

# **Wisconsin Public Psychiatry Network Teleconference (WPPNT)**

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# WPPNT Reminders

## How to join the Zoom webinar

- **Online:** <https://dhs.wi.zoomgov.com/j/1606358142>
- **Phone:** 669-254-5252
- Enter the Webinar ID: 160 635 8142#.
  - Press # again to join. (There is no participant ID)

## Reminders for participants

- Join online or by phone by 11 a.m. Central and wait for the host to start the webinar. Your camera and audio/microphone are disabled.
- The evaluation survey opens at 11:59 a.m. the day of the presentation. A link to the evaluation survey is posted when the materials are posted.
- Ask questions to the presenter(s) in the Zoom Q&A window. Each presenter will decide when to address questions. People who join by phone cannot ask questions.
- Use Zoom chat to communicate with the WPPNT coordinator or to share information related to the presentation.
- [Participate live to earn continuing education hours](#) (CEHs). Complete the evaluation survey within two weeks of the live presentation and confirmation of your CEH will be returned by email.
- A link to the video recording of the presentation is posted within four business days of the presentation.
- Presentation materials, evaluations, and video recordings are on the WPPNT webpage: <https://www.dhs.wisconsin.gov/wppnt/2025.htm>

# Reimagining Motherhood through Somatics and Maternal Bodyfulness



**Somatic Practitioner, MindbodEmotion LLC**  
**Addiction Counselor, Manifest Wellness**  
**Somatic Experiencing Practitioner (in training)**  
**Certified Yoga Teacher**  
**Certified TRE (Trauma Releasing Exercises)**  
**Provider**

**Kristy Kuecken**

[mindbodemotion@gmail.com](mailto:mindbodemotion@gmail.com)

<https://www.mindbodemotion.com/>

# A note on language and inclusivity...

“Mother” is anyone who claims motherhood as part of their identity, regardless of what sex they were assigned at birth

Use of she/her pronouns and the term “Mother” vs. “Parent”

All parents are impacted by societal forces, and the focus today is on how Mothers are impacted

I identify strongly as a mother, and this is the motivation behind my interest in this topic

My goal is not to be exclusive; but to create an affinity space for the experience of motherhood

# Grounded in love...A meditation

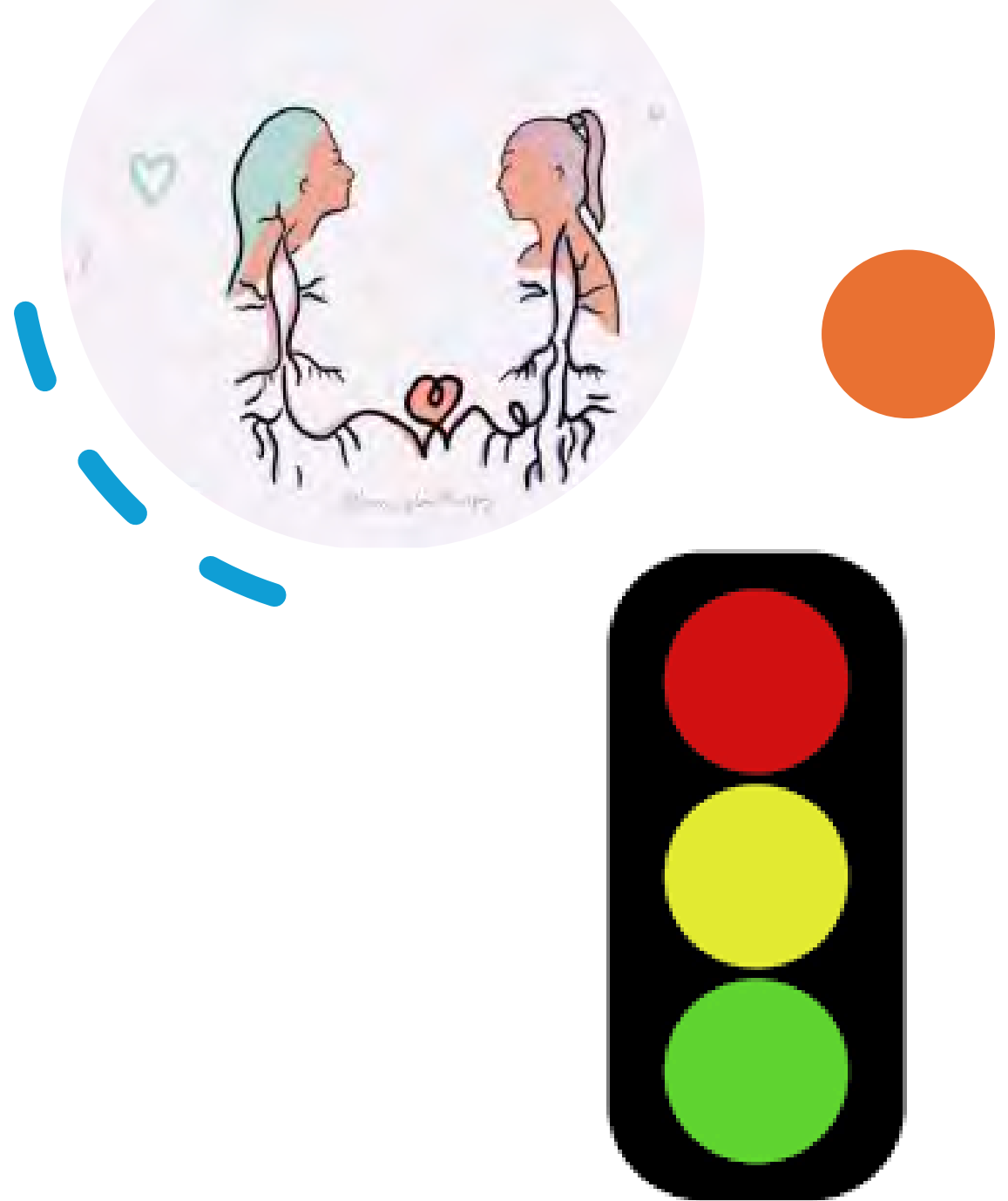
We Assume that...

- as mothers, we love our children
- as mothers, we are trying our best
- Connect to heart, ancestors, child(ren), future generations
- What kind of world do you want to create for future generations?



# Self Regulation

- Traffic Light and Check-ins
- Somatic Strategies: Breath, movement, sound, self-touch, co-regulation



# Why this topic?

How I felt before becoming a mom



How I was feeling when I became a mom—I fell into a role



How did this happen???



Understanding the societal forces that were shaping my experience of motherhood helped me to put language to the struggles and pressures I was feeling and recognize it was not “just me” it was coming from an external source



# My approach


- While there need to be many structural changes to support mothers, I'm not presenting about them today.
- Ex's paid parental leave, free childcare, improved postpartum care, etc
- I'm presenting on the personal level, to help mothers and those who love and care for them to see the system they are living in
- Somatic: bring it into the body level







What are the  
qualities of the  
idealized mother?





# Let's start with some terms

- Mother: noun, one of many identities, a relationship to one's children
  - Mothering: verb; the actual care work of children
  - Motherhood (The Institution of): the cultural context in which one is a mother and does the work of mothers. Refers to the many systems, ideologies, assumptions, expectations and norms, the unwritten rules per say, of what it means to be a Mother; how one “should” mother and who one “should be” as a mother. It is greatly influential of a mother's experience.
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# Terms continued...

- Patriarchy: a social system that privileges and prioritizes men over women which results in women's oppression / unjust treatment and control.

When we talk about Patriarchy, we are NOT man-hating; patriarchy negatively impacts men too

We are recognizing the reality that our society's systems are set up to privilege men more than women (financially, career opportunities, political power, most medical research, media representation)

We don't want to tip the scale to a matriarchal society either! Extremes generally aren't desirable

We want to balance the scales to a more equitable society

- Patriarchal Motherhood: defines what makes a "good" mother
- Capitalism: an economic and political system in which a country's trade and industry are controlled by private owners for profit.
- Internalized Capitalism: My worth is decided by my material success (possessions) and what I produce (money, followers, etc)

# Internalized Capitalism...



Makes it hard to rest, take time off, or prioritize anything other than making money and being productive



Constant striving for more, better; feeling inadequate



Anxiety around productivity and time management

# Internalized Capitalism and Motherhood

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Mothers who work in the home may feel like they don't have any value

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Mothers may feel that they're not allowed to rest or do anything to care for themselves

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Mothers may feel like they're "not doing enough" (includes those who work in the home and out of the home)

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As a result, mothers may unconsciously bear more of the burden of childcare and household duties

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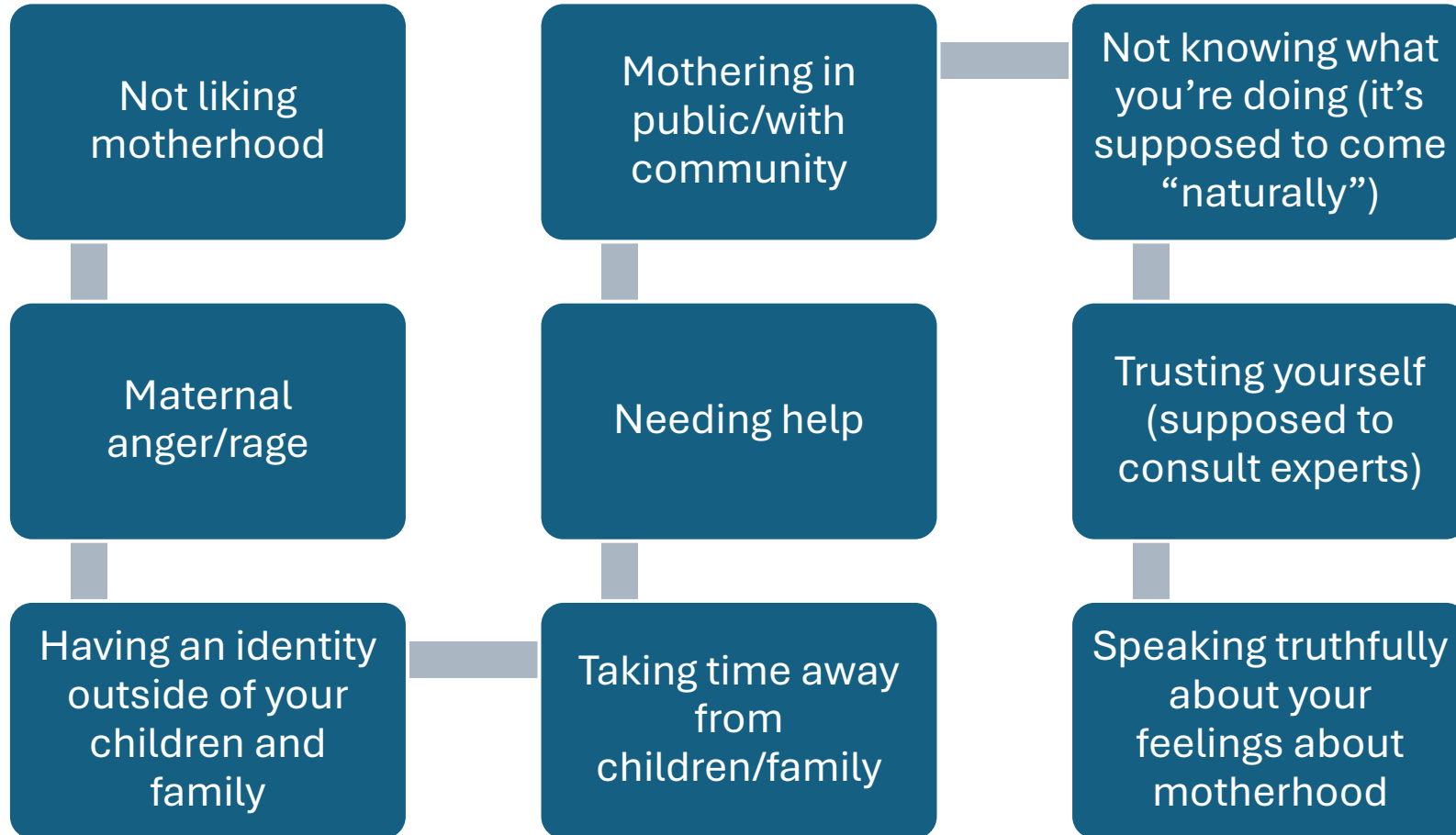
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# Unwritten Rules of Patriarchal Motherhood

- Children can only be properly cared for by their biological mother
- Mothering must be provided 24/7
- Mother must always put her children's needs first
- Mothers must turn to the experts for instruction
- Mothers must be fully satisfied and complete in motherhood
- Mother must lavish excessive amounts of time, energy and money on rearing of her children
- Mother has full responsibility but no power from which to mother
- Motherhood and childrearing are personal and private undertakings, certainly with no political importance
- Becoming a mother should be the most significant aspect of a woman's life and identity.
- Mothering should come naturally to women—they should instinctively “know” how to do it.

# What is not allowed under patriarchal motherhood...



# Capitalism, Patriarchal Motherhood, and the Body

Capitalism encourages us to:

- ignore our body
- see our body as a machine
- see our body as inherently flawed, something to be fixed and perfected in order to be valued

Patriarchal Motherhood tells us that a “good mother:”

- doesn't have any fertility challenges
- carries her baby in her body
- has an uncomplicated, “natural” birth
- breastfeeds exclusively
- recovers easily from birth and her body “bounces back”
- has the same body and brain postpartum as she did before she had a child



Let's Pause...





# Bringing in the Body: Maternal Bodyfulness and

## ● Somatics



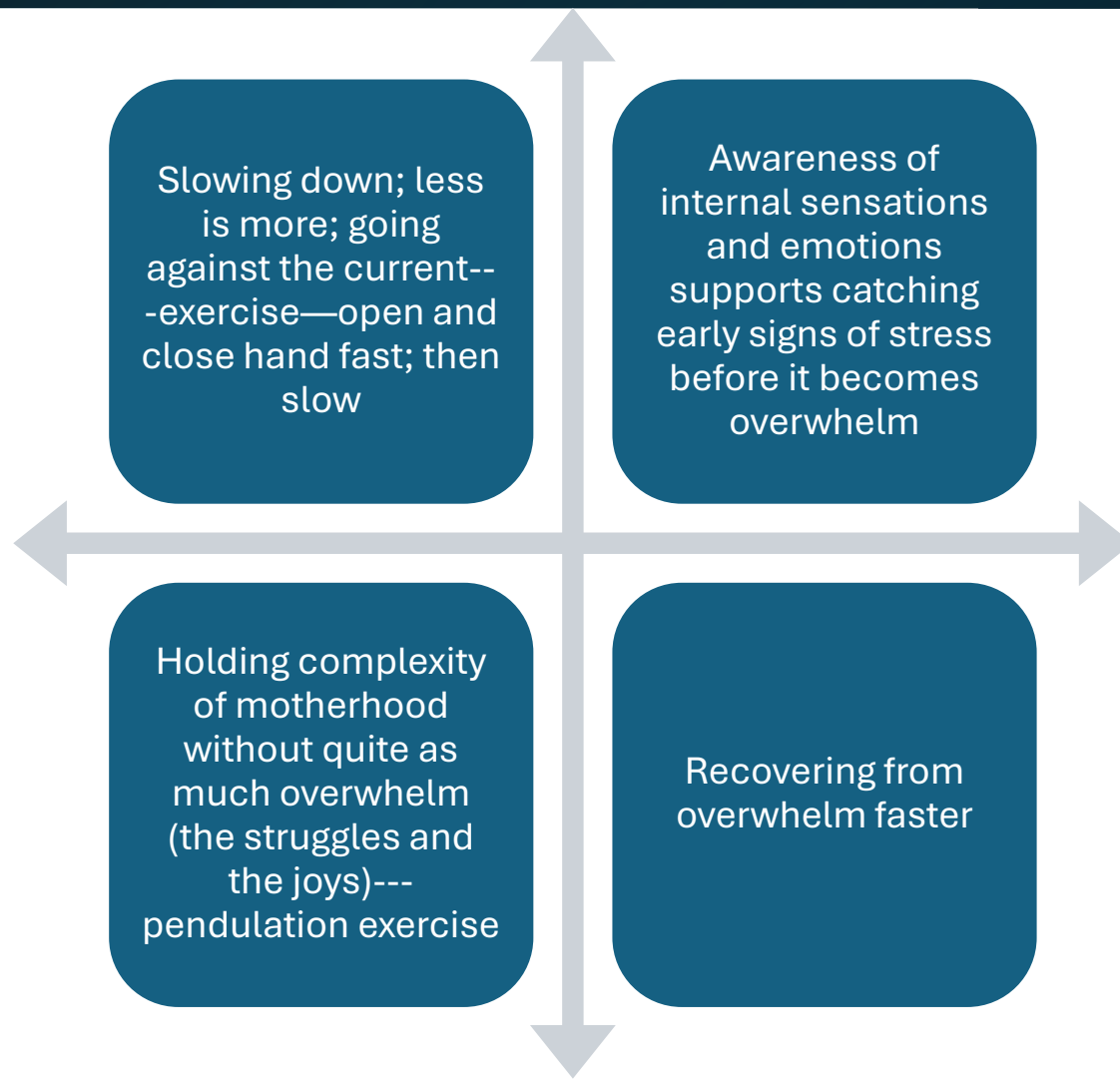
Maternal bodyfulness is the cultivation of a deeper experiential and reflective knowledge of one's embodied experience as a mother where mothering is discovered as an expression of self as opposed to a role prescribed by cultural expectations.

Somatics is awareness of the experience of having a body

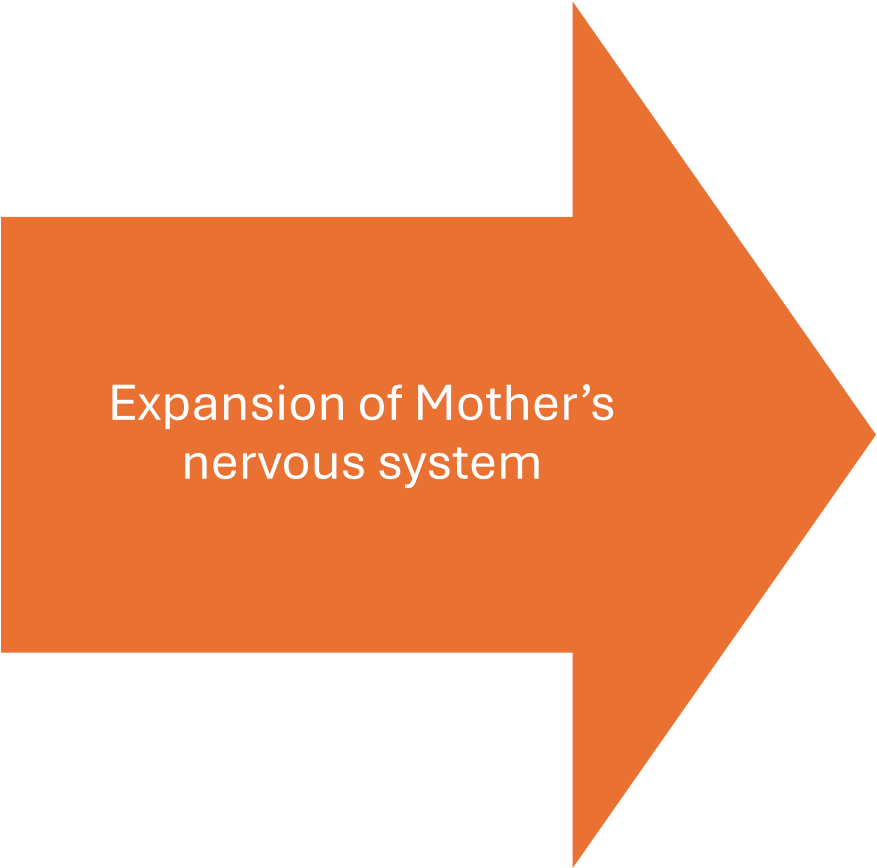
Values: internal awareness and inner authority (vs following rules and expectations), listening to and respecting the body, slowing down, love and acceptance for the body, understanding of the right of passage of matrescence, understanding brain and nervous system changes, trusting body and emotional wisdom, caring for and accommodating the body

# How can Somatics Support a Better Experience of Motherhood?

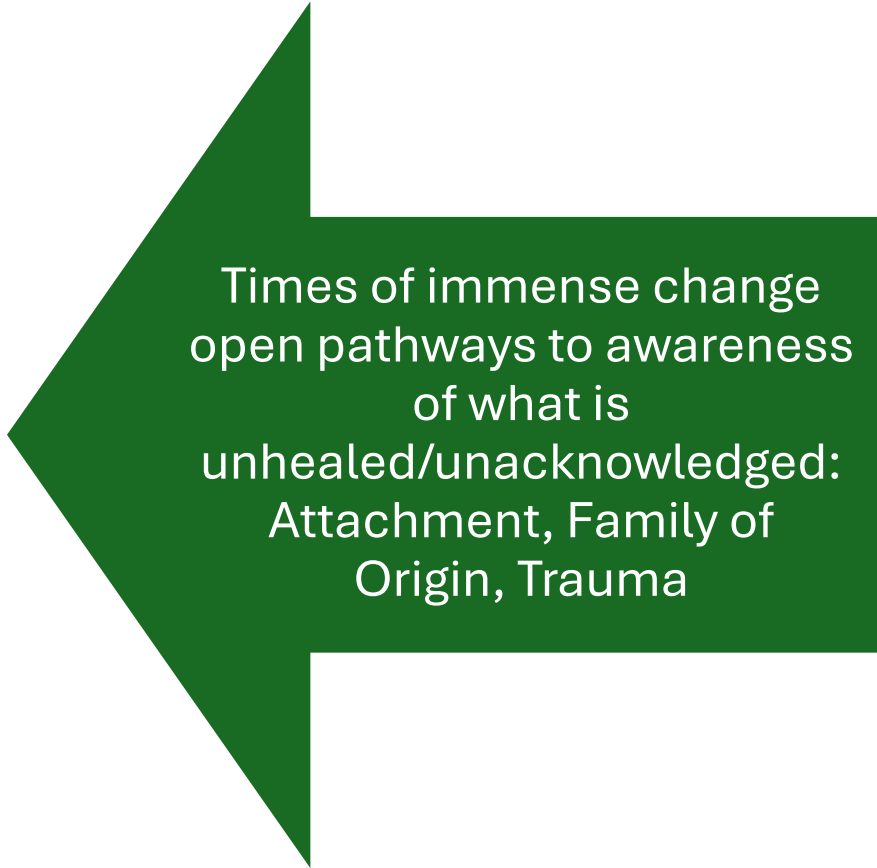
# Widening Nervous System Capacity



# Motherhood as opportunity for deeper healing



Expansion of Mother's  
nervous system



Times of immense change  
open pathways to awareness  
of what is  
unhealed/unacknowledged:  
Attachment, Family of  
Origin, Trauma

# The Wisdom of Mother's Body

Expansion of Mother's nervous system to include baby

Gaining valuable information about baby through mother

Body as litmus test-is this right for me? For my child?

-Personal example: my son's sleep issues and breastfeeding

-exercise---think of a time when your body said no, but you did it anyway.



# Motherhood as opportunity for empowerment

Motherhood as right of  
passage to redefine identity  
and purpose in the world  
(Revolutionary Motherhood)

Empowerment of  
understanding one's own  
nervous system

Body as source of aliveness,  
vitality, pleasure, resilience----  
exercise---noticing

# Upcoming Offerings...

- **Somatic Sensual Intelligence for Healing Professionals- 10 week course; Begins Sept. 14!**
- Somatic Sensual Intelligence is grounded in the science of movement, somatic psychology and nervous system physiology.
- You'll gain a clear understanding of:
  - How trauma and stress are stored and expressed in the body
  - The role of the autonomic nervous system in healing and regulation
  - Polyvagal theory and its application in movement and relational dynamics
  - How movement supports neuroplasticity, emotional integration, and embodied safety
  - How to integrate movement and somatics into your practice
- For anyone who supports others: therapists, social workers, educators, parents, fitness professionals, professional coaches, health care workers, holistic wellness practitioners, etc
- More information and registration:  
<https://bravespaceembodiment.com/somaticsensualintelligence>
- FREE Movement Workshop and Course Q&A: Wednesday, 9/3 at 7 pm CST.
- Email [mindbodemotion@gmail.com](mailto:mindbodemotion@gmail.com) to register!



# Embodying Cohesion: Finding Resilience in Chaos Workshop Series

## **Within chaos lies possibility.**

- The seemingly endless stream of crises in our world overwhelms our nervous systems, leaving us exhausted or numb. This shared wound can be experienced as collective trauma; it needs **collective healing**.

## **When systems are unstable...**

- Small “**pools of cohesion**” can emerge—spaces of resilience and renewal. **Our collective healing begins here.**

## **In this innovative four-part series we'll explore:**

- Nervous system education and somatic practices
- Movement, breath, and sound
- Authentic relating and co-regulation
- Safe, consenting touch
- Joanna Macy's Work That Reconnects

**Four-part series:** Saturdays, Oct 4, Oct 25, Nov 22, Dec 6; 1-4 pm

- Perennial Yoga Studio: 5500 E. Cheryl Drive, Fitchburg; Cost: \$285 **Register here:** [perennial-yoga.com/perennial-way](https://perennial-yoga.com/perennial-way)
- email [mindbodemotion@gmail.com](mailto:mindbodemotion@gmail.com) with questions

# Safe and Sound Protocol/Rest and Repair Protocol

- Gentle, non-invasive listening therapy
- Specially filtered music supports the nervous system in re-attuning to safety in the environment
- Works on vagus nerve through lower brain pathways and inner ear muscles
- Increases Emotional regulation, Social engagement, Stress tolerance, and Auditory sensitivity.
- Helpful for all stages of motherhood
- Reach out! [mindbodemotion@gmail.com](mailto:mindbodemotion@gmail.com)