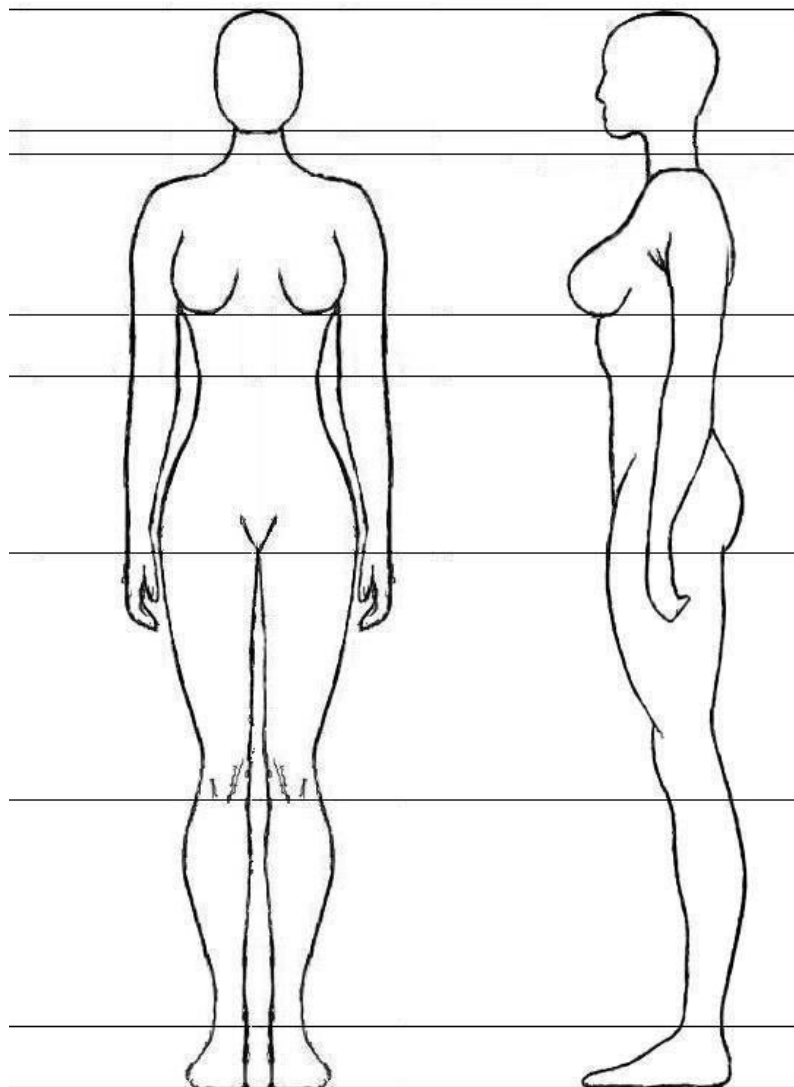


## WHY DO WE NEED TO USE THE BODY IN COUNSELLING?

Let's try some simple exercises so that we can understand the role of the body in general, and then in relation to experiences of trauma:

- Describe what it's like to gently ride a bike. Describe how to start riding and what it feels like. What happens in your body as you describe how to ride a bike?
- Describe what it feels like to get home from a hectic, exhausting day at work to find a hot bath ready for you, waiting with a glass of champagne. Imagine hopping into the bath knowing that you don't have to do any housework, take care of children, or go anywhere. You can just lay back in the hot bath....What happens in your body as you bring this image to mind?
- Imagine curling up in bed or on the couch with your favourite book, magazine, or TV show. Imagine sinking into the warmth and cushions and feeling completely comfortable. What happens in your body as you bring this image to mind?

On the diagram below, locate what you feel, and where you feel it in your body?



## WHY DO WE NEED TO USE THE BODY IN COUNSELLING?

Let's try some simple exercises so that we can understand the role of the body in relation to experiences of trauma:

- Imagine that you are at the top of a steep staircase. Your foot slips on the top step. What do you feel in your body? Where do you feel it?
- You are peacefully at work when your manager asks you to come into their office and close the door. S/he tells you that another colleague has reported you for poor performance and inappropriate behaviour. You don't know what they are referring to. What happens in your body? Where do you feel it?
- You are on your way to the airport for the most expensive and luxurious holiday. There is only one flight per day to the exclusive location. As you near the airport the traffic slows and you realise there has been an accident. The radio news says to expect long delays. What happens in your body? Where do you feel it?

On the diagram below, locate what you feel, and where you feel it in your body?

