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

• Body-Centered Therapy

• Mind-Body Connection

• Psychotherapy and Physical Therapy
A Physiological Basis

- 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

• Natural products
  • Supplements and Herbs

• Mind and Body Approaches
  • Movement
  • Touch
• 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, 1997

• 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

- 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

- 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

- Wilhelm Reich
- Body-Based Psychotherapies
- Mindfulness Training
- Embodied Relating
Marion Rosen

- Early Adulthood
- Breath
- Physical Therapy
- Movement
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