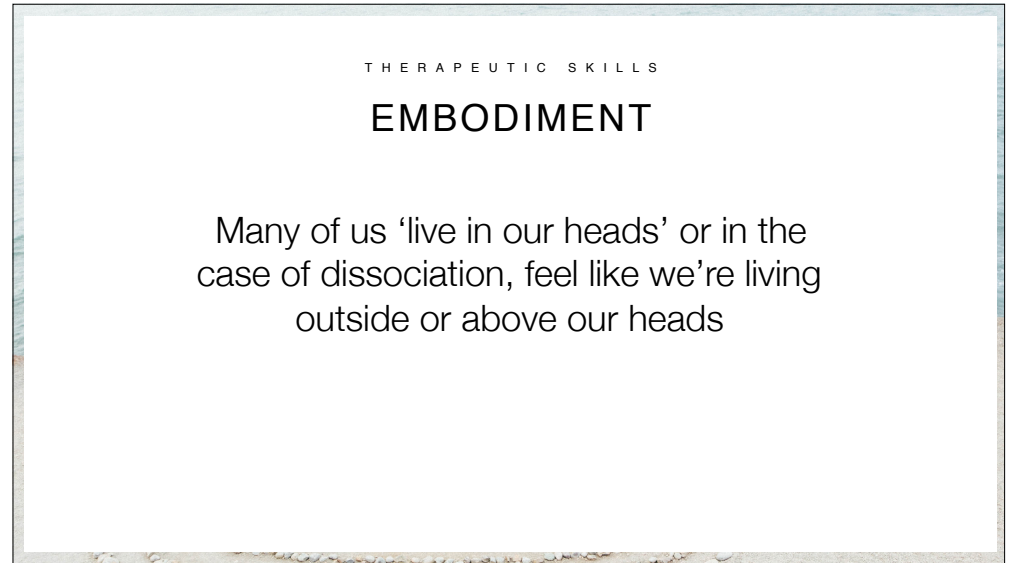




THERAPEUTIC SKILLS
EMBODIMENT

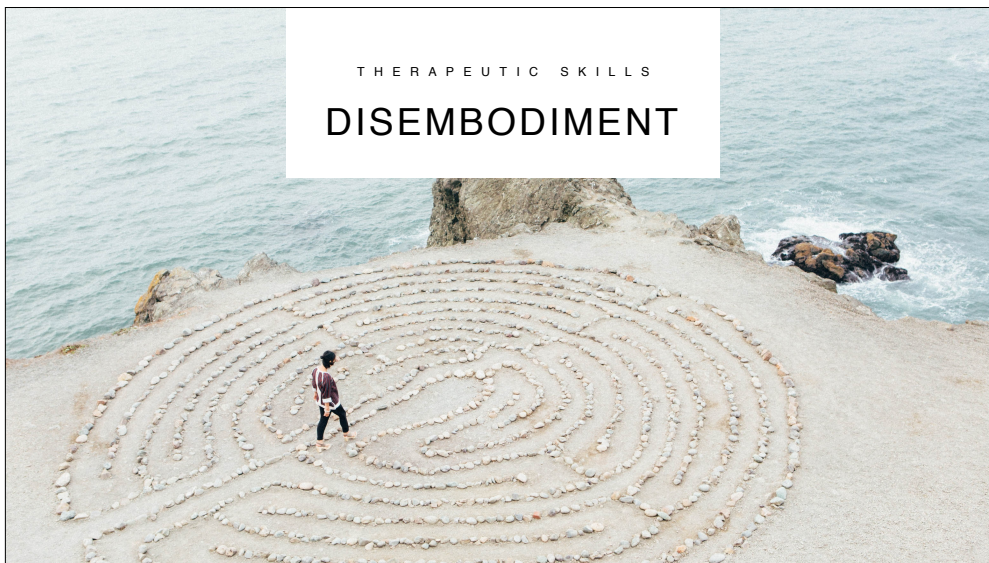
1



THERAPEUTIC SKILLS
EMBODIMENT

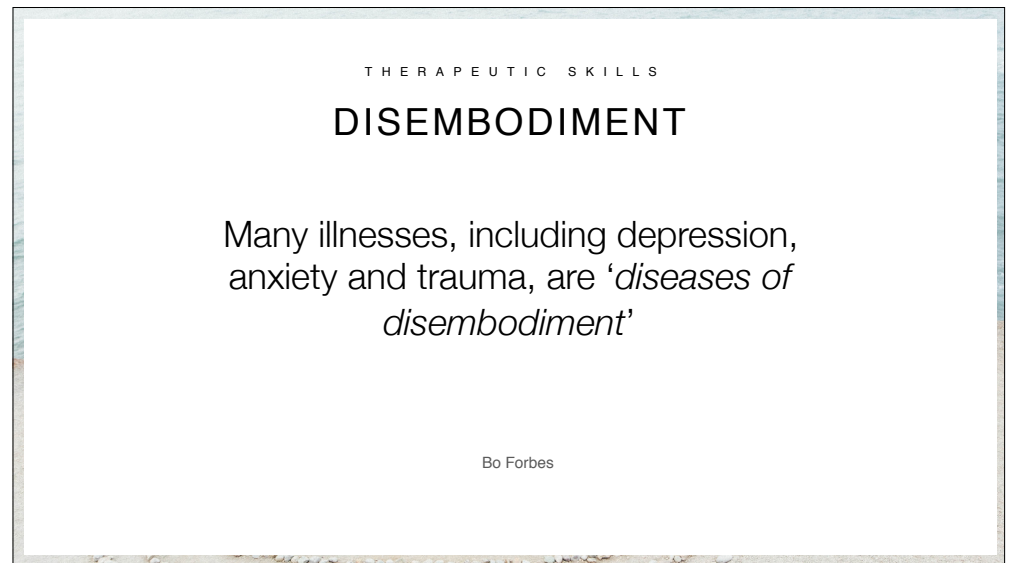
Many of us 'live in our heads' or in the case of dissociation, feel like we're living outside or above our heads

2



THERAPEUTIC SKILLS
DISEMBODIMENT

3



THERAPEUTIC SKILLS
DISEMBODIMENT

Many illnesses, including depression, anxiety and trauma, are '*diseases of disembodiment*'

Bo Forbes

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THERAPEUTIC SKILLS

DISEMBODIMENT

Supporting our students to inhabit and feel safe in their bodies, is one of the great gifts of yoga

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THERAPEUTIC SKILLS

DISEMBODIMENT

Embodiment refers to the awakening of consciousness in and throughout the body

Mariana Caplan

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THERAPEUTIC SKILLS

DISEMBODIMENT

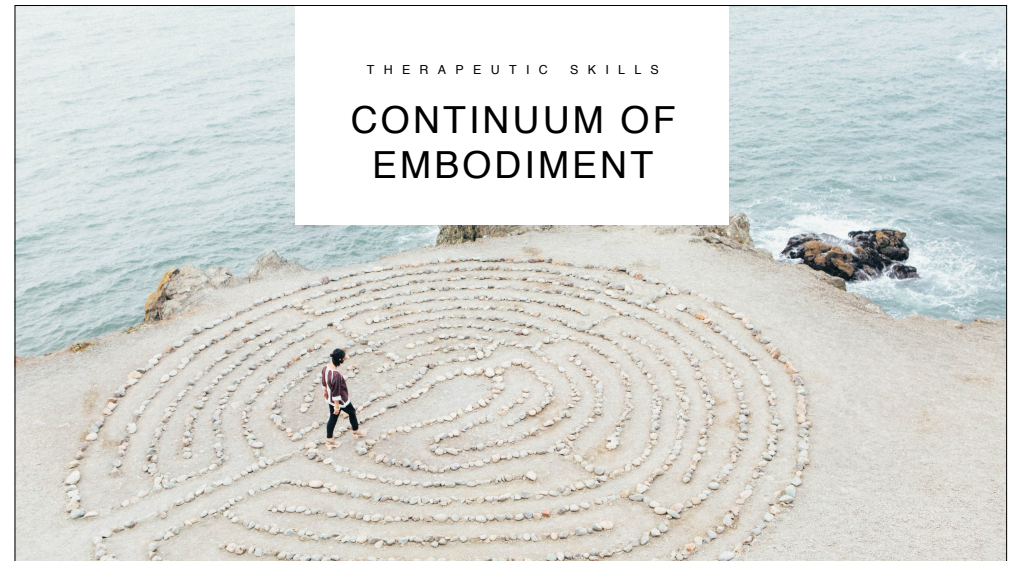
Our culture, so proud of its mind-over-matter philosophy, cuts us off from our bodily experience and from the earth itself. In this severance, our sexuality is negated, our senses assaulted, our environment abused, and our power manipulated. Our ground is our form, and without it we lose our individuality. At the other end of the pole, misinformation and indoctrination, invalidates our consciousness. The child who is told he did not see what he just saw or could not have felt what he was feeling learns to doubt his own awareness. Instincts and memories may become disconnected from the body. This can produce phobias and compulsive activity, where behavior does not necessarily match the intention of the conscious mind. Fortunately, information and experience are stored in both physical and mental states. When one side of cut off, the other side can often be accessed. Our bodies can recover memories that our minds have forgotten To loose our connection with the body is to become spiritually homeless. Without an anchor we float aimlessly, battered by the winds and waves of life.

Anodea Judith

7

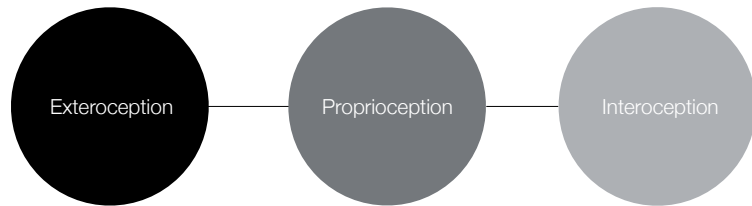
THERAPEUTIC SKILLS

CONTINUUM OF EMBODIMENT



8

CONTINUUM OF EMBODIMENT



9

CONTINUUM OF EMBODIMENT

Interoception is the awareness of our internal state, and is the process of receiving, accessing and appraising internal bodily signals

10

CONTINUUM OF EMBODIMENT

Requirements for interoception:

- ▶ Letting go of any predictions of what we'll encounter
- ▶ Resisting becoming 'fixed' on a particular sensation
- ▶ Turning down our mental chatter or narrative

Bo Forbes

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BENEFITS OF EMBODIMENT



12

BENEFITS OF EMBODIMENT

1. Presence - our connection to the moment
2. Agency - our ability to effect change

Farb, Daubenmier, Price et al (2015)
Seth, Suzuki and Critchely (2012)

13

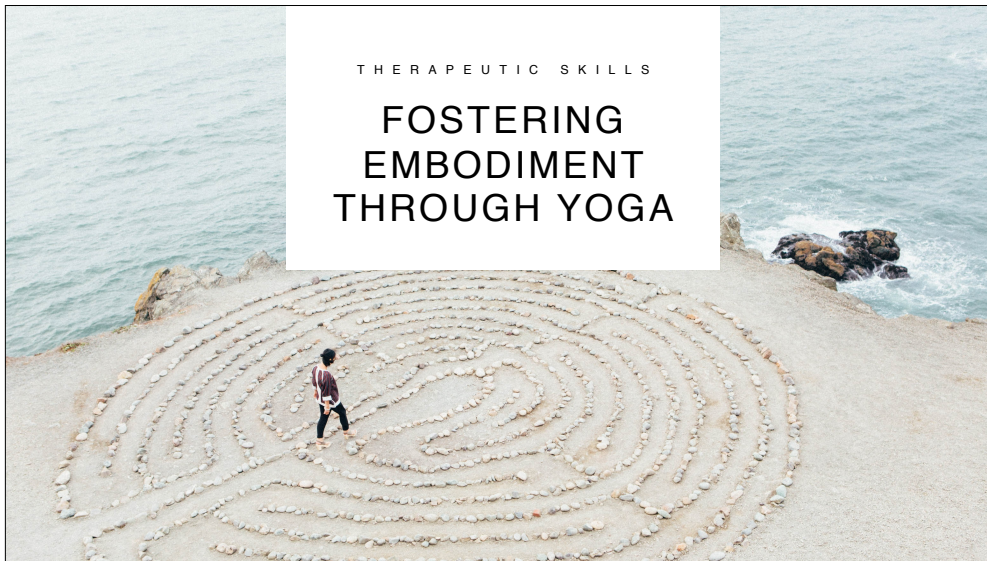
BENEFITS OF EMBODIMENT

“As we begin to re-experience a visceral reconnection with the needs of our bodies, another amazing change emerges; there is a brand new capacity to warmly love the self. We experience a new quality of authenticity in our caring, which redirections our attention to our health, our diet, our energy, our time-management. This enhanced care for the self arises spontaneously, and naturally, not as a response to a “should.” It feels naturally satisfying. We are able to experience an immediate and intrinsic pleasure in self-care, rather than the driven need to create a beautiful, buffed up, youthful-looking body that will meet our ego-ideal.”

Stephen Cope

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FOSTERING EMBODIMENT THROUGH YOGA



15

FOSTERING EMBODIMENT

“Yoga turns out to be a terrific way to (re)gain a relationship with the interior world and with it a caring, loving, sensual relationship to the self”

Bessel Van Der Kolk

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THERAPEUTIC SKILLS

FOSTERING EMBODIMENT

Focus less on exteroception and proprioception and focus more on non-judgemental interoception

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THERAPEUTIC SKILLS

FOSTERING EMBODIMENT

Cue students the option of sensing their internal experience

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THERAPEUTIC SKILLS

FOSTERING EMBODIMENT

Invite a quality of gentle curiosity, rather than expectation or trying to fix or change anything

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THERAPEUTIC SKILLS

FOSTERING EMBODIMENT

Invite students to *notice* and *sense* internal sensations

20

THERAPEUTIC SKILLS

FOSTERING EMBODIMENT

Slow the pace of the class down to give students the opportunity to sense internally

21

THERAPEUTIC SKILLS

FOSTERING EMBODIMENT

Keep it simple,
there's no need for fancy techniques

22

THERAPEUTIC SKILLS

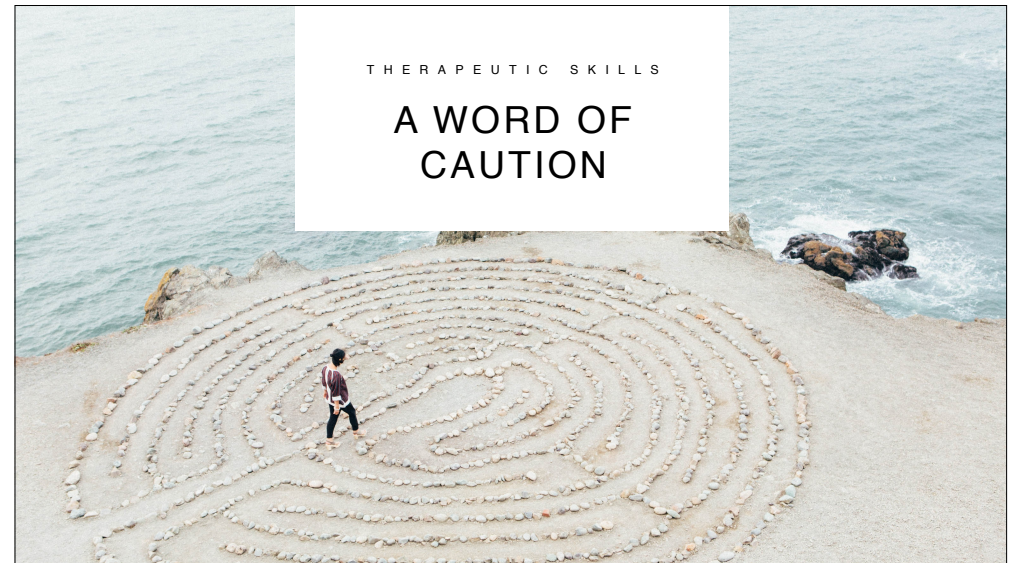
FOSTERING EMBODIMENT

Offer but don't insist

23

THERAPEUTIC SKILLS

A WORD OF CAUTION



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A WORD OF CAUTION

While being able to attend to and tolerate internal sensations is an important part of recovery, for many individuals experiencing mental health challenges it's not always easy.

25

A WORD OF CAUTION

'Intense physical sensations unleashed the demons from the past that had been so carefully kept in check by numbing and inattention'

Bessel Van Der Kolk

26

A WORD OF CAUTION

Slow the class down

27

A WORD OF CAUTION

Be aware of the potential effect of intense physical sensation

28

THERAPEUTIC SKILLS

A WORD OF CAUTION

It is not advisable for Yoga Teachers in a group class to encourage students to feel emotion as sensation in the body

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THERAPEUTIC SKILLS

A WORD OF CAUTION

The focus for a Mental Health Aware Yoga Teacher is on the felt experience of the first two koshas

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T H A N K Y O U

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