

Mindful Monday

Experiential Practices to Develop Personal Resilience

Christina Ruggiero, RP

November 21, 2022

Somatic Experiences 2



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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

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SCAN ME





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Christina Ruggiero

Masters of Counselling Psychology, Registered Psychotherapist

Welcome and Ground

What is somatic experiencing?

- The body can get stuck in a dysfunctional response of somatic behaviours (fight/flight/freeze). We bring focus to our body to calm and relax it.
- Allowing for our nervous system (stress response) to relax, calm, and find soothing in body movements.
- Good way to reset the our nervous system (baseline).
- I.e. ever had a body response to an event? Shaking before a presentation, trembling when talking to a certain person, heart beat racing with no trigger?

Somatic Experiencing Interventions

- 15 min practice
 - Feet, seat, back
 - "Voo"/ Butterfly hug/ Body container
- Levine, P. (2008). Healing Trauma: A pioneering program for restoring the wisdom of your body. Canada: Sounds True.



Discussion

What did you notice?



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Thank You for Joining Us!

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