

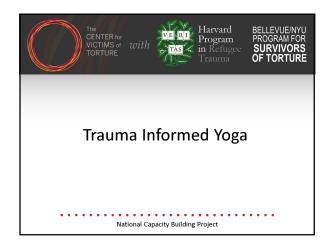
May 23, 2018

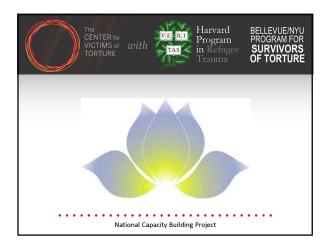
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Working wit the Minc	h Survivors I Body Conn	
Laura Morrissette	Eleanor Bramwell	Laura Gueron
Harvard Program in Refugee Trauma	Bodywise Foundation	Center for Victims of Torture
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Objectives

- 1. List personal (e.g., chronic pain, anxiety) and relational (e.g., sense of connection and community) issues that can be addressed by mind body interventions
- 2. Describe how mind body interventions can be used effectively with survivors of torture
- 3. Implement brief meditation, postural awareness, and self- massage techniques which can be used with clients.





TIV in Practice

- Patient sits with one foot on the floor and the other on the carpet
- Notice how body organizes to lift an arm or leg
- Body scans/menu of sensation
- Link simple breath with movement
- Languaging: empowering, offer choice, invitational

Trauma Informed Yoga

Suggested Continued Reading

- Interoception Practice with Bo Forbes (LBP 053)
 https://www.liberatedbody.com/podcast/bo-forbes-lbp-053
 interoception Practice with Bo Forbes (LBP 053)
 **The process of the p
- Yoga and Post-Traumatic Stress Disorder: An Interview with Bessel van der Kolk, MD (2009). *Integral Yoga Magazine* Special Section I: Yoga & the Emotional Body
- Dr. Peter Levine: Waking the Tiger: Healing Trauma. July 7, 1997. by Peter A. Levine, Ann Frederick (Contributor)
- Firefly International https://fireflyinternational.org/
- Creswell, J.D. & Lindsay, E.K. (2014). How does mindfulness training affect health? A mindfulness stress buffering account. Current Directions in Psychological Science, 23, 401-407.

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Meditation: Walking Meditation

Ancient practice still popular in Thai Buddhist monasteries where some monks practice for several hours a day.

- Anchor or primary focus of attention is on the movements of the feet and shifting of balance
- Secondary focus on the breath
- Walk is deliberate and slower than normal
- Practiced indoors by walking in a line or outside in nature
- Can be combined with loving kindness meditation

Mantra based meditation	
Sacred word often from a different language	
Two to four syllables ideal	
Focus on the words and the breath	
Helps to focus attention and quiet the mind	
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Examples of possible mantras that could	
be used for clients of various faiths	
Arabic- Salam	
– Means peace in Arabic	
Buddhist tradition- Buddho	
– Means Buddha in Pali	
Christian tradition- Maranatha	
– Means Come Lord in Aramaic	
Jewish tradition - Shalom	
 Means peace in Hebrew 	
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Loving Kindness Meditation	
Examples of phrases	
- May I be peaceful	
- May I live in love and in compassion	
- May I be safe and protected - May I be safe and protected	
- iviay i be sale allu protecteu	
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• Change language depending on who you are sending loving kindness to - Benefactor or easy person/pet - Close friends and loved ones - Neutral person - Difficult person Members of group or all beings National Capacity Building Project • In individual sessions I guide clients through 5 minutes focused on first two steps • Longer LKM in group setting • LKM with "difficult person" comes with more experience and best to start with someone that you have a low level of conflict with National Capacity Building Project

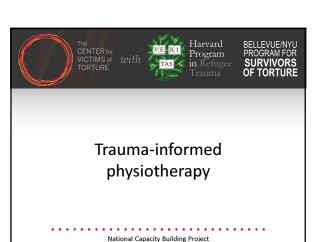
- Center for Mindfulness in Medicine Healthcare, and Society, UMass Medical School
- The John Main Center for Meditation and Inter-religious Dialogue, Georgetown University

- Hanh Nhat, T. (2011). The long road turns to joy: A guide to walking meditation. Berkeley, CA: Parallax Press.
- Kabat-Zinn, J., & University of Massachusetts Medical Center/Worcester. (1991). Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness. New York, N.Y. Dell Pub., a division of Bantam Doubleday Dell Pub.
- Main, J. (2006). Word into silence: A manual for Christian meditation. London: Canterbury Press
- Salzberg, S. (1995). Loving kindness: The revolutionary art of happiness. Boston, MA: Shambala. Treleavan, D. (2018). Trauma sensitive mindfulness: Practices for safe and transformative healing. NYC, NY: W.W. Norton & Company

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- Frederickson et al, 2008
- Kearney et al, 2013
- Kimecki, Leiberg, Lamm, and Singer, 2013
- Leung et al, 2013

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Posture/facial expression and Mood

- Posture and expression/mood connections go both ways. Importance of awareness.
- Sitting, walking with variety of positions
- Research about power pose
- Facial expression and mood





The role of touch

- Self-touch to re-connect with body (start with tennis balls or socks first to be less threatening)
- Invite client back to body (role of dissociation)
- Client example desiring partner again
- Start to feel pleasurable sensations
- Partner tennis ball massages (invitation to participate after 4-5 weekly sessions) to build connection, trust, communication
- Brief demo

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Two simple techniques to help clients to

feel safe in their bodies again

- From Peter Levine's Somatic Experiencing TM
- Excellent YouTube video showing this in full
- Good for decreasing anxious feelings, selfsoothing, self-regulation
- Body is the container
- 1) Right hand, place just below left armpit, left hand place on outside right shoulder, breathe
- 2) Right hand on forehead, left hand on sternum, breathe, feel sensations between hands. Then, move right hand to belly, keep left hand as is.

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Peter Levine exercise about safety, body as a container CEN VIC TOF National Capacity Building Project





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	Presenters
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	r Bramwell, Executive Director ise Foundation https://www.bodywisefoundation.org/
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	Gueron, Physiotherapy Clinical Advisor
rne Ce	nter for Victims of Torture https://www.cvt.org/
	Morrissette, Mindfulness Consultant
	d Program in Refugee Trauma
<u>nttp://</u>	hprt-cambridge.org/
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D.I	
Phy	siotherapy for Survivors of Torture
	Facebook group
	orts a Facebook group for physiotherapist around the world that also
includes (OT and other healing professionals as members
	end a Facebook friend request to Laura Pizer Gueron, who will friend you, o the group, and then unfriend you for your privacy.
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