



Body Consciousness

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Body Consciousness

- ▶ Therapeutic tool for psychomotor therapists
 - ▶ Based on sensoriality and mentalization
 - ▶ Needs body oriented concentration
- ▶ Theoretical basis : neurosciences and affective system



Body consciousness

- ▶ Feeling the subjective presence of part of the body or the whole body itself
 - ▶ Feeling volume and/or constitution and/or size
 - ▶ Generally leads to emotions and/or words



Body consciousness

- **May involve sensoriality**
 - **Sensoriality is :**
 - Interoception
 - Proprioception
 - Exteroception



Sensoriality

- ▶ **Interoception is :**
 - ▶ Informations running to the CNS from
- ▶ Cardiac, digestive, breathing and endocrinian systems
 - ▶ MAIA



Sensoriality

➤ Proprioception is :

- Informations running to the CNS from muscles, joints and tendons :
 - Position
 - Strength
- Kinesthetic (amplitude, speed and orientation of movements)



Sensoriality



- ▶ **Exteroception is :**
 - ▶ Light touch
- ▶ Thermal informations : hot and cold
 - ▶ Pain
 - ▶ Pressure
 - ▶ Vibration
 - ▶ Vision
 - ▶ Hearing
 - ▶ Olfaction
 - ▶ Taste



Concentration



- ▶ Necessary for body consciousness
- ▶ Concentration on part of the body or the whole body
 - ▶ If not, no way !!

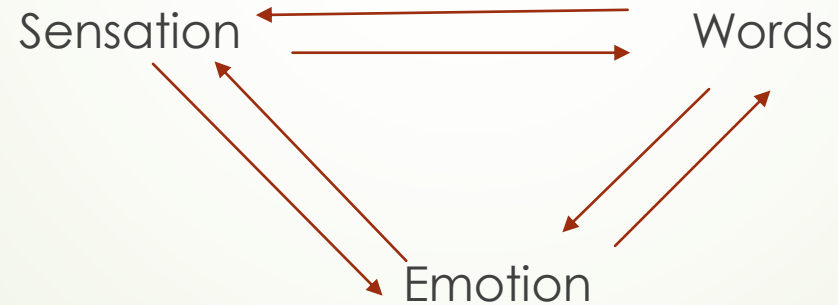


Mentalisation

- ▶ Body consciousness is possible by the only mentalization effort
- ▶ Paradoxal way for body consciousness : few sensory informations
 - ▶ Needs to remember prior experience
- ▶ For example : « This morning, I wore my trousers and I felt my skin. And now I remember the « this morning » sensory informations of touch. And now I feel the presence of my legs »
 - ▶ This « morning » prior experience leads to here and now body consciousness
 - ▶ Thus, I « call back » first childhood sensory experiences
 - ▶ This is the personal and subjective history

Relationships between sensoriality, emotions and words

- ▶ Body consciousness often (but not necessary) leads to emotion and words
 - ▶ This is a theoretical view
 - ▶ The real process is :





How it works



- ▶ Damasio (2010, 2017) and the neurons networks
 - ▶ Mapping theory
- ▶ Each experience (internal, peripheral or external of the body ; emotions and global circumstances) gives way to neurons networks building
 - ▶ It is a true recording of the experiences
- ▶ Emotions are recorded on « parallel tracks » and are connected with the main network
- ▶ Thus, sensory, emotionnal and language informations are bound together
 - ▶ Keep one and you'll probably get the others



Therapeutic consequences

- ▶ Body consciousness may give way to :
- ▶ Relaxation and positive feeling of the body
- ▶ Remembering pain and maybe painful memories



Bibliography

- ▶ Damasio, A. (2010). Self comes to mind
 - ▶ Damasio, A. (2018). The strange order of things
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