EXPERIENCING 
SOMA in Context

Somatic Inquiry and 
The Socially Conscious Body 
Martha Eddy, CMA, RSMT, EdD
What is the Socially Conscious Body?

- What is Body?
  - Principle of BodyMind Intelligence

- What is Conscious?
  - What is awareness/presence/connection?

- What is Social Consciousness?
Mindful Nation

- *Book* by Congressman Tim Ryan – Youngstown, Akron Rust belt

- **Socially Conscious Body**
  - Brings Somatic Awareness into:
    - Cultural Context and leads to
  - Somaction between people & in institutions
  - Schools/ Art/ Government/Hospitals
  - Lives in Relationships and is manifested by types of Communication/Mindful Behavior
The Role of ART in Fostering

ART is/Can be
- Engaging
- Edgy
- Outside the Box
- A Place to Move (providing choices)

Dance has a particular place as it is deeply connected to the Body
Roots of Socially Conscious Body: Dance Somatics & Social Somatics

Lineage from Exploration of the Body:
- Dance
- Somatic Dance
- Social Somatics
- Socially Conscious Dance
- Socially Conscious Body – a module of study at Moving On Center
Defining Soma

- The Living Body
  - Thomas Hanna
- Somatic Awareness
  - Body Wisdom
  - Cellular Intelligence
  - Inner Knowing
  - BodyMind Experience
SOMATIC APPROACHES: VITALIZATION THROUGH THE BODY

- **MIND-BODY**
  - Wisdom through the body.
  - Body as temple of the spirit.
  - Embodiment processes.
  - Cellular intelligence.
  - Awareness of self.

- **BODY-MIND**
What are the Mechanisms for Body Consciousness?

- The “Sixth Sense”?  
- Intuition defined  
- Working with proprioception  
- Kinesthesia  
- Awareness of self and behavior
What do we perceive inside our bodies?

- Position
- Movement
- Balance
- Stopping
- Starting
- Feelings/Sensations
- Changes of each of the above
Defining Kinesthetic Awareness

- The ability to perceive our bodies moving in space
- Using what senses?
Kinesthetic and Somatic Intelligences

Kinesthetic:
- Registers our movement in space
- Recognizes stopping and starting, stillness
- Awareness of our own posture and habits

Somatic Intelligence
- Body Wisdom
- The body as a source of “mind”
- Internal barometers register potential for health or wholeness
Defining Somatic Processes

Uses:
- Slowing down for physical awareness
- Breath, Movement, Touch, Sound
- Movement principles and practices

Themes:
- The body is filled with history
- We are relational in all our parts

Existing along Continua:
- Facts ↔ Exploration
- Therapeutic ↔ Educational
What is Somatic Education?

- Somatic = The BodyMind Connection
- Soma = The Living Body (Thomas Hanna)
- Somatic Education = Learning to Pay attention to the body in order to inform the mind – learning & deciding through body wisdom
- Somatic Tools = Breath, Movement, Touch, Vocalization (Vibration) and Conscious Dialogue often in a
Somatic Tools: the use of the floor

- All somatic systems use breath;
- All somatic movement systems also use the floor for support (Developmental);
- Beginning at the beginning;
- Decreasing the impact of gravity;
- Going back to our neuro-motor roots; babies are natural movers, movement stimulates the brain.

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The Power of Breath

- Somatic Education uses movement, breath, voice and touch to increase awareness and choice
- Breath is a fundamental movement
- Breath can organize movement coordination
- Breath heals and increases capacity
- Breath has rhythm

Dr. Martha Eddy 2010
Differing Uses of the term Somatic

- Somatic as related to the PNS (peripheral nerves)
- Psycho-somatic as a defining term
- Somatic therapies
- Somatic Education
Begin with Recuperation & Move into Action
NEURO-MOTOR DEVELOPMENT

Developing from Core to Contralateral Coordination *(Relax To Focus)*:

- Breath
- Navel-to-Limbs (Whole Body)
- Head to tip of Spine
- Symmetrical (Upper/Lower)
- Same Side (Homolateral/body halves)
- Opposition (Contralateral)
Motor Development

Neuro Maturational Theory

Mary Fiorentino

Nervous System Matures Naturally
Pre-wired to develop skills within a critical period
All humans have reflexes

Reflexes: Specific stimulus → automatic response

Righting:
Body: aligning head, chest, pelvis
In Space: finding vertical alignment in room, vertical alignment
Stimuli: Eyes + Ears
Equilibrium: Maintaining Balance

Dynamical Systems Theory

Disruption

Attractors

Body

Task
NeuroCellular Development

- Embryo to Toddler
- Repeating Recycling
- Problem Solving
- Playing
- Bonding
- Defending
- Choosing
Somatic Arenas: where somatic awareness moves into action

- Education
  - Cognition and MORE
- Neuro-development
- Physical Health
- Arts
- Emotional Expression
- Communication & Social Change
Somatic Movement Therapy

- Somatic Movement Education & Therapy encompasses all of Somatic Disciplines that use **Movement as a Predominant Tool** in a Somatic Session or Class or Activity.
- Key outcomes: Improved movement performance and expressive capacity.
- **Dynamic Embodiment™** practitioners are trained by Martha Eddy and faculty in Body-Mind Centering, Laban Movement Analysis and Bartenieff Fundamentals. Often skilled to teach BodyMind Dancing and Moving For Life.
- Social Somatics applications of SMT & DE
Diverse Movement Modalities: Somatic Movement Education or Therapy?  **ISMETA**

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<th>Bartenieff Fundamentals</th>
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Somatic Systems and their Global Influences

- East – Bartenieff, Cohen Feldenkrais, Rolf
- African Diaspora - Conrad
- Australia – Alexander
- Inner City – Eddy
This synthesis leads to diverse action

Structural Choices (inside outside of the box)
- Certification, Registration, Licensure
- Third Party Payment
- The Health Freedom Movement
Dynamic Embodiment & Eddy’s model for growth – “OSO”

OBSERVE
- Witness, Acknowledge, Identify using All Senses

SUPPORT
- Self and Others
- Using Touch, Movement Sound & Dialogue

OPTIONS
- Explore new expression;
- Expand self-identity; Play; and Care
- Moving into Somaction – Social Consciousness
Dynamic Embodiment at CKE

DE approach to working with children and adults uses:

Developmental movement and the perceptions (neuromaturational and dynamical systems approaches)

Social Skills through gestural and postural relating, reading body language for empathy, social cooperation, building rapport

Physiological support – movement provides indicators for the health of the organs and other body systems.

CKE Assessment Tools applicable to infant =>
Movement as Action

- Taking action through vocalization or movement is an expression of the internal through our external channels.

Movement can combine with conscious compassionate action & social
Role of Dance

Dance can address any topic
Emerges from the body – wedding cortical and subcortical including the limbic parts of brain
Dance creates a context for social expression and neuro-motor skill building
- rhythm, timing, spatial and relational awareness are fundamental skills needed throughout life
- stimulates neuro-motor pathways
- Evokes social interaction and aesthetic development – develops socio-emotional skill
- Can include caring for other animal vegetable H2O
Socio-Emotional Intelligence (EQ) impacts:

Cognition
Relationships
Responsiveness
Creativity

MOVEMENT & DANCE
CONNECT THESE

Sunday, October 28, 12
The Body in Cognition and

- Early Childhood Education: Kids move
- Developmental Movement Therapy (helps special needs learners)
- Perceptual-Motor Development
  - EyeOpeners as one example - vision
- Perceptual-Taste-Design Body Conscious Design
- Socio-Emotional Factors
  - Responsiveness to Stress and Conflict
  - Resilience Linda Lantieri Inner Resilience

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Do Movement Concepts enhance social consciousness?

- Awareness of the elements of Movement
  - Body (How we organize our body to move)
  - Effort (Qualities or Dynamics show how we feel)
  - Space (Where we go in place or through space)
  - Shape process (How we relate)

- Basic movement practices to enliven the body

- Finding one’s style, appreciating others, shaping new styles together
Consider **Laban Movement Analysis**

A formal framework for viewing the body in action (human movement) that looks at:

- The **Body in Space with Feelings** (dynamics of energy used) and **Adaptations** (how we shape)

Provides an entry point for exploring movement:

- **Creative expression** & arts
- **Nonverbal communication**
- **Integrated** mind-body-psyche
- **Movement skill, choreography** & performance
- **Therapy, Cultural Studies, Education, Health**
- **Somatically** - experiential holistic education

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Somatics for What?

Listen
Be
Try Do
Suffer
Distance
Connect
Snell
Dance

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Effort Life of Movement & Feelings: How Do You Use Your Bodily Energy?

- Tension
  - Feeling control
- Force/Weight
  - What pressure we apply (stance taken)
- Space or Focus
  - Where we pay attention
- Time
  - How urgent?
- Tight
  - Loose
- Strong
  - Light
    - Passive / Limp
- Direct
  - Broad
- Quick
  - Sustained
What About School?

- Students can be involved in expressing their feelings in order to deepen their learning.
- Allow for physical exploration without judgment.
- Set rules of respectful interaction/boundaries.
Center for Kinesthetic Education

49 West 27th St  New York City    www.WellnessCKE.net
Martha Eddy, Director

- Learning through Doing
- Consulting in Schools
- Movement Activities
- Socio-emotional aspects of Body  and Body Language
- Learning Academics through the Body, Movement and Dance
Socially Conscious at School

- Read these body cues
- Training in body language
- Conveying content about culture and action
- Creative interaction
Acknowledging the Body at School

- School can be scary, challenging, relieving, full of unknown & known
- Acknowledge the importance of the body in dealing with fears, hopes, and being stuck
- Failure, loneliness, attack, abuse, bullying, or hopes unmet all have somatic components
- How can we “prove” that the behavior has improved, changed, or is inconsistent? Assessment? Movement is Defined concrete observable: USE LMA
Remember NEURO-MOTOR DEVELOPMENT

Coordination and Relationships:
- Breath - being
- Navel-to-Limbs (Whole Body) whole
- Head to tip of Spine flexible
- Symmetrical (Upper/Lower) attentive
- Same Side (Homolateral/body halves) ready and steady
- Opposition (Contralateral) with choices
What about Health?

- Private lessons
- Group experiences
- Moving for Life
SOMATIC MODALITIES

- Most modalities begin with developing physical awareness by using physical contact.
- The qualities of touch used vary greatly.

- The focus is on the integrated person discovering his or her own truth by accessing bodily wisdom (signals).
- Increased proprioceptive awareness is a key skill taught.
Sample Somatic Therapies Listed with CAMA (under Massage and Somatic Therapies)

<table>
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<tr>
<th>Acupressure</th>
<th>Authentic Movement</th>
<th>Bio-energetics</th>
<th>Craniosacral Therapy</th>
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<td>Hakomi</td>
<td>Lomi Lomi</td>
<td>Reflexology</td>
<td>Shiatsu</td>
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The International Somatic Movement Education and Therapy Association – ISMETA REPRESENTS:

- Movement Therapy
- Somatic Movement Education
- Somatic Movement Therapy
- The Educational Aspects of Somatic Movement Therapy
- The Therapeutic Aspects of Somatic Movement Education
Appreciating Movement –
Why aren’t we all crawling more?
The Key Components of Body-Mind Centering®: Somatic Example

- A Developmental Perspective
- Cellular Embodiment
- Layers of Tissues
  - Musculo-skeletal
  - Neuro-Endocrine
  - Autonomic Awareness (Organs, Glands, Fluids)
- Energetic/Glandular/Chakral Exploration

BMC® is the work of Bonnie Bainbridge Cohen. Martha Eddy is a licensed Teacher of BMC®
Body Organization SHOWS UP IN DIVERSE SOMATIC SYSTEMS

Bartenieff Fundies & Body-Mind Centering

Breath = Breath

- Core-Distal = Navel Radiation
- Head-Tail = Spinal
- Upper-Lower = Homologous
- Right-Left Body Halves = Homolateral
- Diagonal (Cross-lateral) = Contralateral
Two major contributions in Perceptual-Motor Learning:

- Identified sequencing of Yield-Push, Reach-Pull. (BBC is a Laban/Bartenieff trained Certified Movement Analyst - expert in human movement observation)

- Introduction of equal & opposite reflexes for modulation of movement learning and motor control (named many new reflexes)
BMC® concepts: Yield & Push/

- Yielding – Bonding
- Pushing – Differentiation/Autonomy
- Reach – Connecting with the greater world
- Pull – following through AND returning home
- Cycles us back to absorbing the rest/recuperation of Yielding

EACH IS A METAPHOR FOR RELATING
Hybrids? Evolution?

- Many new practices are developing that are cross fertilizations of two or more modalities.
- Many practitioners have studied numerous modalities in somatic field.
- Some practitioners study across fields.
- Eddy’s work Dynamic Embodiment™ (DE) - combines BMC, LMA, BF, healing power of food, herbology, dance.
RUBENFELD SYNERGY an example of Somatic Psychology

- A Hybrid System: Alexander, Feldenkrais & Gestalt
- Dynamic System for the Integration of Body, Mind, Emotions and Spirit
- Clothed; Mostly TableWork; Uses Touch and Dialogue
- Release Stress and Holding Patterns
What about the ARTS

Our bodies make art:
- Singing
- Dancing
- Painting
- Sculpting
- Instrument playing
Global Water Dances

- Movement Choir
- Public Performance Art
- Stressing Societal Need:
  SAFE WATER FOR ALL
Global Water Dances – NYC Hudson River Park
You are invited June 15, 2013

- June 25, 2011
- June 15, 2013

Please Join Us Wherever in the World YOU Are

GlobalWaterDances
Dialogue with Differences: somatic resources

- The need for dialogue
- The difficulty of dialogue
- The need for connection
- Distancing from connection

- Skills for communicating:
- DE-SMT model:
  Waking Up To Self:
  *express
  *ground
  *find integrity
  *communicate

Sunday, October 28, 12
What About Conflict & Violence?

- Conflict
- Conflict
- Conflict
- Argument
- Conflict
- Tricked
- Conflict
- Conflict

- Stabbed in the back
- Abused daily
- Abused sometime
- Psychological
- Physical trauma
- Birth trauma
- Fetal alcohol syndrome
Embodied Conflict Resolution


NYC RCCP

- **C** Cool Down
- **A** Agree to Solve Problem
- **P** Points of View
- **S** Solve the Problem

Non-verbal support:

- Breathe, walk, take space
- Bow, shake hands, hi-5
- Non-verbal Storytelling in ‘slowflo’ bubble
- Explore options/effort regulation (DE-SMTT model)

Dr. Martha Eddy 2010
Eddy’s Research: Embodied Peace-Making

- From Research to Teaching
- Conflict Resolution to Violence Prevention
- From Role Play to Real Life
- Education to Art-Making
- Glocal – Economics of Happiness (ISER)
- Check out Eddy’s synthesis of research at www.EmbodyPeace.org - includes links to organizations world wide using bodily and creative activity to foster peace.
Continuum from Stress to Trauma

- Stress, Conflict, Abuse, Violence, Trauma exist on a continuum
- Trauma Recovery from conception to death (pre-natal stress, birth accidents, familial dysfunction, bullying at school, injustice, marginalization of other, violence, abuse, torture, war, discrimination of elderly, neglect.)
Questions Laban Movement Analysts (and DE-SMTs) can answer

- How and what do you see in her moving body? ? analysis
- What allows you to pick up on non-verbal cues – body language/a framework for viewing
- How are you able to help achieve movement prowess? Do and practice, apply - again & again over time? Rituals based in knowledge
- How do you identify and match the person’s learning style? attunement
- How can we dance across cultures, together? joy

Dr. Martha Eddy 2010
DE- Somatic Movement Therapy as taught at Moving On Center

Dynamic Embodiment-SMT is improvisational. Artists, Activists, Writers, Movers taught to:

Observe Keenly (witness and accept through different sensory strategies including the special lens of the Laban Movement Analysis - LMA)

Provide Support (using movement, touch, sound and dialogue to affirm what is working well drawing upon the developmental work of O.T. Bonnie Bainbridge Cohen and P.T. Irmgard Bartenieff)

Explore Options (using both LMA and BMC as a frame of reference). Dynamic Embodiment
Review: How to meet your

Consider and share your experiences in creating, teaching and observing movement. How is observation important for you? Does it help you embrace socially consciousness?

What movement languages do you draw upon? Consider LMA. Talk and find out.

Broadening how you look at and think about movement can allow for greater perceptual flexibility (tolerance of difference), speed of response, confidence re: what you see/report.

Studying somatic movement can support activism, be it through art, teaching, or new models of healthcare.

Dr. Martha Eddy 2010
With a Socially Conscious Body

YOU CAN:

- Attune with self and others
- Read body language more accurately
- Care about other (whatever other) actively
- Build a framework for exchange
- Keep being aware and Enjoy connection
- Think long-term while being in the present
Websites: Health

- CancerCare and Reentry to Moving
- Naturalhealth.org & NYNaturalHealthProject.org
  - National Legislative Action Group
- http://homepage.eircom.net/~bomi/
- Adeptsys.Com/federation
  - The Federation of Therapeutic Massage, Bodywork, and Somatic Practices
- ISMETA.ORG
  - International Somatic Movement Education and Therapy Association
Somatic Resources

- Somatics Magazine – Journal of the Mind/Body Arts and Sciences
DE-LMA-BMC Resources

- Body-Mind Centering Association
- Center for Kinesthetic Education: Health in Schools, Hospitals and Homes
- Laban/Bartenieff Institute of Movement Studies: limsonline.org
- Moving On Center.org
- School for Body-Mind Centering
References to Eddy’s work

References

- Beardall, N. (   )


