STEP 3: MINDFUL BODY SCANNING, SENSES, & MOVEMENT

Please watch the following Self-Help video #3:

<https://youtu.be/H1Ngpe36kfo>

Instruction in Mindful Body Scanning, Mindful Senses, and Mindful Movement

Begin at 2:08 minutes to avoid replay of Medical Disclaimer.

Please read the attached Video text script.

Please read the attached “Emotions versus Feelings” document.

Please read list of “somatic words” to help you describe your sensations.

In today’s session, you will begin the session with Progressive Muscle Relaxation and Deep Breathing 4-8 pattern. Then we will apply the techniques of body scanning, mindful sense awareness, and integrated movement with deep breathing.

During the week following this session, you will choose one exercise from each of the three workbooks and do them. When you do these exercises, please apply the scanning awareness of today’s session when you do the exercises (even though these authors do not mention this technique). By doing this integration work, you will begin to understand how to “modify” any intervention to fit into the IN SYNC method of integration. In particular, be aware of your “emotions versus feelings” as you do the exercises. We will review your responses to these exercises at the beginning of next session.