

Developing Body Awareness

Tools for providers to help families, adults, and teens learn to listen, love, and care for their bodies

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"Everything you need to know is within you. Listen. Feel. Trust the body's wisdom."

-Dan Millman

Cultural Myths/Messages around Aging

- Aging is an inevitable process of deterioration
- You are too old for that.
- What do you expect at your age?
- Women are not attractive in their old age.

Culture Myths/Messages around Feelings

- Don't show too much joy
- Boys don't cry
- Don't show your anger or express yourself passionately in the business world if you are a woman
- Don't express happiness about your body

Cultural Myths/Messages around Health

- Your doctor knows better than you do around decisions for your body
- Your genes determine your health
- Going outside will give you a cold
- Putting others first is better than self-care
- Guarding against sickness will make you healthy

Cultural Messages/Myths about body shape and size

- Strive for the “Ideal Body”
- There is the “perfect diet”, “perfect exercise”, “perfect body”
- You must be thin and work hard thus being fat means you are lazy
- It is socially acceptable to use “Fat talk”

- <http://www.bing.com/videos/search?q=master+class+with+susan+sarandon+on+youtube&qpvt=master+classes+with+susan+sarandonon+youtube&FORM=VDRE#view=detail&mid=BE44E7EEB291EFE3ECE9BE44E7EEB291EFE3ECE9>

Table Discussion

Talk about how Susan navigated cultural and personal beliefs. Talk about how often you see messages of power associated with aging? What beliefs do you hold on to that hurt you around aging?

Beliefs trigger distractions

- Trauma beliefs and cultural beliefs cause us to have dysfunctional behaviors and distract
- Distractions can help us to avoid our lack of self worth and pain
- Distractions can lead to addictions, compulsions, obsessions

Distractions

Food

Substances

TV/Movies/Video games

Computer

Work

Sex/pornography

Gambling

Shopping

“We only abuse what we
mindlessly need, not what
we mindfully love.”

Dr. Mario Martinez

Getting stuck

- YOU CAN'T STOP A BEHAVIOR OR CHANGE A BELIEF THAT IS STUCK IN YOUR BODY WITH MIND (LOGIC) ALONE.
- A new dysfunctional pattern will pop up to replace dysfunctional pattern..

Mind-Body Code by Dr. Mario Martinez

- **Biocognitive theory** proposes a paradigm in which consciousness develops in a cultural context that has greater impact on our wellness than do our genes.

Believing that we are victims of our genes can impact the way you live and kill you.

Lacking awareness of our health and power prevents change

Mind-Body Code

- Biocognitive theory proposes that we achieve sustainable wellness through changing our cultural beliefs and by strengthening our actions
- The body keeps trying to tell you about your beliefs but we have to believe in our worth to listen
- To listen it means to hear, to feel, and experience

How do we heal?

- Therapy that involves the body (EMDR, IFS, EFT, Sensorimotor, etc)
- Stop pathologizing people and don't let others do it to you
- Discover not find your beliefs
- Engage the body it has the key to healing
- PRACTICE HEALTH

Healing means that you believe you are worthy of flourishing

- If you believe poverty is your destiny you will deny any wealth that comes your way
- If you believe that abuse is love, you will keep seeking out abusive relationships
- If you believe that you cannot loose weight, you will gain weight

- <http://www.bing.com/videos/search?q=oprah+shorts+for+soul+sunday+chris&FORM=VIRE1#view=detail&mid=5Bo8CF2C29D668C2A6D25Bo8CF2C29D668C2A6D2>

Healing our cultural beliefs

- See the behavior we want to change as an act of avoidance from our worthiness
- See the wisdom in our imperfections
- Figure out what health looks like to you around this belief
- Identify what condition we can create to replace the vacuum
- Implement the embodiment of the change before you make it – the body will tell you why it is not ready to make the change

Practice being IN your body

- Trauma causes dissociation
Dissociation = a disturbance of thinking, awareness, identity, consciousness or memory
- Grounding therapeutic practice by checking for dissociation and slowly building a mind body connection
- Relaxing your body through EFT gives you time to express and feel things that are limiting you and choose the beliefs that you would like to have – Jessica Ortner
- <https://www.youtube.com/watch?v=5hYEoWt4Sxs>
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Exercises to promote body love and weight loss

- **NOTICE:** Contemplating what you experience in your body without changing it or doing anything allow both comfortable and uncomfortable sensations in
Exercise – Visual contrasting experiences
Exercise -Swim in your circulation
- **FEEL:** Experience pleasure and pain
Therapy – Heal encoded trauma beliefs
Exercise - Meditate on your chocolate or grape experience
- **PRACTICE:** The wisdom of imperfection = learning what may be happening in the moment rather than trying to arrive at perfection
Exercise - Photograph exercise
Exercise – Panic cycle around weight gain

Table Discussion

- Share with a partner about what you noticed during the exercises.
- Talk with your table about how can you incorporate this into your practice? What ways can you empower your patients/clients to practice health?

Creating a strong a community of health

- Surround yourself with people that co-author health
- Collude to break down cultural myths
- Show gratitude
- Create awareness and appreciate
- Coauthor courageous conversations with your doctors

Being a body conscious parent

- Learn what nourishing and health means to you
- Listen to what you are saying and not saying
- Write down what messages you learn from your parents about body, health, wellness
- Successful body versus ideal body

Hardwiring health in our families

- Teach awareness through curiosity? How did you feel after you ate that?
- Let's notice what is happening and how we are experiencing that together?
- Speak love and appreciate
- Teach Successful body versus ideal body
- Notice not define
- Embody health through consciousness – “Feelingizations”
- Provide options not control
- Role model your own commitment to self-care

References/Resources

Books

- *Mind Body Code* – Dr. Mario Martinez
- *The Tapping Solution for weight loss and body Confidence* – Jessica Ortner

Articles

- “The demographics of fat talk in adult women: Age, body size, and ethnicity.” .Authors: Engeln R; Northwestern University, USA. Salk RH; University of Wisconsin, Madison, USA. Source: Journal Of Health Psychology [J Health Psychol] 2014 Dec 8. Date of Electronic Publication: 2014 Dec 8.. Publication Type: JOURNAL ARTICLE. Language:English. Journal Info: Publisher: Sage Publications NLM ID: 9703616 Publication Model: Print-Electronic Cited Medium: Internet ISSN: 1461-7277 (Electronic) Linking ISSN: 13591053 NLM ISO Abbreviation: J Health Psychology .
- “Physicians’ use of the 5A’s in counseling obese patients: Is the quality of counseling associated with patients motivation and intention to lose weight?”, Melanie Jay, Collen Gillespie, Sheira Schlari, Scott Sherman and Adina Kalet – BMC Health Services Research, New York School of Medicine, Division of General Medicine, New York , NY, USA
- “Does Your Doctor Make You Feel Fat?” Harriet Brown, Prevention; July 2011 Vol. 63 Issue 7, p26-33, 7P