

The Coronavirus Pandemic: Working with the Activation in Ourselves and Our Clients

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Webinar Topics

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Introduction

- Nature of the threat: Invisible, difficult to orient to and defend against, life threatening, global, archetypal, collective, massive, and overwhelming.
- Circles of activation: Threat to lives of loved ones, one's livelihood, home, and short-term and long-term security, multiple losses, and triggering of past individual as well as collective traumas, etc.
- Levels of activation and levels of management
- Coping strategies: Phobic, counter-phobic and realistic or pragmatic.

Social Strategies

- Of primary importance, cannot emphasize enough
- The role of inter-personal resonance in interactive regulation of individuals and communities
- Replacing fear and hate with love.
[Please click here](#) for an exercise.

Cognitive and Behavioral Strategies

- Cognitive:
Accurate information
- Behavioral:
Concrete action
Routine

Emotional Strategies

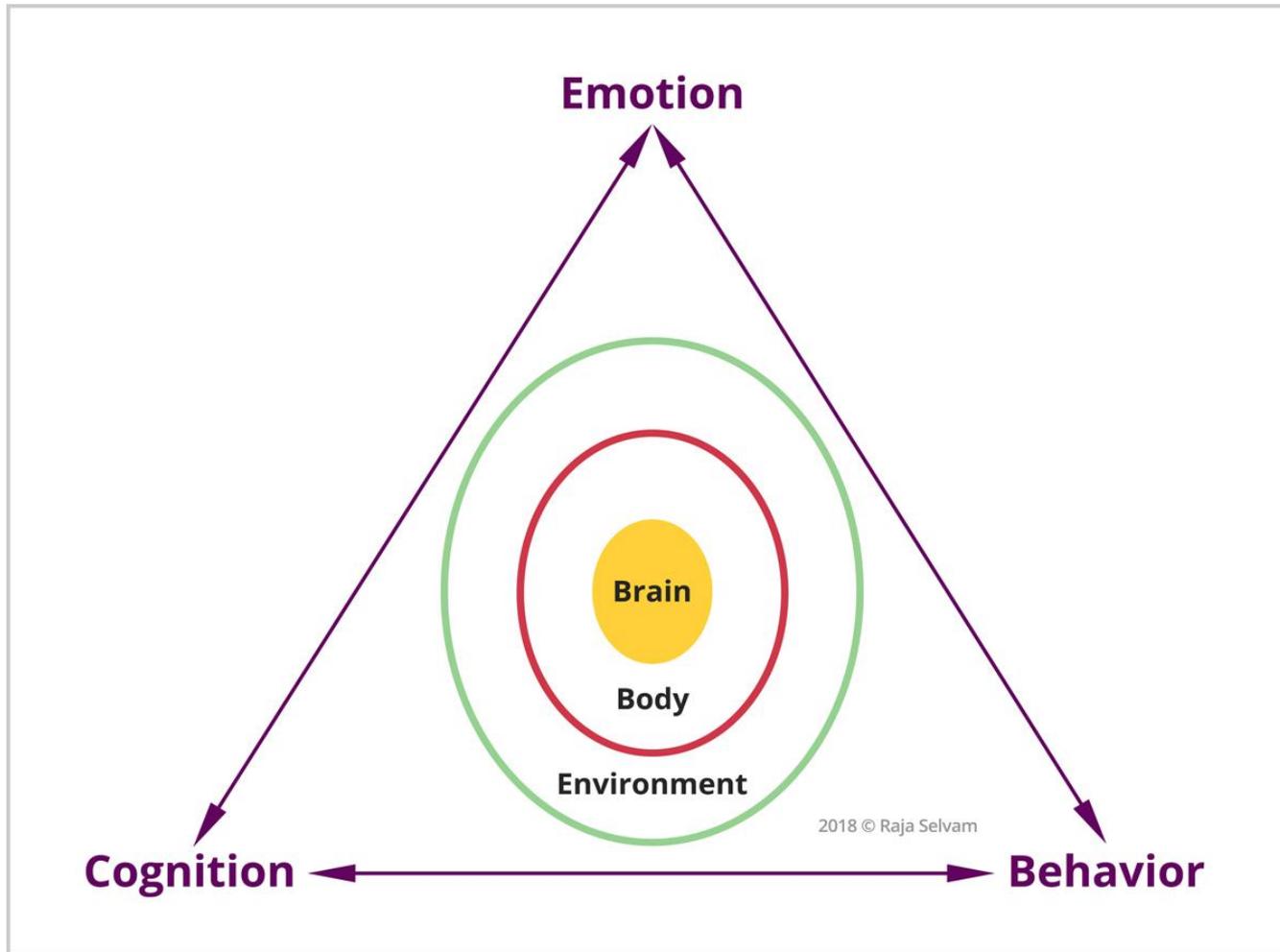
- Support for identifying, articulating, expressing, containing, and regulating the emotional impact of different aspects of the situation can be helpful in regulating all aspects of a person's experience
- Variety of emotional responses

Physiological Strategies

- The role of physiological regulation in physical and mental health
- Nutrition, exercise, rest, meditation, breathing, movement, medication, supplements, etc.
- Somatic Experiencing (SE) and other body-oriented therapies and psychotherapies
- Embodiment exercises:
[Please click here](#) to listen to one of the exercises for free and access others.

The Role of Emotional Regulation in All Aspects of Life

- The theory of embodied cognition, emotion, and behavior



Embodied Cognition: Cognition, emotion and behavior are all embodied and embedded in the brain, body, as well as the environment. They affect each other but emotion is primary, as emotion is a stronger mediator of cognition and behavior.

Deeper Activation Triggered by the Pandemic

1. Existential threat: Death anxiety

2. Triggered life or death traumas

Medical traumas and major illnesses

Severe violence

Starvation trauma

Pre and perinatal traumas

Attachment and abandonment traumas

Collective traumas: War, genocide, etc.

Deeper Activation Triggered by the Pandemic

3. Collective activation and inter-personal resonance
 - For some clients, such deep work might be necessary to bring them relief
 - For some clients and ourselves, this time provides an opportunity for deep work, growth and capacity
 - One cannot fight or flee from the inner threat of the fear of dying

Working with Deeper Activation through Emotional Embodiment

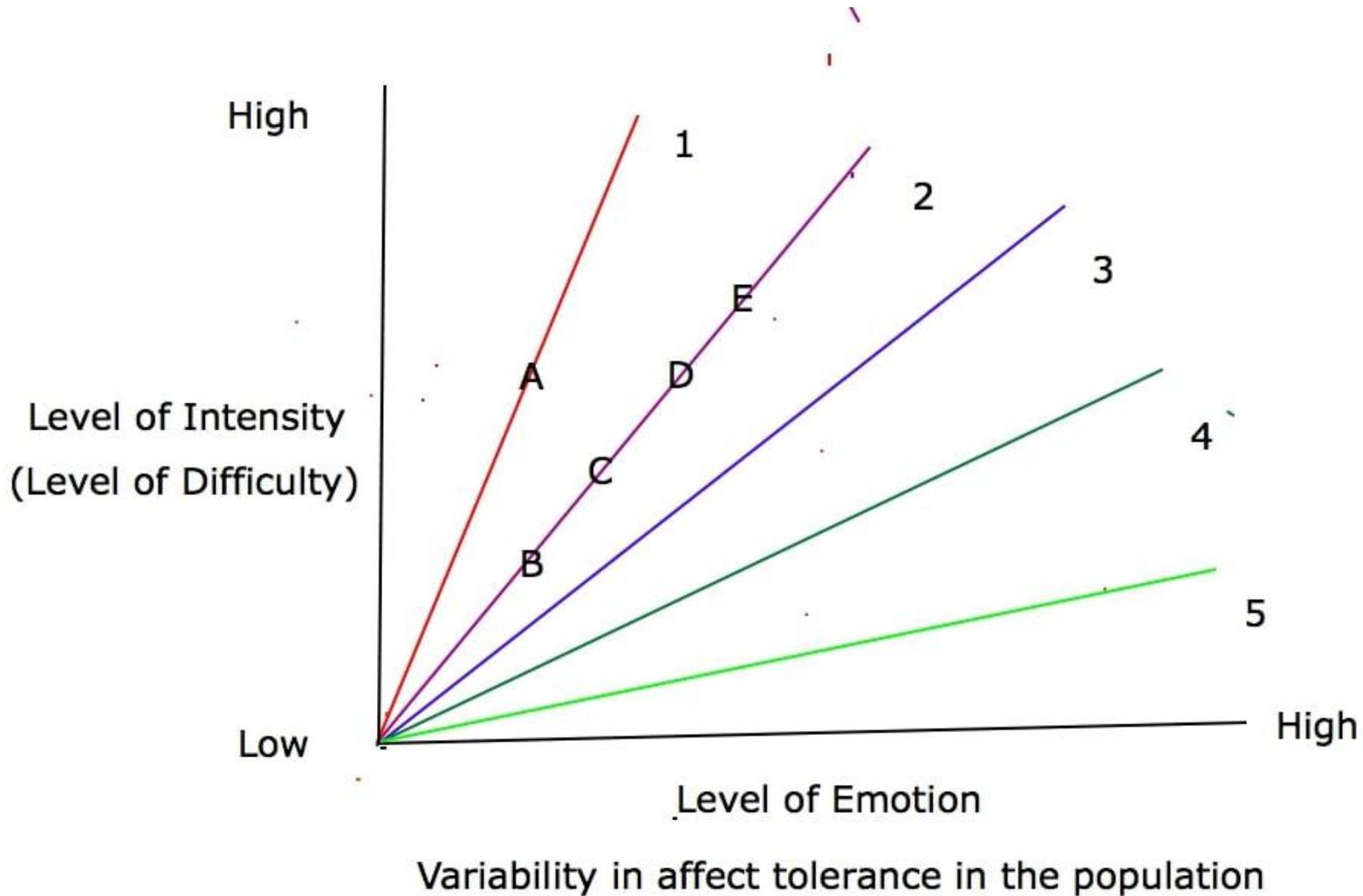
What is emotional embodiment?

- Building capacity for tolerating emotion
- Using the physical body as the container
- Using models of physical body and
energy body expansion and regulation

Working with Deeper Activation through Emotional Embodiment

- How does emotional embodiment work?
The neuroscience of embodied cognition, emotion, and behavior
- > Article: How to improve outcomes in all therapies through greater embodiment of emotions. [Please click here for the article.](#)

The Role of Embodiment in Affect Tolerance



The Four Steps of Emotional Embodiment

- The situation
- The emotion
- The expansion and regulation of body, energy, and emotion to increase capacity for emotion
- The integration: The tracking of resulting benefits to body and energy from increased capacity for emotion
- [Please click here for a video on the four steps of emotional embodiment](#)

Working with Deeper Activation Triggered by the Pandemic

Clinical Examples

What about working with people who have
survived the trauma of COVID-19?

And with the survivors of the people we
lose?

Resources

- For accurate information on the coronavirus pandemic and care, [please click here](#).
- For articles on deeper work with the activation through emotional embodiment, [please click here](#).
- For live and on video Integral Somatic Psychology (ISP) workshops and trainings to learn emotional embodiment skills in depth, [please click here](#).

Upcoming Resources

- Monthly 1 ½ hour online supervision/case consultation opportunities with credit for ISP/SE trainees
- The possibility of video course on pre and perinatal trauma at an extremely reduced price given the Pandemic financial situation
- A demonstration video of working with deeper levels of activation from the pandemic
- This webinar with translation in different languages.
- My book 'Embodying Emotion' to be published next year! Not soon enough!