Wisconsin Public Psychiatry Network Teleconference (WPPNT)

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WPPNT Reminders

- Call 877-820-7831 before 11:00 a.m.
- Enter passcode 107633#, when prompted.
- Questions may be asked, if time allows.
- To ask a question, press *6 on your phone to un-mute yourself. *6 to remote.

Rosen Method and Somatic Therapies

Rebecca Wigg-Ninham MSW, SAC

ACE Master Trainer

Resiliency Expert

Adverse Childhood Experience Study

Largest Public Health Discovery of our time

 The Central Nervous System connects us to ourselves and our environment

We store our human experience in our bodies

Somatic Therapy

Psychology Today

Body-Centered Therapy

Mind-Body Connection

Psychotherapy and Physical Therapy

A Physiological Basis

Van der Koll

 Stress of past emotional and traumatic events affects the central nervous system

Experiences of trauma make an imprint on mind, brain and body

Self-regulation and a relationship animal

Complementary Health Approaches

Susanna Jenifer Smart 2018

- Natural products
 - Supplements and Herbs

- Mind and Body Approaches
 - Movement
 - Touch

Mind-Body Approaches

National Center for Complementary and Integrative Health 2015

Influence Health

 Chronic illnesses, conditions with poor prognosis, or significant pain, side effects of standard treatment, improvement of general health and disease prevention

Somatic Experiencing

Peter Levine, 199

 Re-integrating lost or fragmented portions of your essential self

Body sensations can serve as a guide

Felt sense unifies and gives meaning

Embodied Self-awareness

Mindfulness

Susanna Jennifer Smart, 2018

Neuroplastic changes are associated with mindfulness

They include improvements in regulation

 Mindfulness practices affect positive outcomes in wellness

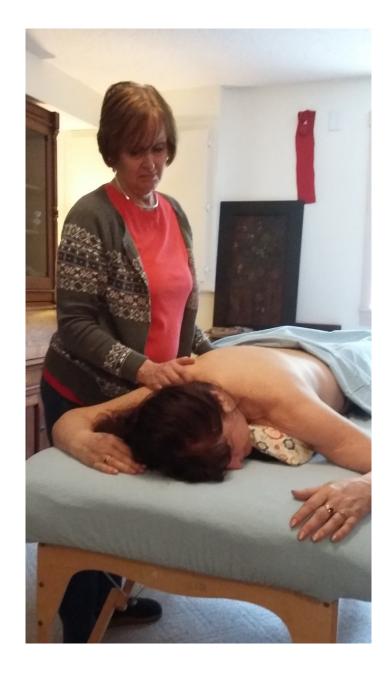
Rosen Method Bodywork

Ivy Green

RELAXATION

AWARENESS

RESILIENCY



Gentle Touch

Susanna Jennifer Smart, 2018

Mindfulness Psychoeducation Tool

Bottom-Up Pathway

Needed Reassurance

Here and Now Experience

Awareness

Susanna Jennifer Smart, 2018

Listening Touch

Relaxation

Bypass intellectualization

Sensations, emotions and thoughts



Working with the musculature pertaining to breathing

Habitual Patterns of holding

Natural Unregulated Breathing

Attachment Theory

Susanna Jennifer Smart, 2018

Attuned Engagement

Window of Tolerance

Tracking

Interpersonal Connection

Susanna Jennifer Smart, 2018

Presence

Respectful

Resonance

Hands on Connection

Embodied Self-Awareness

Susanna Jennifer Smart, 2018

Interoception

Interpersonal Neurobiology

Present in the Moment and Centered

Intrapersonal Process

Susanna Jennifer Smart, 2018

Mindfulness

Self-compassion

Paradigm Shift

RMB and Trauma Recovery

Susanna Jennifer Smart, 2018

Safety

Here and Now

Widen Window of Tolerance

Feelings of Peace

European Psychotherapy Field

Susanna Jennifer Smart, 2018 Nick Totten, 2015

Wilhelm Reich

Body-Based Psychotherapies

Mindfulness Training

Embodied Relating

Marion Rosen

Early Adulthood

Breath

Physical Therapy

Movement

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Marion Rosen