

Australian Youth AOD Conference

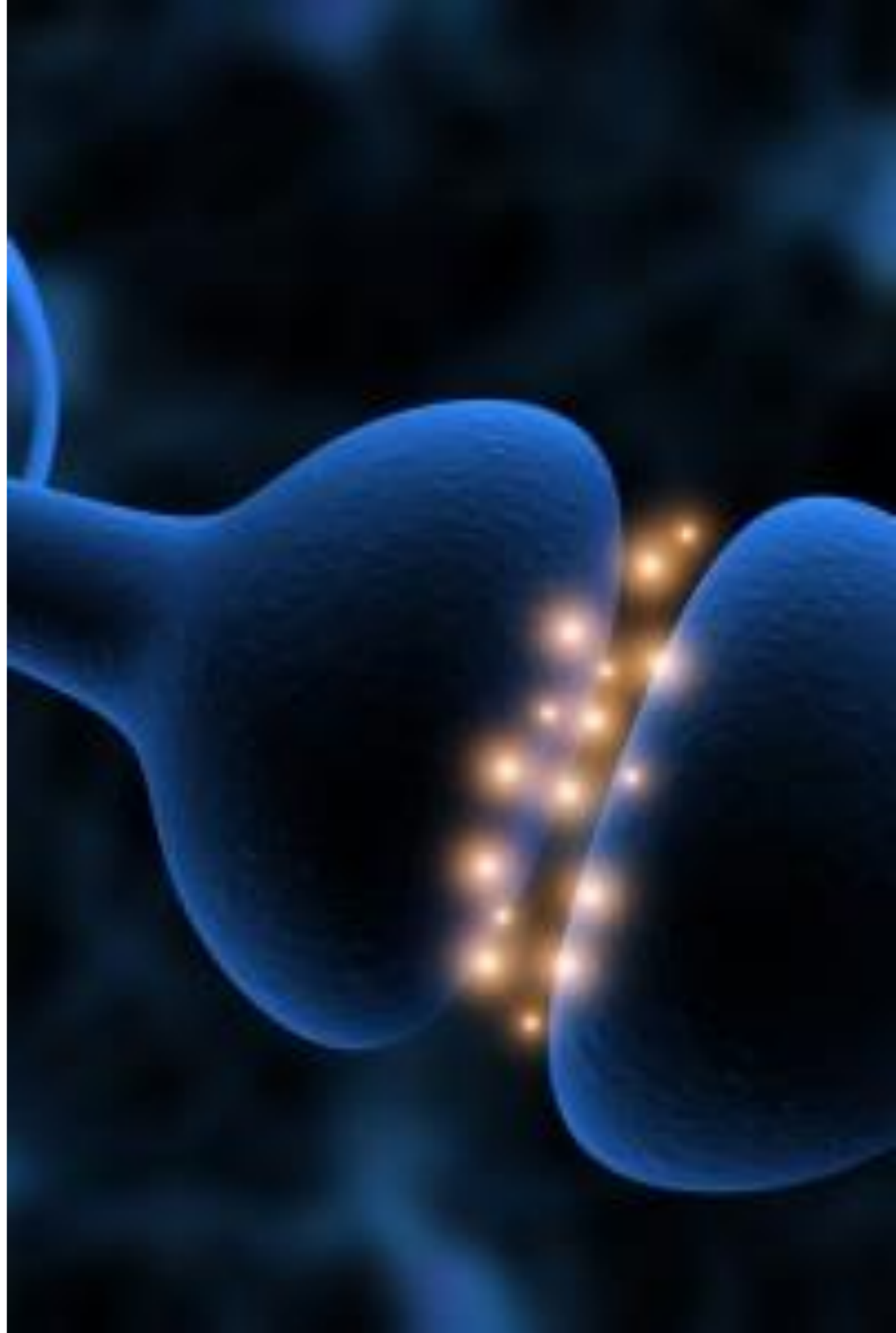
Our Moving, Creative Bodies: An Experiential Workshop



Silvana Izzo and Yarn Sullivan
Friday 26th of August 2016

Workshop Outline:

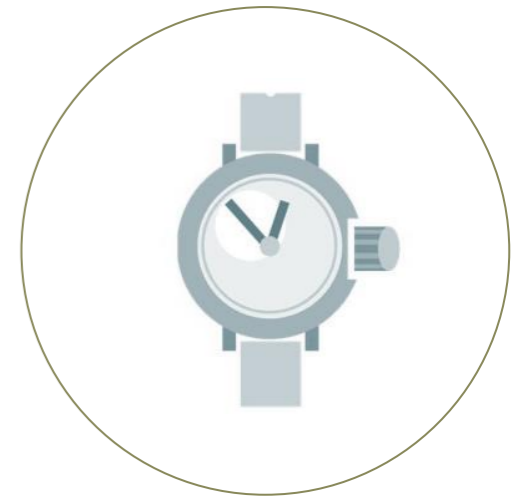
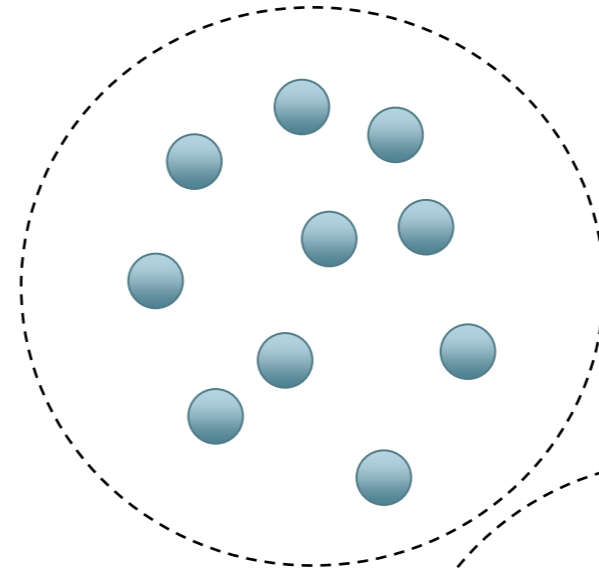
- Noticing Embodiment -
Tracking Sensation and
Emotions
- Noticing Our Edges-
Boundaries
- Noticing Self and Other-
Moving in Relationship,
Co regulation
- Reflections on Practice



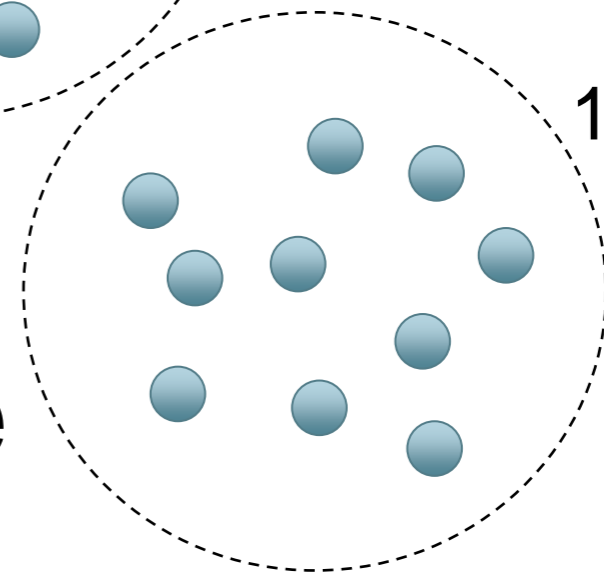


Ball games: Awareness

- Playing the game
- Pausing to notice
- Tracking sensations
- Reflecting on time and pace
- Differentiation - sensation, emotion & thought

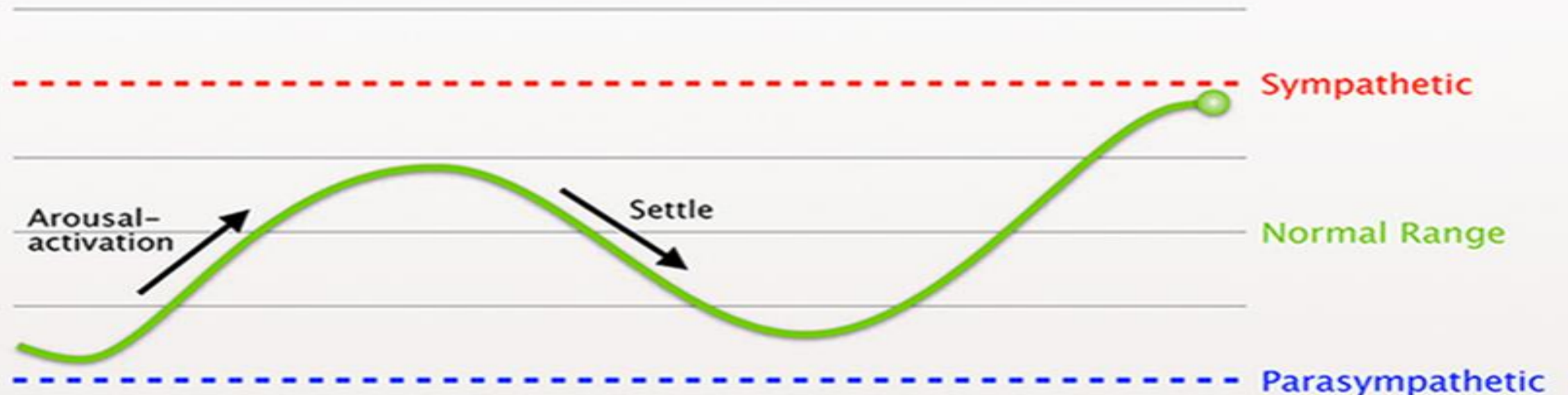


10 minutes

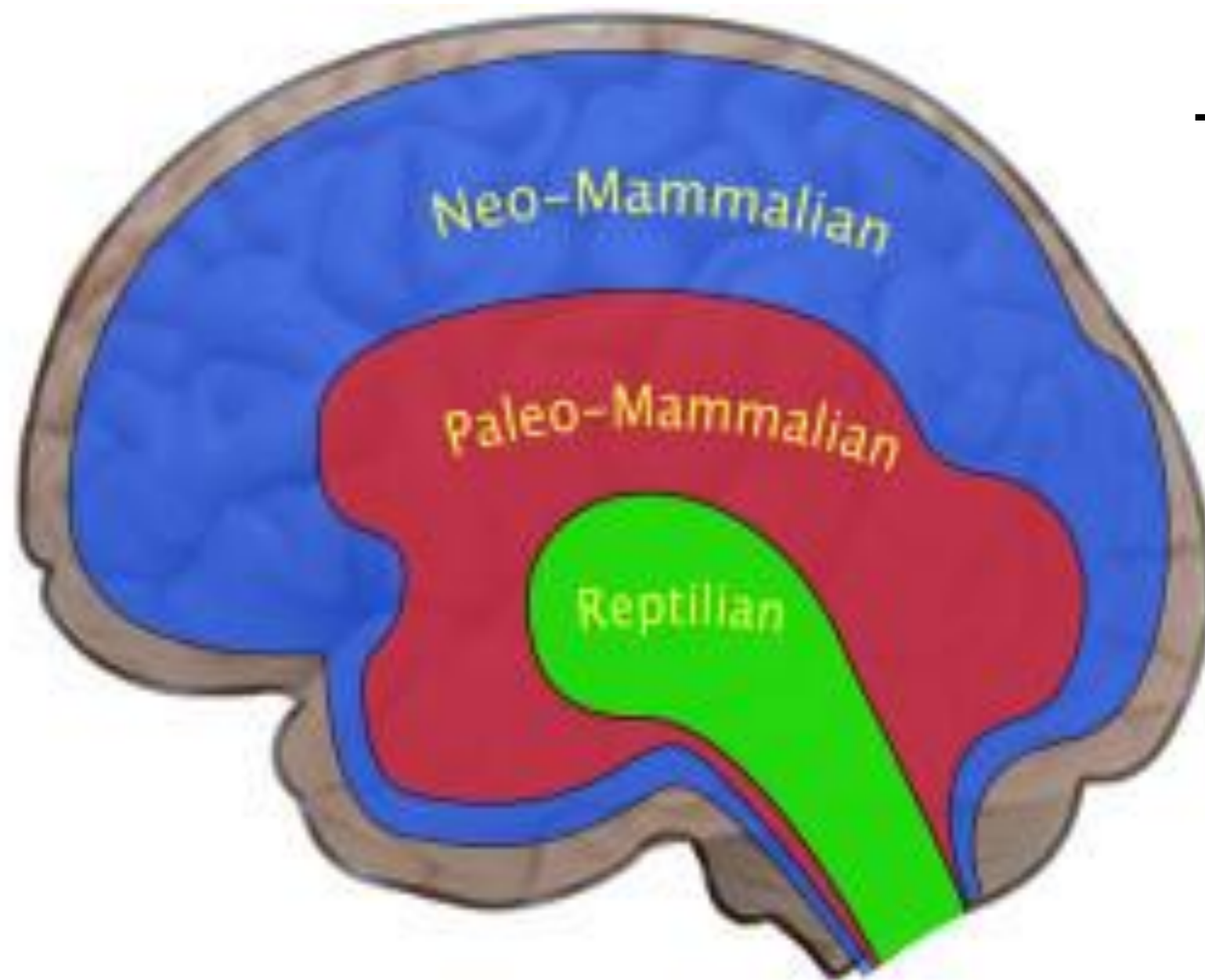


Noticing Sensations

- Regulation – the body’s ability to return to a calm state following activation; it is an autonomic (involuntary) function
- When we can manage the level of input we can stay within our window of tolerance
- ‘Stress’ is when we are outside our window of tolerance



Tracking Emotions & Thoughts



Thoughts

Emotions

Sensations

Time

Readiness

Space

Choice

Connection





PLEASE
BE
AWESOME

RESERVED
VICTORIAN ART
CONSERVATION
TOW AWAY ZONE

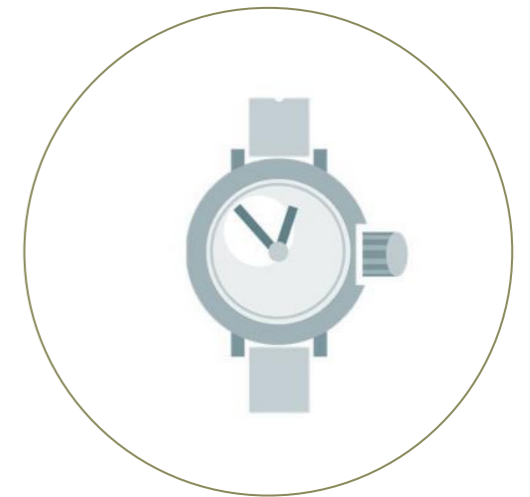
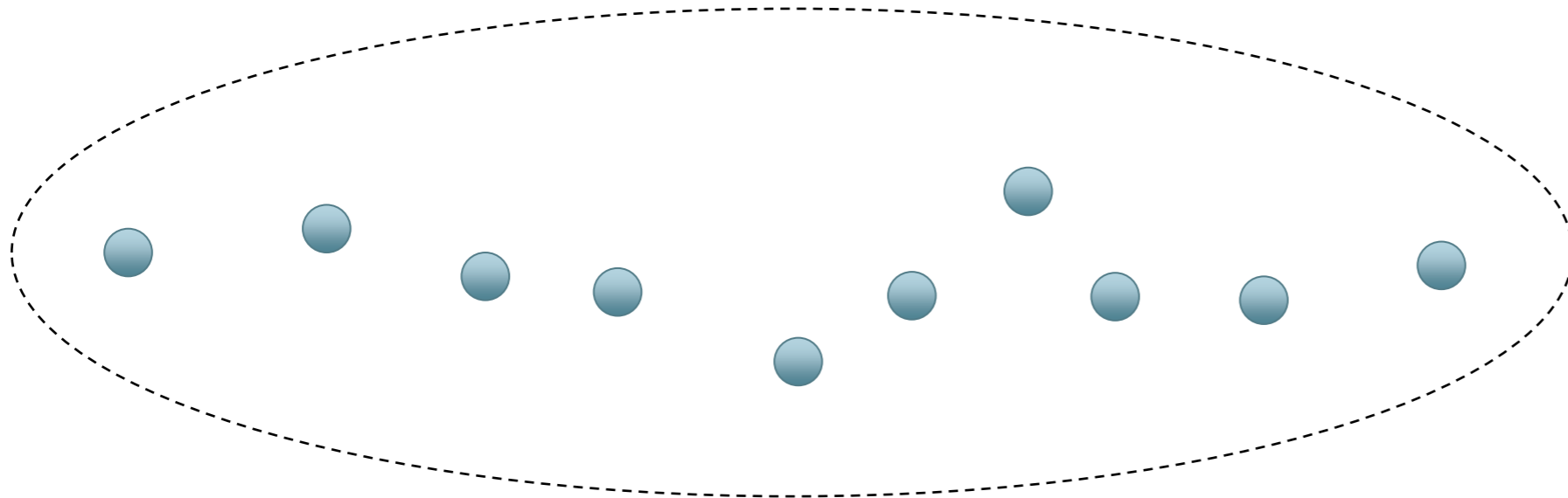
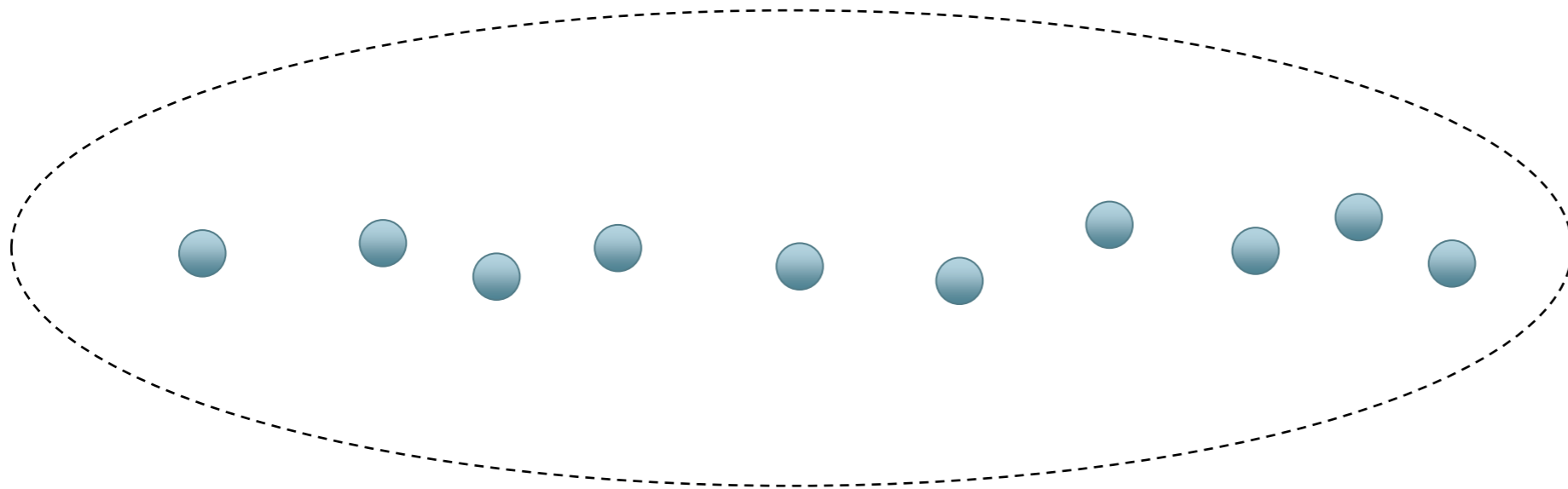
RESERVED
VICTORIAN ART
CONSERVATION
TOW AWAY ZONE

RESERVED
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CONSERVATION
TOW AWAY ZONE

RESERVED
VICTORIAN ART
CONSERVATION

Mosey

Activity: Embodying Emotions

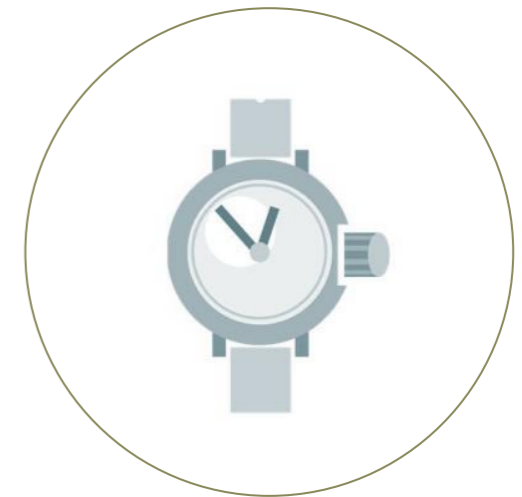


10 minutes

2 groups of equal (ish) numbers

Activity: Telling my story 1 - 100

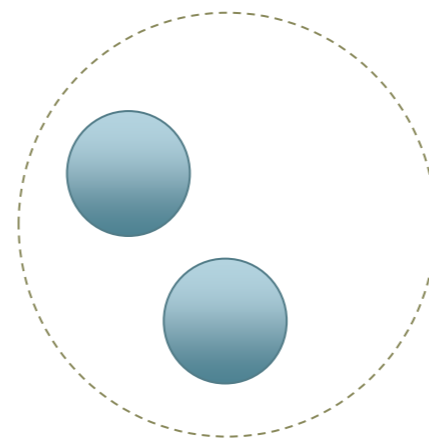
- Person A: telling your story in numbers not language
- Person B: listening to their story as it expresses in the body



- Swap roles

3 minutes each + 4 min
discussion at end

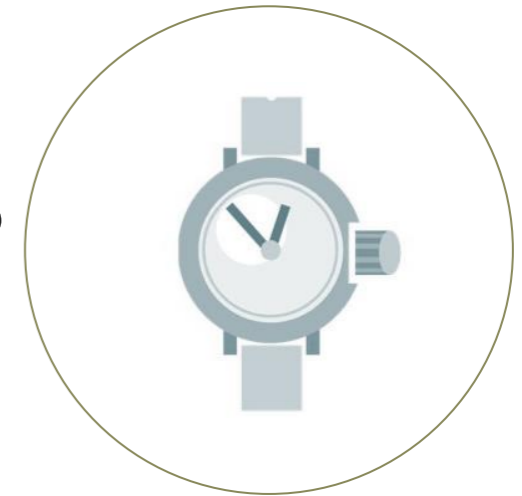
- Discuss at end



Pairs

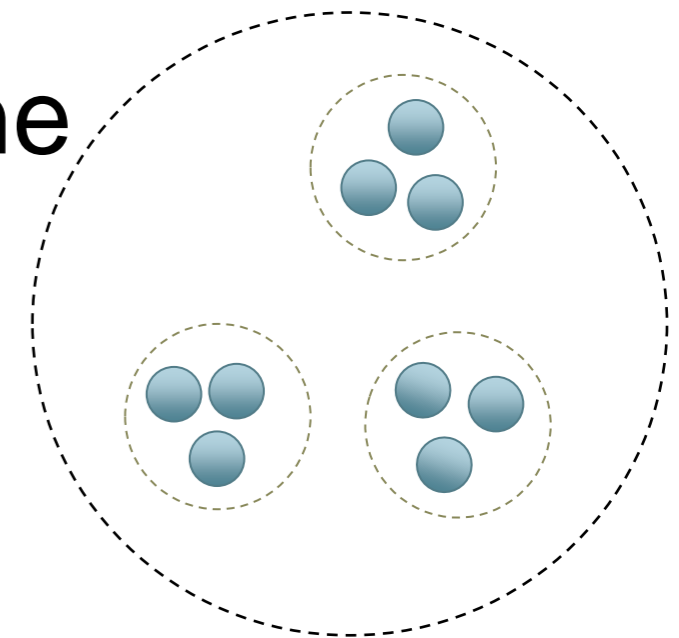
Activity: Body Maps

Noticing Sensations and Emotions



20 minutes

- Draw around one person
- Bring attention to your experience of yourself
- Map what you notice onto the outline
- Use the language of sensations
- Add a legend



Small groups < 5

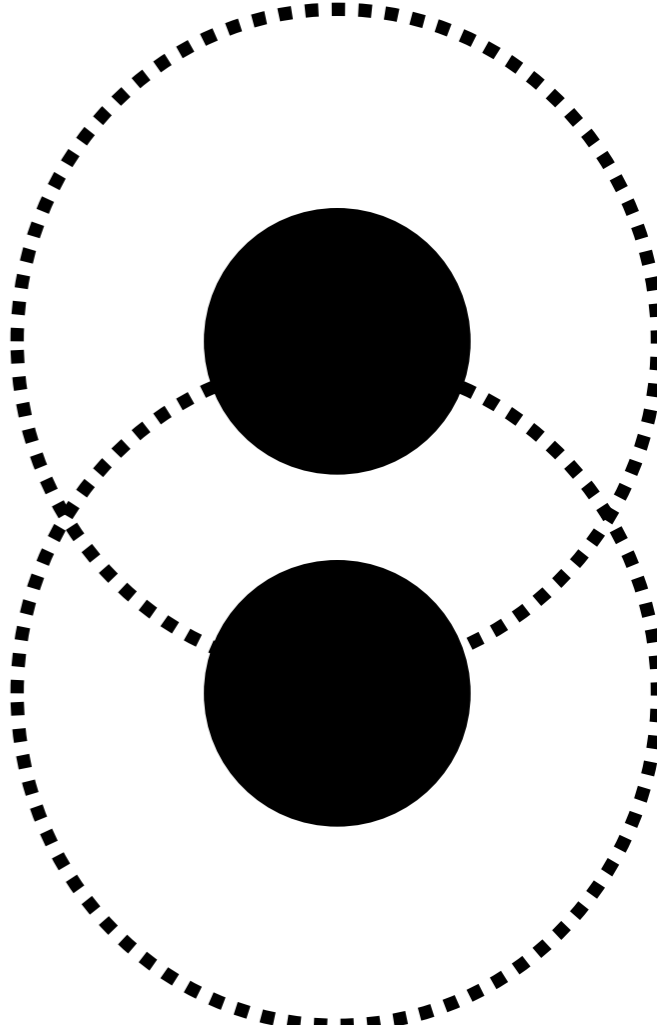
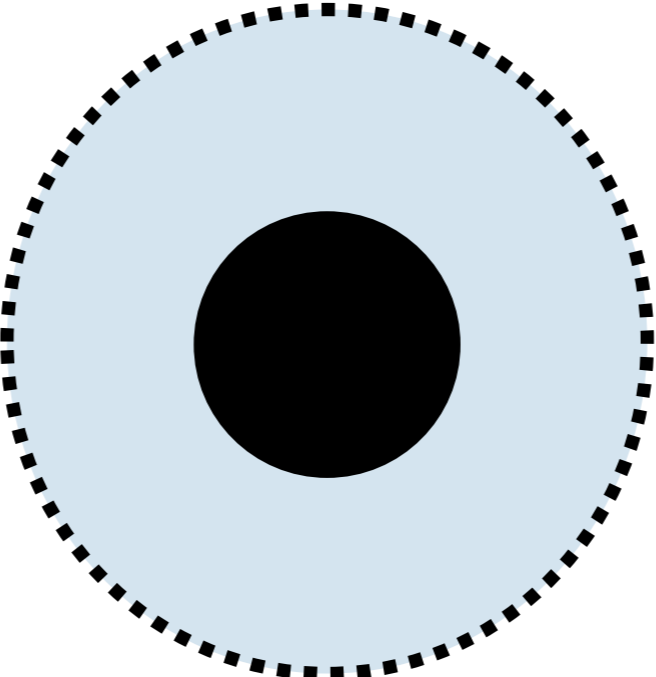
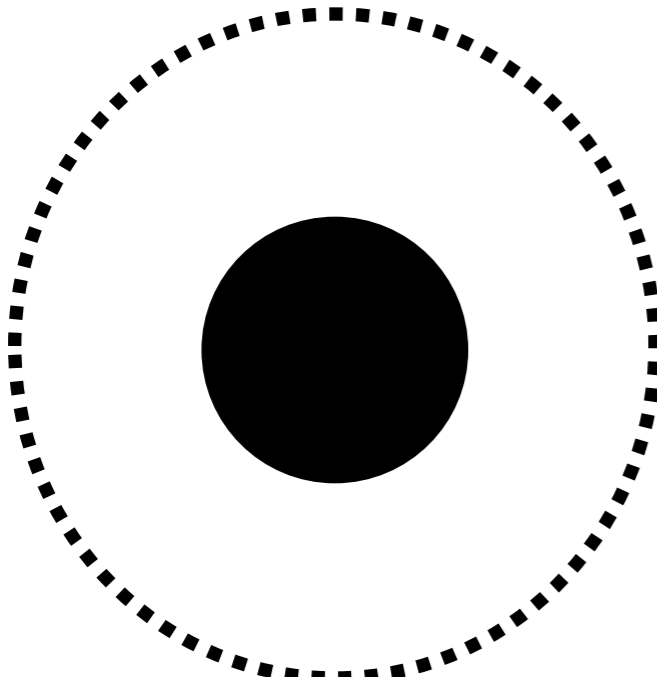


Boundaries

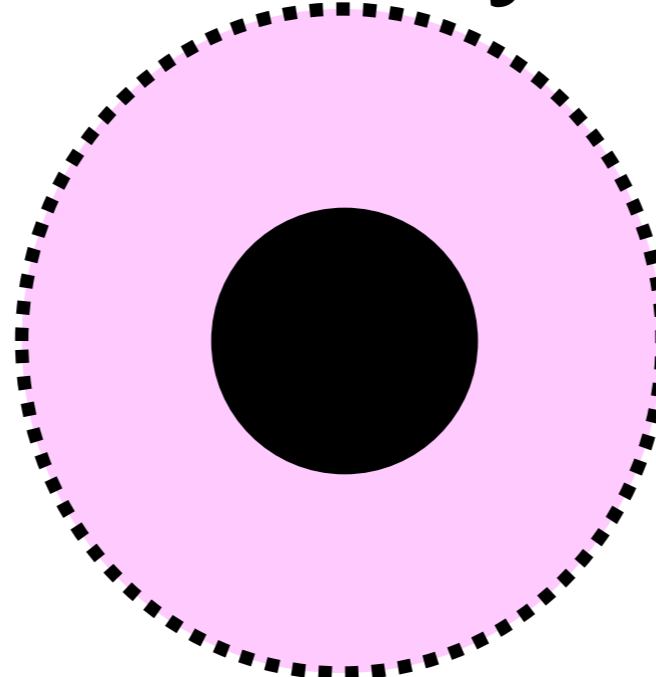
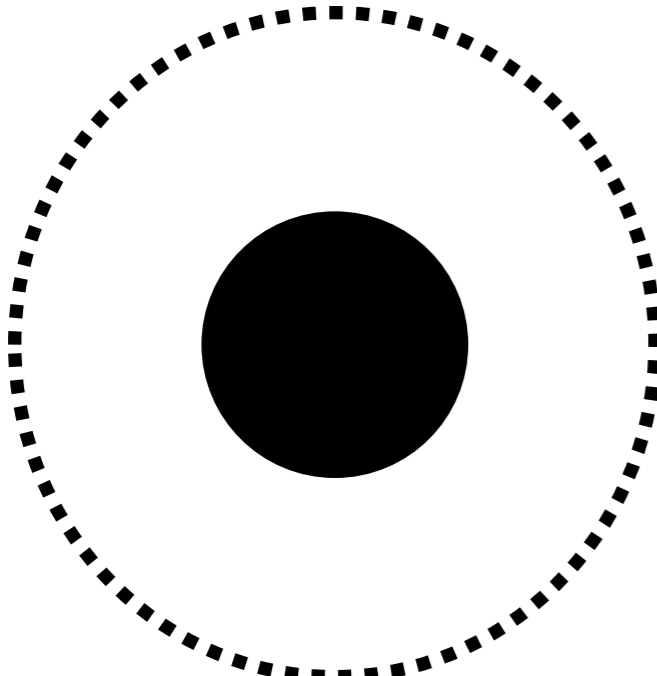
Exploring personal space and boundaries

- Where is your personal-physical-practice boundary?
- How do you know this?
- Do your boundaries change in different contexts?
- What happens when somebody feels 'too close/too far'?
- How do you negotiate boundaries and connection?

Boundaries



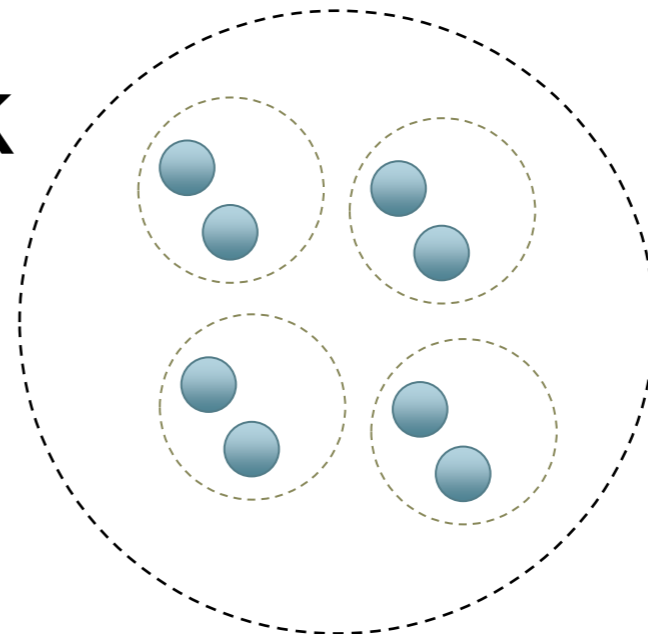
Safety



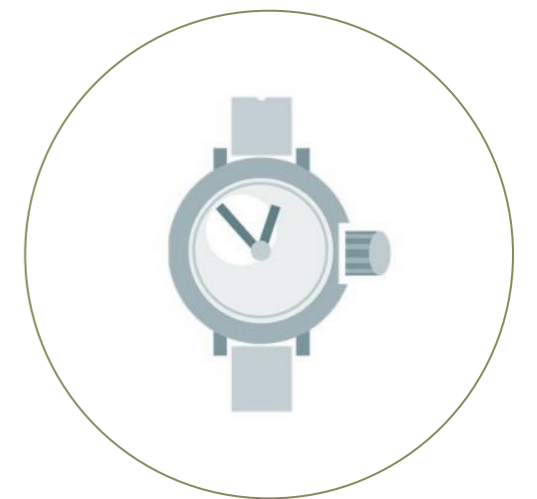
Connection

Activity: Boundaries

- In pairs
- Person A: Mark out your (practice) boundary with a rope
- Person B: Explore the approach, in directions & speed
- Person A: Notice & Track
- Swap roles & repeat
- Share reflections



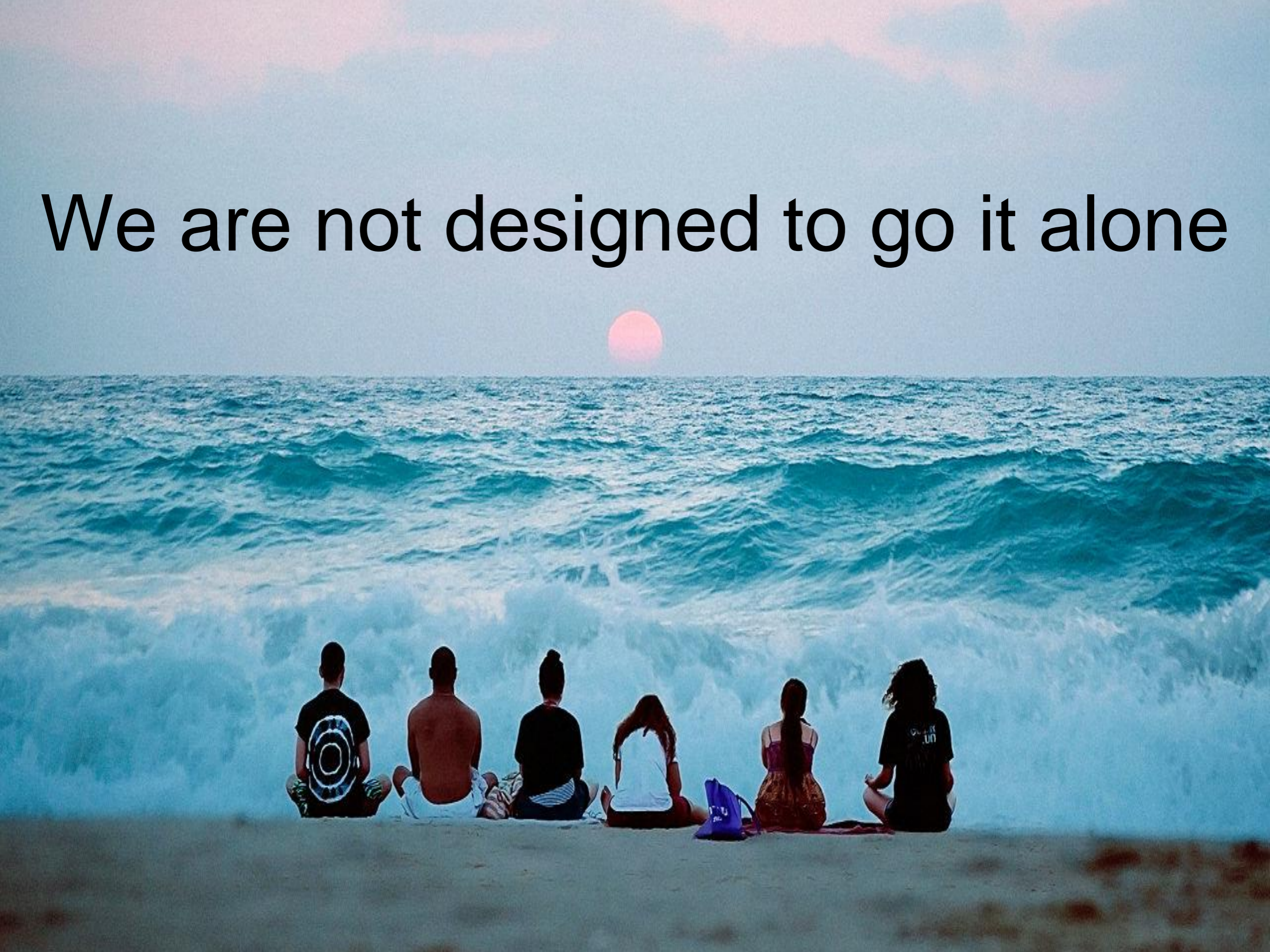
Pair and share



10 minutes each



We are not designed to go it alone



We work, regulate, rest and
repair in connection





The Moving Child - Hana Kamea

Activity: Movement

Movement as fundamental to growth,
development and relationship

- Moving as a group
- Stick Dance



The roots of resilience are to be found in the sense of being understood by and existing in the mind and heart of a loving, attuned and self possessed other

Bowlby

Trauma

Takes you out of your body - senses

Takes you out of connection

Ruptures relationships

Shatters safety and trust

Creates incoherence and fragments

Affects concepts of time and space

Affects memory and perception

Is stored at implicit levels





Trauma is encoded in the brain stem, the thalamus, the limbic system and the hypothalamus ...and the language of that part of the brain is bodily sensation



Top Down



Thinking
Talking
Neo cortex

Sensing
Embodiment
Lower brain structures
Vagus Nerve 80% Afferent

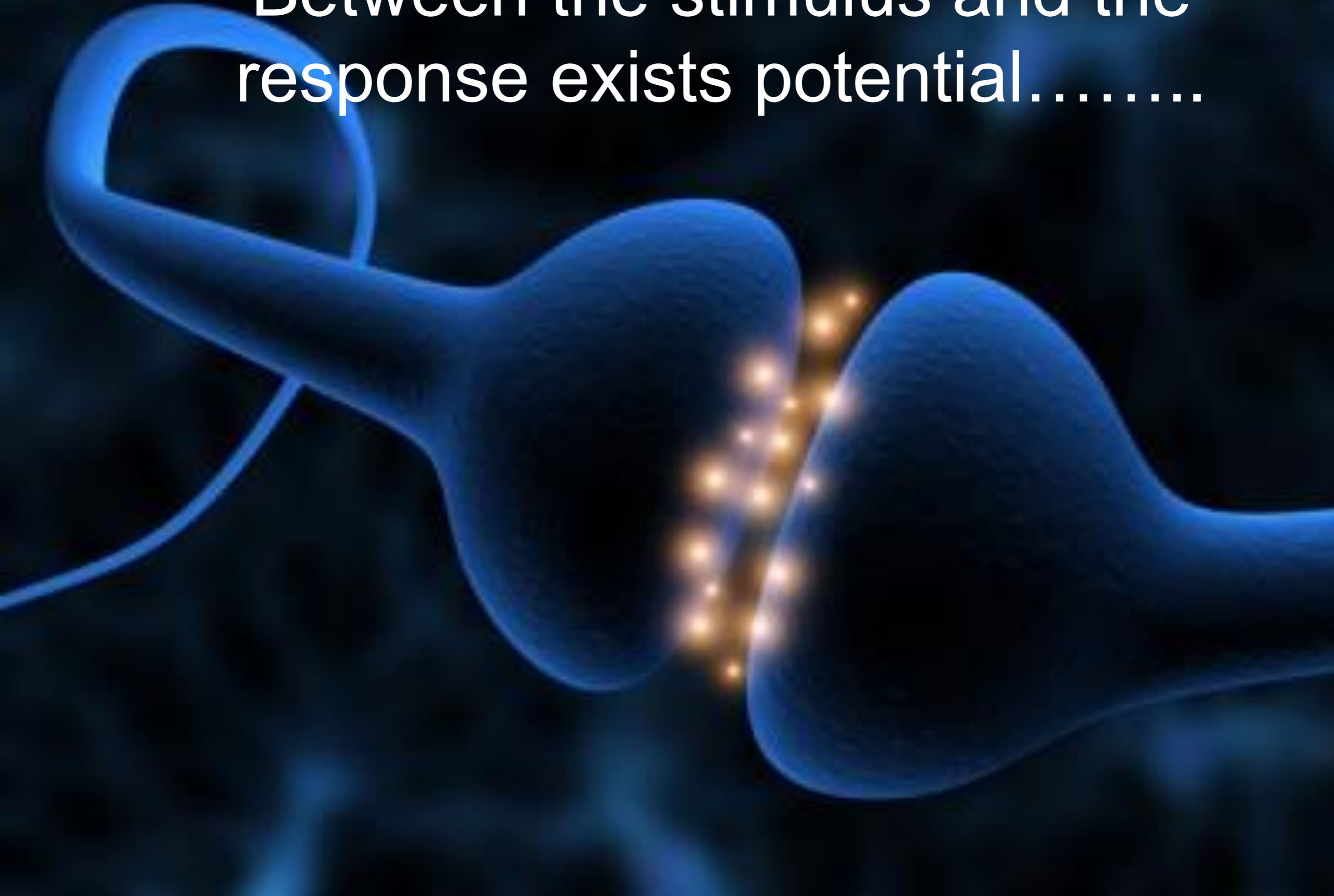
Meaning Making

How do we know what we 'know'?



Bottom Up

Between the stimulus and the response exists potential.....



Key concepts in safe connection

- Intention - what you bring to the encounter
- Attention - given in and to the moment
- Noticing - with dual awareness
- Embodiment - exploring a 'felt sense'
- Differentiation - layers of sensing and awareness
- Resonance - attunement and co-regulation

Co Creating Connected Safety

- Social engagement – prosody of voice, posture, (soft) eye contact, contained touch*
- Relationship within window of tolerance
- Creating time and choice
- Creating (connected) space
- Rhythm and movement
- Voice, humming, chanting
- Breath and embodiment



Reflecting on Practice

- Feeling your feet - grounding in the 'Here and Now'
- Safety, protection, containment and escape paths
- Social engagement for connection and co regulation
- Noticing input – information, sensory 'goggles' on
- Tracking own sensations - Self regulation - Curious awareness
- Slowing it down - stretching time - taking a pause
- Attunement and attachment - within window of tolerance
- Building in choice - scaffolding for success

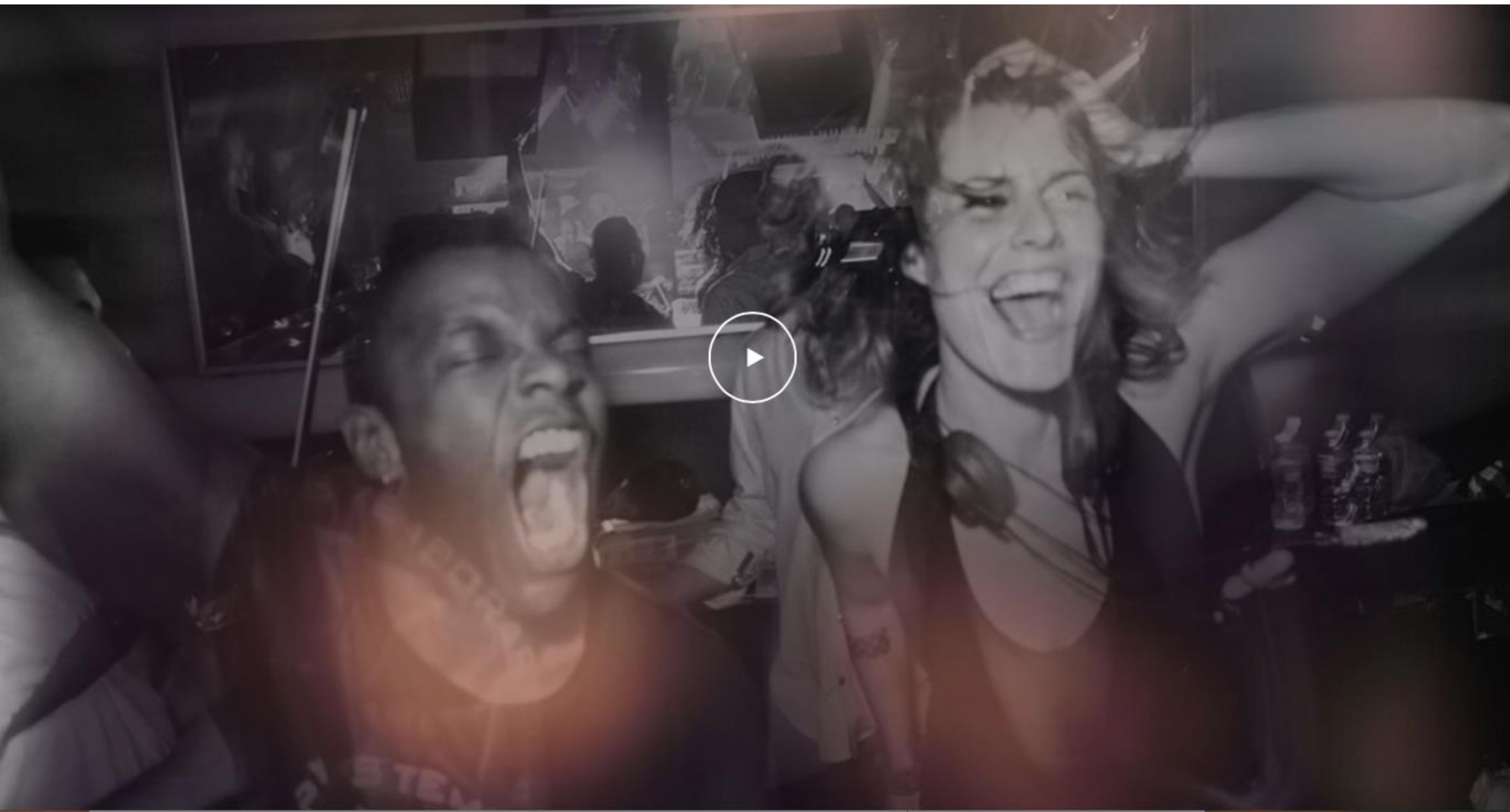
Reflecting on Practice

- Pausing for Mindful spaces - 'trauma breaks'
- Vertical integration - soothing the fear or trauma driven brain
- Movement and rhythm - 'walking the talk'
- Pacing and breath
- Aware of intentions
- Boundaries and containment
- Building capacity
- 'Expanding the container' to support healing



We began with rhythm. From the beating of our mother's heart to the first kick in our mother's womb. We were born to move.

We came to dance - Tara Banks



We came to dance - Tara Banks



Thankyou

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The present moment is the only moment available to us, and it is the door to all moments.

- Thich Nhat Hanh -

