

# Working with the Body in Talking Therapy

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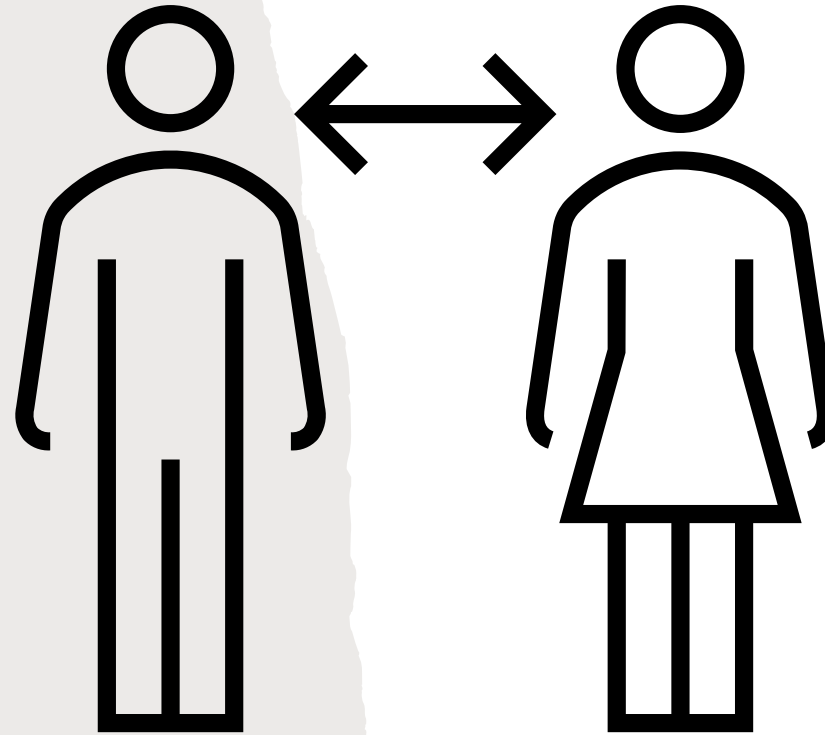
Working with the Body in Talking Therapy



Basic proposition:

“Our thoughts are experienced in our brains, our emotions are experienced in our bodies.”

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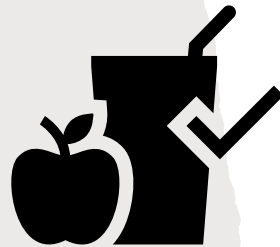


There are 2 **bodies** involved in a therapeutic encounter – yours and the clients

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“Above all, be comfortable.”



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# Weather & Landscape visualisation



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Ok, so.....now what?!.....How do I actually work with the client and their body?

Firstly – ***Slowly, carefully, gently***

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Remember –  
***The body cannot lie***





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Ok, so.....now what?!.....How do I actually work with the client and their body?

Secondly – ***Using your own body***

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# Using your body:

- Empathic attunement
  - Modeling
- Communicating

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Ok, so.....now what?!.....How do I actually work with the client and their body?

Thirdly – ***By referencing the client's body, as far as appropriate***

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Working with the client's body:  
Work with '**what is**'  
and  
always – **safety first**

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Breadcrumb  
trail.....



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Breathe into it...

(slowly, carefully,  
gently)



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Micro-observation

(and beware the  
people pleaser...)

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**Mirroring**  
- gesture and  
reference





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'Goldilocks'  
- Finding the in-between



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Ready to try?!....

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# Regulating



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## The Arousal Continuum

Panic

Very Stressed

*Fight/flight*

Stressed

Highly Alert

Alert & Calm

*Rest & digest*

Alert

Drowsy

*Freeze/flop*

Deep Sleep

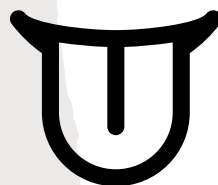
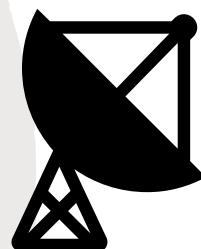
Coma

Parasympathetic  
Nervous System

Sympathetic  
Nervous System

based on *The Science of Stress, Calm and Sleep* with Andrew Huberman <https://youtu.be/Ft9N2-CEPzc>

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Tea in the Garden



## Working with the Body in Talking Therapy



Parasympathetic breath –  
longer exhalation

Sympathetic breath – longer  
inhalation

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Over to you!

Questions? Challenges?  
Ideas?.....



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# Institute of Embodied Psychotherapy

<https://www.embodiedpsychotherapy.org.uk/>



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- Clinical supervision
- Online and in-person group and 1:1 meditation work
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