

Workshop Yoga, Postural balance and Slow-motion in PsychoMotorTherapy

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Introduction

Two natural phenomena, gravity and the (human) body are the sources of balance and problems with balance e.g. imbalance.

Physical balance (M.I.S., scheme 1) is related to psychosocial themes.

The degree of balance depends on size of surface of support, location and movement of the center of gravity.

We will do exercises to experience this relationship between gravity and balance.

Both yoga and movement and body-orientated exercises use lying, standing, sitting as basic positions **to work physically and mentally with** balance. To learn about the relation between body and mind, e.g. to increase self-awareness, the psychomotor therapist can use any kind of exercise which are founded on **posture** and **slow-motion**. We use the so called FECS-model (scheme 2) to observe or intervene on human behavior.

So:

1st interest : awareness of balance → *we will do exercises on this issue and have personal and professional reflection on it*

2nd important: the mental reaction to balance and imbalance. Now we can experience balance in the body (instead of a science way of looking at it), we can work with disturbance of balance / imbalance and **the possible meaning** of it. This meaning is influenced by context: individual or in relation with others. → *we will do individual and relational exercises to experience what happens in the body, reflect on mental reactions and practice with hindering mental reactions which brings us out of balance.*

We'll reflect on what theme is being opened (scheme 1) and make relations with themes as 'trust', 'power' and 'bodyexperience'

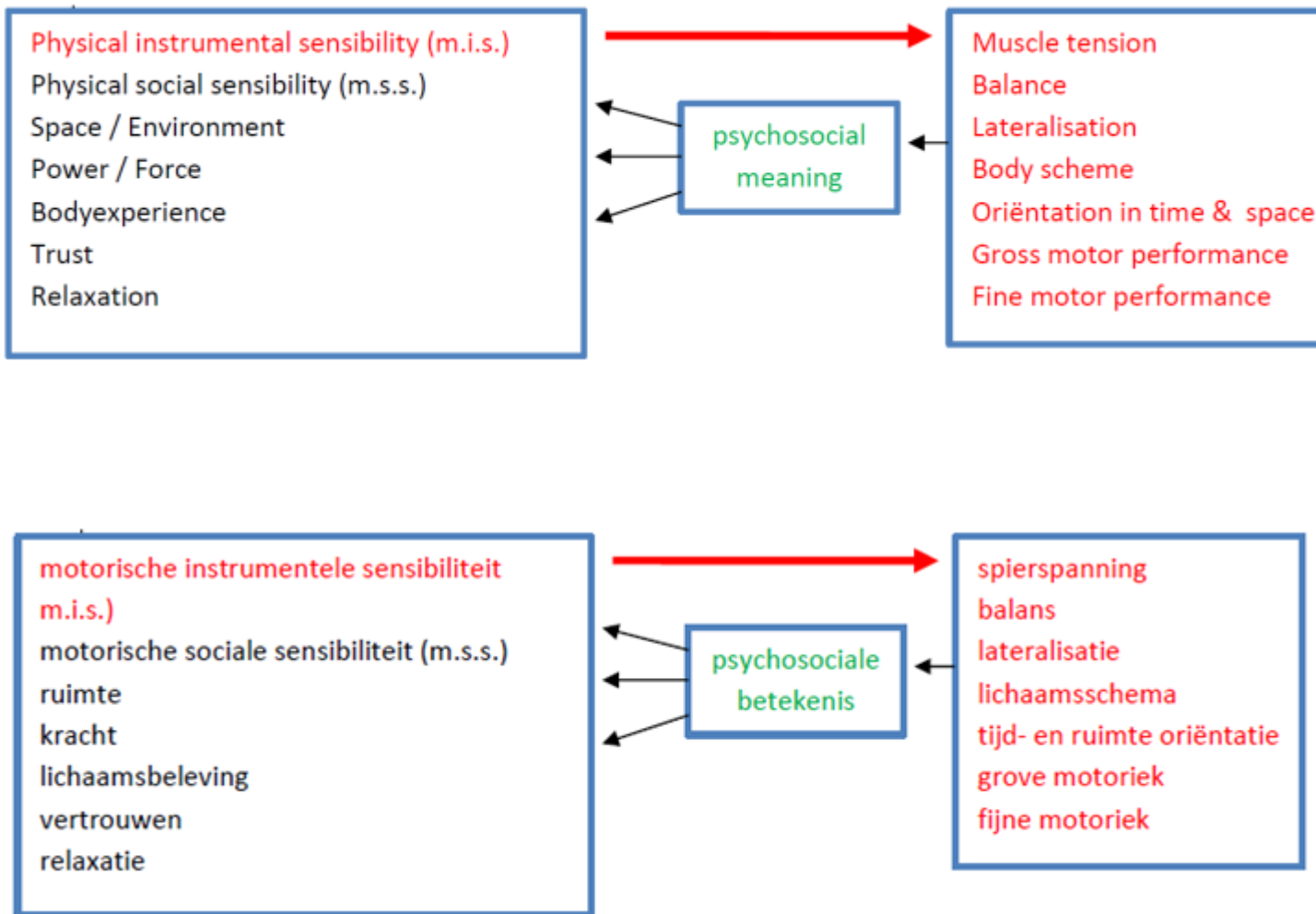
We also do a theoretical reflection. After doing exercises yourself:

- Can you understand why Bessel vd Kolk (4) recommends and uses yoga with PTSS?
- Can you understand why working with balance can influence the experience of social anxiety (3, 7)?
- Can you understand why people can suppressed feelings of anger by stiffening the back (6)?
- Can you find another bodily strategy to cope with unpleasant emotions / experiences?

Literature

- (1) Yasuda, K., Higuchi, T., e.a. (2012). *Immediate beneficial effects of self-monitoring body movements for upright postural stability in young healthy individuals*. Journal of Bodywork & Movement Therapies, 16(2), 244-250.
- (2) Chaya, M.S., Kurpad, A.V., e.a. (2006). *The effect of long term combined yoga practice on the basal metabolic rate of healthy adults*. BMC Complementary and Alternative Medicine 2006, 6:28
- (3) Schmid, A.A., Puymbroek, M. van, Koceja, D.M., (2010). *Effect of a 12-Week Yoga Intervention on Fear of Falling and Balance in Older Adults: A Pilot Study*. Arch Phys Med Rehabil Vol 91, April 2010, 576-583
- (4) N.N. (...). *Yoga and post-traumatic stress disorder*. An interview with Bessel van der Kolk, MD. Integral Yoga Magazine; From: <http://www.traumacenter.org/clients/maginside.su09.p12-13.pdf>
- (5) Burns, J.W., Quartana, P.J., Gilliam, W., Matsuura, J, Nappi, C., Wolfe, B. (2011). *Suppression of anger and subsequent pain intensity and behavior among chronic low back pain patients: the role of symptom-specific physiological reactivity*. Published online: Springer Science+Business Media, LLC 2011
- (6) Levitan, M.N. et al (2012). *Postural balance in patients with social anxiety disorder*.

Scheme 1.



Scheme 2: FECS – model

If we want to influence behaviour by movement or body-orientated exercises / situations, we need a model of how the behaviour-to-be-influenced looks like!

Human behaviour consists of 4 elements which are related, but also can be seen as separate phenomena.

F	these are the <u>physical</u> aspects of behaviour we can either see on the outside (posture, gesticulations, ...) or we can be aware of on the inside (sensations) of our body	For example: shaking hands, pain in the stomach, slow movement, sweat on the upperlip, making big steps.
E	these are the inwards (sensations) and outwards (facial and postural expression) <u>observable aspects of emotions</u>	like crying, smiling, laughing, fear, happiness, anger, ...
C	these are the <u>cognitive</u> aspects of somebody which rule behavior	For example: what is somebody thinking (or saying) right now, values, opinions, conceptions, justifications.
S	These are the <u>social</u> aspects of behavior	Like the effect the behaviour has on others / the relations, how others do respond or if the behaviour is socially defined or tuned in

With this model we can describe someone's behaviour, we can emphasize the most important aspects and we can see on which aspect we have to intervene in case of influencing this behaviour.

But: *behaviour in itself does not exist. Behaviour always takes place in certain context.*

Context is the situational circumstance in where behaviour exists, is called or provoked, and is held in position.

Behavior and context are inseparable and therefore behaviour can not be described or influenced without the context in which it takes place.

Context can be **material** e.g. the room, a forest, the swimmingpool, this group, a group of friends, the arrangement of things (table, chair, whatever is in the room) or **immaterial** e.g. the economic climat, the atmosphere in the group, values of the group

You are walking on the street, suddenly you hear rumour behind you. You turn a round and you observe a man (or woman):
 F: making big steps, eyes focused in front, body leaning forward
 E: frown in the face,
 C: sayin "get out of my way"
 S: people step aside

What is your conclusion?

Now take context in consideration.

What if somebody's lying on the ground?

What if a 5 year old child is running away?

What if the man (or woman) wears a mask?

Same or other conclusions?