

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 Kolk

- 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, 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

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

Breath

Ivy Green, 2012

- 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