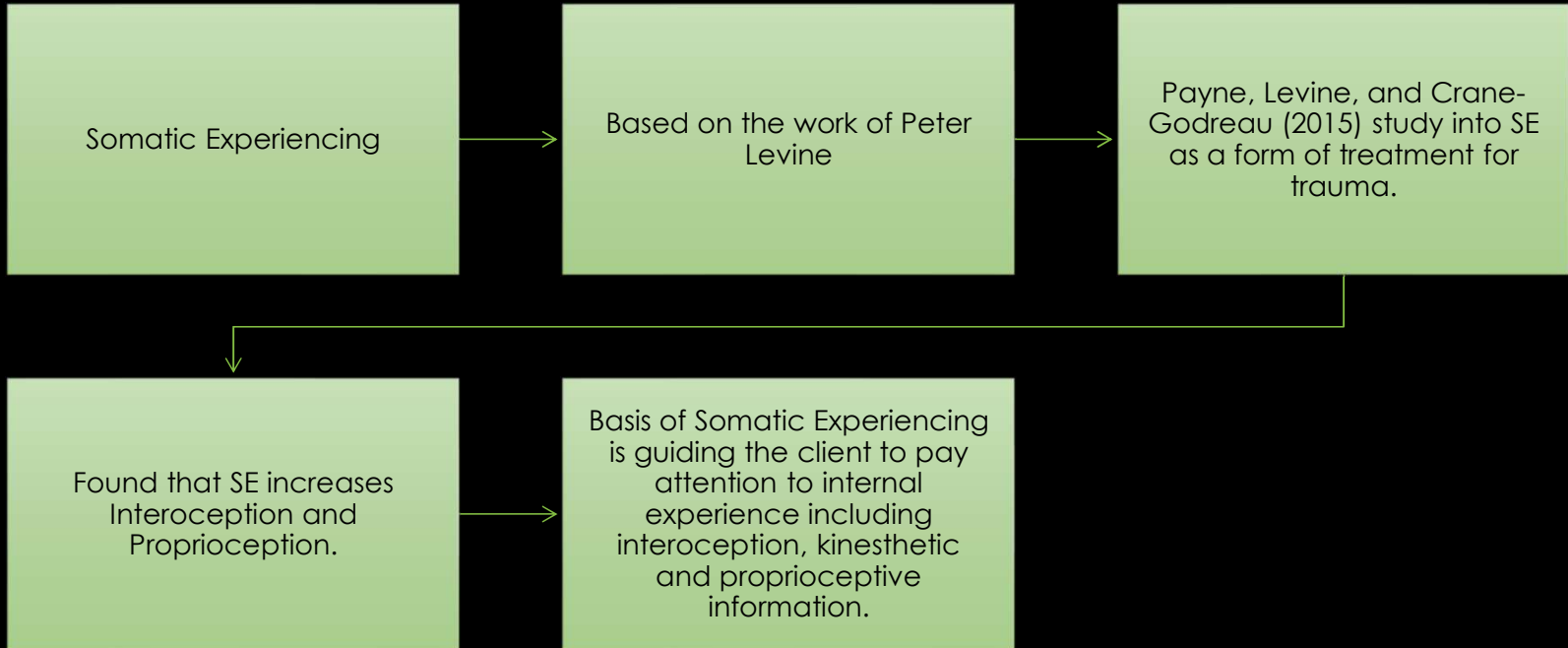
There are correlational relationships!

(Peca, 2019)



BODY BASED TREATMENT

GOAL: TO EXPLORE AND UNDERSTAND DIFFERENT
MODALITIES.



SOMATIC BASED TREATMENTS

SOMATIC EXPERIENCING

Involves gradual exposure to feeling and being aware of the body with all of its trauma.

Clients learn to tolerate activation little by little and not recoil, runaway or avoid it.





BODY BASED TREATMENTS

ALL BASED IN CREATING HEALING THROUGH SAFETY, ATTUNEMENT,
AND RESONANCE

Sensory Motor Psychotherapy

Tucker (2007)

Integration of the brain comes from
1st organizing the sensory
experiences.

Somatic Therapies

Somatic Experiencing-Peter Levine

Somatic Transformation- bringing the
ways of knowing the body into the
conscious.

Research

Kerr (2011) found that body-brain
patterns of rumination can be altered
through somatic awareness.

Body based therapies

Feldenkrais

Self-awakening Yoga (Stapleton,
2004)

Becoming safely Embodied Skills (Fay,
2007)

Trauma based Yoga (Emmerson,
2014)



OTHER TREATMENTS BASED IN THE BODY

- Traditional Eastern Methods
 - Yoga
 - T'ai Chi
 - Qigong
 - Seated Meditation (Schmalzl et al., 2014)
- Western Based Methods
 - Alexander Technique (Stuart, 2013)
 - Feldenkrais Method (Feldenkrais, 2005)
 - Continuum (Conrad-Da'oud and Hunt, 2007)



YOGA AND SELF-REGULATION/AWARENESS

- After 20 weeks of classes increase in the activation of insula and the medial prefrontal cortex which are both needed for self-regulation.



USING SOMATIC BASED FRAMEWORK IN TREATMENT

Goal

-To understand assessment and starting points for treatment



HOW DO YOU ASSESS INTEROCEPTIVE AWARENESS?

Body based tools

Heart rate variability task

Self-report measures

MAIA-Multidimensional Assessment of Interoceptive Awareness

Body Perception Questionnaire-Porges



MAIA AND BPQ

- Benefits
 - Relatively short in length, easy to administer
 - Valid with a variety of adult populations.
 - Child versions being trialed
 - Can be used as a pre and post treatment or intervention measurement.
 - Free of charge!
-
- Let's try them!

HEART RATE VARIABILITY TASK

- Pros
 - Measures the balance between the sympathetic (SNS) and parasympathetic systems (PNS).
 - Inhale-stimulate the SNS, heart rate up
 - Exhale-stimulate the PNS, heart rate down.
 - Low Heart Rate Variability linked to PTSD, the systems are out of sync.
 - No subjectivity
 - Clinically strong
- Cons
 - Have to have the equipment
 - There are apps!



INFORMAL METHODS

- **Body pictures**

- Draw or have a blank picture of a body
 - Have them identify the places that they feel discomfort in the body, is there any body-based symptoms
 - Remember these are not symptoms of a broken body they are signs that the body is doing what it is designed to do to adapt and mitigate to dysregulation
- Have another picture and have them identify pleasure, good feelings.
 - There may be nothing to begin with that is okay as you introduce tools you can refer back to this.
 - Have them rate the intensity of the feeling on both pictures.
 - This will provide information as to levels of awareness and dissociation.



NORMALIZE, NORMALIZE, NORMALIZE

- **Psychoeducation**

- Prepare a script or use the information from this training to explain how the body adjusts to trauma.
- Most people at this point will notice how they are adapting and mitigating and whether they have developed a hypersensitive or dissociative style.

- This a huge relief for most people
- It is also a foundation for growth and hope in terms of using the strategies you will introduce.



EXPLAINING THE WAYS THAT THE BODY ADJUSTS TO TRAUMA

- The different styles you may see in yourself or your clients-
- Hyper-sensitivity
- Hyper-vigilance
- Hypo-sensitivity
- Dissociation
- Constriction-inability to explore past the safe zone.
- Disembodiment-Numbing
- Dulling the ability to sense and respond to the body's sensory cue (Stanley, 2016)



DECIDE WITH YOUR CLIENT ON WHAT THE GOAL OF THE WORK WILL BE

- Are you working for them to start to feel their body again?
- Are you working to turn down a hyper-vigilant system?
- Are you working to identify shifts in the body before they end up in physical and relational pain?
- This should be therapist informed but client lead.



ESTABLISH BASELINES

- Get the tools and measurements for other physiological indicators such as blood pressure and heartrate. This will not be the same data as the HRV but will still be useful and possibly easier to measure when using strategies and noticing regulation and dysregulation
- Find out about other physiological indicators, energy levels, sleep, diet, exercise, arousal, illness.



BODY BASED INTERVENTIONS GOAL TO BRING THE BODY INTO THE PRESENT

- To stay embodied in the present
- Your job is to
- Create safety and containment
- Co-regulate affective states
- Strengthening vagal tone through attunement, resonance, and reciprocity
- These are the body-based foundations of empathy.
- Breathwork
- Trauma Based Yoga
- Progressive Muscle relaxation

Cognition-thoughts, interpretations,
meanings

Emotion- feelings and moods

Five Sense Perception

Movement-gross motor and internal body
based

BODY SENSATION-Physical feelings created
internally

**Five Building Blocks of
the Present Moment
Experience**

Ogden and
Fisher (2015)



How big is your window?

Hyper-Arousal

The Window of Tolerance
The ZONE
Siegal (1999)

Hypo arousal



BODY AWARENESS VS MINDFULNESS

Body based interventions

- No reflection or judgement with the body.
- Have to have a self before you can let go through mediation and mindfulness (Engler, 1993).

Mindfulness

- Requires a functioning and developed frontal lobe

- Can borrow parts and the next step



INTERVENTION TO INCREASE INTEROCEPTIVE AWARENESS AND ADDRESS DYSREGULATION

Goal: The next part of the training will focus on interventions
You will also learn how to use them with yourselves as well as clients.



INCREASING SENSATION

- Using touch
- Arm Squeeze
- Opposite arms and squeeze experiment with pressure, speed, etc
- Feel the contrast
- Increase sensation
- Move your arm up, generate sensations twist, move different positions
- What muscles do you feel, what parts of the arm?



CENTERING

Hand on Heart and Hand on Tummy
Back- wall, massage, spine movement.



MORE EXERCISES

Internal Somatic Resources-External Somatic Resources
Breathing, Yoga, Movement, Sound

CONTAINMENT

Full Body Squeeze

Soft brushing

Wrapping up

Hand leg push up

Progressive Muscle relaxation-





CORE ALIGNMENT

Four postures

Shoulder roll

Lengthening the core

**THIS ANCIENT
JAPANESE
TECHNIQUE
KILLS STRESS
IN 5 MINUTES!**



USING THE BODY

Exercises
Tapping



MUSIC AND THETA- WAVES

Music sends vibrations through the nervous system



TRAUMA BASED YOGA

Developed with Trauma in Mind





SOMATIC EXERCISES

Camea Peca PhD(c), MSc, BHT
Arizona Trauma Institute



MISCHKE-REEVES (2018) TUNE IN-STAY

Explore

Notice

Reflect

BREATHING -FOCUSES ATTENTION ON THE BODY

Benefits-

Increases in cell volume, interoceptive awareness, self-attunement, confidence, social engagement

Purposely focusing attention on engages the medial prefrontal cortex.

BACK TO FRONT BREATHING

As you breath notice how the breath fills your body

Now as you release play around with some different sounds

Ahhhhh, phaaa

Empty the breath until the sounds is gone

Notice the stomach muscles contracting

Place your hand on your chest and feel the vibration as you make the noise Hmmmmmmm

RIB-BREATHING DOWN-REGULATING EFFECT LATERAL

Place your hands on either side of the ribs

Squeeze gently when you are exhaling

Relax when you are inhaling

Now place the hands on either side of the head give your head a gentle squeeze with each exhale.

BALLOON BREATHING

Imagine you are blowing up a balloon 1-2-3-4-5

Then deflating the balloon 5-4-3-2-1

Once you have done this a few times and are starting to feel connected
with your body

Say outloud

“ I am breathing in and I calm my body, I am breathing out, I smile
In am breathing in I calm my mind, I am breathing out I am back in control.

BREATHING IN SELF COMPASSION USING CODE WORDS TO CONDITION NEW RESPONSES, USE AS SOON AS YOU ARE TRIGGERED

Breathe in safety and security

Breathe in kindness and let it spread throughout the whole body

Savor the feeling of love

Breathe in your own goodness

BODY-BREATHING SCAN

Focus on one body part- You can keep your eye open or closed

Take a breath and breathe in and out of that part.

We will start with the parts that help us breathe

You are welcome to put your hand on this part as you focus on this.

Stomach, Chest, Nose, Mouth

Now go back to the part that you are most drawn to, repeat the cycle

How you feel after?

GOAL OF BODY BASED WORK IS INTEGRATION

Ask the following questions of your different parts

Thinking body-What do you believe?

Emotional Body-What do you feel?

Physical Body- What do you sense?

EAGLE ARMS

STANDING ELEMENTS OF QIGONG WITH SLOW CALCULATED MOVEMENTS

-Control over the body, opening the chest

Spread out arms like the wings of an eagle as far as they will go

-Keep your head back

Once they are as far as they will go slowly pull them back in until the hand meet in the center of the chest

Take 5 deep breaths



WALK ABOUT

- Goal-to create awareness of and sync internal and external states
- Find one object in the room and walk towards it
- Pick another object and walk towards it
- Now set you pace and speed to the way that you are feeling inside
- Fast, slow



EYES- KEY PART OF THE SOCIAL ENGAGEMENT SYSTEM

Eyes- can often become strained or fatigued

The exercises to follow will allow us to tune into the inner world

Relax the muscles in and around the eyes

CUPPING

Get in a comfortable position sitting with your legs down

Rest your elbows on your knees

Cupping your eyes with whatever pressure feels okay

Notice how the darkness feels, what does the pressure feel like?

Take three deep breaths



SOFT EYES

- Find a comfortable position
- Scan the room
- Focus on one object and soften your eyes until it becomes blurry
- Once this happens close your eyes
- Wait for the body to relax
- Reopen your eyes
- How do you feel?
- Repeat



GROUNDED WALKING

- Purpose- Crosses the midline, bilateral stimulation
- Releases anxiety and nervous tension
- First step in down regulation, being present in the here and now
- Exercise
- Feel your feet on the ground



HAND SPACE

- Goal-Body Awareness and sensory connection with the body
- Close your fist
- Open your fist and as you do notice the space between each finger
- One by one notice the space
- Close the hand again
- Allow it to relax
- Notice the space as the hand opens again.



MOOD STATES

- You can use the body to move in and out of mood states and body based responses to threat.
- Creates a sense of empowerment
- Can exaggerate the movement or move right out of it.
- The confidence that the movements create also increase testosterone in the body.



HEDGEHOG

- Curl into a small ball starting with the chest moving in
- Notice your breathing once you are in this position starting again with the chest.
- Does this position feel safe or unsafe?
- Do you feel an impulse to stay or to open?
- Slowly open from this position and notice any changes in breathing, energy, mood.



REACH FOR THE STARS

- Stand
- Now reach up with both arms as if you were reaching into the night sky.
- Collect stars as you reach
- Gaze up and tilt your head back just a little so you can see what star you are going to grab next.
- Keep catching stars until your arms start to feel tired
- Gently bring your arms down.



MICROMOVEMENT

- Getting in touch with the body through small movements
- These movements calm the nervous system
- Relax the vagus nerve which starts in the neck



INFINITY

- Slowly move your head and chin in the shape of an infinity symbol
- As you get into a rhythm sync your breathing with the slow movements this will help the movements remain slow.



FIGURE 8

- Whole body, creates bilateral stimulation which means we are using both sides of the brain and the body
- This motion has an integrative and regulating effect.
- First we are going to start with the hips
- Trace the figure 8 pattern with your hips
- You can make it as large or as small as you would like.



MEET ME IN THE MIDDLE PURPOSE TO FIND INNER ALIGNMENT AND FEEL COMFORTABLE IN THE BODY

- Can be done on a chair or sitting down
- Do not force a posture just rock back and forth until you find your middle
- Once you find this space start to focus on your breath and when you are ready gently close your eyes in you have not already.
- Imagine a ray of sunlight coming in through the ceiling and going straight into your head, down the spine and into your seat.
- Maybe this light moves, maybe it stays still by stay connected to the light



MELTING INTO THE FLOOR ENCOURAGES RELAXATION AND ATTUNE WHERE THE BODY MIGHT BE HOLDING TENSION

Lay on the floor

Knees bent, feet flat to the floor, arms can be on the sides or on the belly

Start to slow the breathing

Start to melt the body in into the floor

Notice any parts that are holding tension and breathing into the part and melt away the tension.



SOMATIC MIRRORING

The key muscles in the social engagement system are located in the face.

Using the body and the face is an important way to create safety for the client

States are contagious due to mirror neurons.

Mirror Neurons allow use to feel what others are feeling.

This is also a way to see what you and the client can tolerate relationally and culturally



MIRROR EXERCISE

- This exercise is designed to get the social engagement system online, to grow attunement and to see how the body reacts to different facial expressions. Attunement is 55% body language and the facial muscles.
- Find a comfortable position where you are facing your partner
- Decide who will be the leader, start with a neutral face
- Move into a smile
- Frown
- Now start with emotions, fear, sadness, excitement
- Track how this feels in the body and then share
- Switch partners and do the same.



AUDITORY MIRRORING

Attunement is 38% tone and rhythm of the voice.

Seven

-Seven versions of yes, change tone, copy with the other person says back to them, how did that feel?

-Seven versions of no, same instructions

What felt better yes or no? Was there a different feeling in the body between the exercises?

How do the words resonate?