

## **WORKSHOP 8**

# **Transforming the Relationship to the Body Through Interoceptive Awareness Training**

105 minutes

*Interoceptive awareness is an important component of emotion regulation and the promotion of behavior change, however, knowledge regarding how to best teach interoceptive awareness is limited. Goals for this workshop are to introduce Mindful Awareness in Body-oriented Therapy (MABT) as an evidenced-based approach for teaching interoceptive awareness using education, mindfulness, and touch. We will: 1) Present evidence specific to interoceptive awareness as it relates to emotion regulation and health; 2) Facilitate MABT-based experiential exercises with related small group discussions; 3) Share researched-based clinical vignettes related to client learning; and 4) Discuss strategies for program development in integrative health care settings.*

1. Presenter Introductions: 3 minutes

2. Workshop Purpose/Goals and Plan Outline: 2 minutes

3. Background on Interoceptive Awareness Research: 25 min

- Present the key components of MABT and its unique role in teaching people how to access and gain capacity for interoceptive awareness, a fundamental skill to support mindfulness and somatic awareness approaches. Include clinical vignette as example to illustrate. (15 min)
- Present MABT research, highlighting improvements in interoceptive awareness and related health outcomes. (10 min)

4. Interoceptive Awareness: Experience and Reflect 25 minutes

- Guide attendees in experiential exercises focused on accessing interoceptive awareness. (15 min)
- Small group sharing and discussion: what was helpful/challenging about this experience and what might be needed to support learning and integrating interoceptive awareness into personal and patient self-care. (10 min)

5. Implementation in Integrative Health Clinic and Community Clinics 10 min

- Present highlights from MABT Implementation Science project in an integrative health clinic and in other community clinics

## 6. Strategies for Program Development 40 min

- Small group discussion focused on how interoceptive awareness might be a) taught or introduced to support clinician and/or patient well-being; b) disseminated/implemented in integrative health care settings; and c) integrated into mindfulness-based programs and somatic awareness trainings. (20 min)
- Large group: small groups share highlights followed by collaborative discussion to outlining next steps to guide clinical training and implementation research and dissemination. (20 min)

## Speakers



**Cynthia Price, PhD**



**Dana Dharmakaya Colgan, PhD**



**Megan Sherman, MA**