

Conversations between Mind and Body

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1. Resource: *Begin Conversations with what Feels Good*

- a. Imagine or remember something that feels supportive, life-giving, or soothing
This can be a place, person, a pet or activity, a favorite food or smell, an ability that you have, an experience of feeling safe, etc)
- b. Watch what happens:
 - i. ***in your body*** (what physical sensations do you notice?)
 - ii. in your thoughts (to the quality of your thoughts? The speed?)
 - iii. in your emotions (what feelings show up?)
- c. Explore the resource further:
 - i. through imagination, art, singing, music, movement, dance, with friends
 - ii. by writing it down

2. Stressor: *Invite a Stressor or stressful event to the Conversation*

- a. After finding & feeling a resource, explore a stressful event or experience
- b. Pick a stressor that is small enough so that you can be CURIOUS
 - i. if you can't stay curious, pick a smaller piece of the stressful event, such as the first moment you felt stress; or choose ONE sensation in one small part of your body; or select a smaller stressor; or return to the experience of resource)
- c. Be nonjudgmental about what shows up
- d. Watch what happens
 - ii. ***in your body*** (*does it tighten? Do you feel "pulled"?*)
 - iii. in your thoughts (do they become dark or negative? Do they speed up?)
 - iv. in your emotions (is there a color? A swirl? Fear? Anger?)

3. Oscillate: *Include both parties in the conversation and go back to your Resource*

- a. What is different in your body (thoughts, or emotions?)
- b. What happens as you change from stressor to resource?

4. Symptom: *Invite a Symptom to the Conversation*

- a. Start with a symptom that is "small enough" so that you can be curious
 - i. a symptom that is small or new such as a cough, or an ache in a finger
 - ii. a small part of a long-term symptom (fatigue on a good day, or the "outside edge" of a headache instead of the whole headache...)
- b. What is the PHYSICAL sensation of this symptom? Are there colors? Images?
- c. If the symptom could speak
 - i. What would it say? How would it move? What would it look like?
- d. Follow the impulse: If the symptom could DO something, what would it do?
 - i. if the symptom wants to shout, imagine yourself shouting...hear the words...notice if you shout them to someone;
 - ii. if it wants to escape, imagine yourself running or flying, etc;...)
- e. Oscillate back to the resource:
 - i. What does the resourced part have to say, show, or tell the symptom?