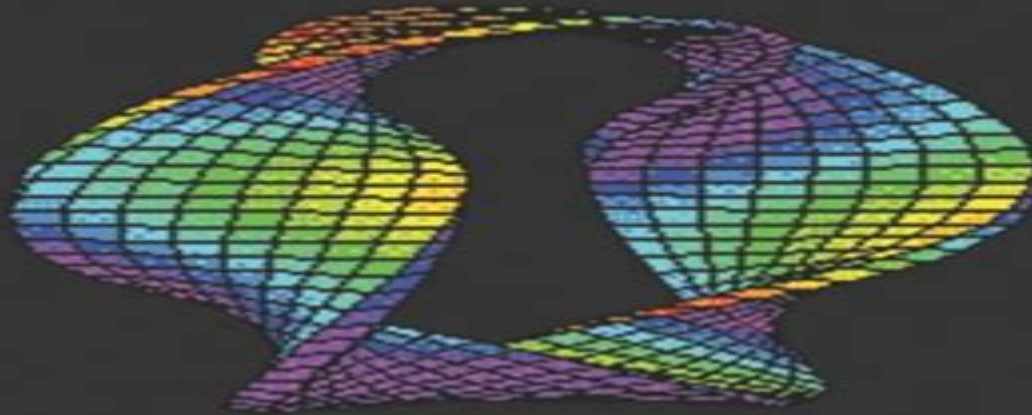


A QUESTION OF BALANCE

A Systemic Approach
to Understanding
and Resolving Trauma



ANNGWYN ST. JUST

A Question Of Balance A Systemic Approach To Understanding And Resolving Trauma

Pavini Moray, PhD



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A Question of Balance Annwyn St. Just, 2009 Introduction and overview to a Systemic perspective for understanding and treating individual and social trauma *Whole Systems Design* Diana Claire Douglas, 2022-03-18 *Whole Systems Design* Inquiries in the Knowing Field is an open invitation and an inspiration for Innovators System Designers Leaders Change Agents and Constellators anyone who wishes to live and work from a whole systems perspective It is for people new to working with complex systems as well as for those who will enjoy engaging with its practitioners its concepts and its emerging history It is a book of stories conversations and interviews about finding ways to serve Life to serve humanity to serve the Whole through a process which has been emerging through the author Constellating for the Collective a process that itself has emerged from Systemic Constellation Work and the Knowing Field *Whole Systems Design* opens with the author's journey letting readers behind the curtain of facilitation She describes the pragmatic steps and tools she has developed with deep dedication over many years She includes a succinct description of the impact of this work on participants and for the Collective Lively conversations with colleagues trace the collaboration and co creation vital in this evolving field Nine interviews with long time facilitators and trainers of Constellation Work who share their insights about Collective Constellation Work provide a rich resource *Integrating Psychodrama and Systemic Constellation Work* Ronald Anderson, Karen Carnabucci, 2011-10-15 Systemic Constellation Work is a rapidly growing experiential healing process that is being embraced by a variety of helping professionals worldwide This book explores the history principles and methodology of this approach and offers a detailed comparison with psychodrama explaining how each method can enhance the other

Understanding the Transgenerational Legacy of Totalitarian Regimes Elena Cherepanov, 2020-11-23 Understanding the Transgenerational Legacy of Totalitarian Regimes examines the ways in which the cultural memory of surviving totalitarianism can continue to shape individual and collective vulnerabilities as well as build strength and resilience in subsequent generations The author uses her personal experience of growing up in the former Soviet Union and professional expertise in global trauma to explore how the psychological legacy of totalitarian regimes influences later generations beliefs behaviors and social and political choices The book offers interdisciplinary perspectives on the complex aftermath of societal victimization in different cultures and discusses survivors experiences Readers will find practical tools that can be used in family therapy cognitive behavioral therapy and peace building to recognize and challenge preconceived assumptions stemming from cultural trauma This book equips trauma minded mental health professionals with an understanding of the transgenerational toxicity of totalitarianism and with strategies for becoming educated consumers of cultural legacy **How to Hold Power** Pavini Moray, PhD, 2023-10-10 Essential skills for today's leaders learn how to embody your ethics earn your team's trust and dismantle toxic work culture Leaders and managers everywhere are learning the importance of creating safe satisfying workplaces rooted in principles of social justice But many of us who try to lead with ethics and integrity

struggle with embracing a position of power and authority You might worry about being bossy unintentionally disrespecting others or making the wrong call and in the process put your mind and body under so much stress that you burn out Somatic educator and coach Pavini Moray argues that the secret to being an ethical inspirational boss is rooted in our own bodies In more than 30 simple exercises reflections and daily practices you ll learn how to Nurture trust with clients and coworkers Ground and re center when you re thrown off by a mistake or problem Soothe the Ouch of negative feedback Break away from grind and hustle culture Turn workplace conflict into a source of positive change and growth Help your employees voice their own needs and feel heard Understand the nuances of consent beyond contract negotiations Gracefully acknowledge mistakes Repair relationships with employees colleagues and clients Drawing from client case studies and their own experience as a manager Moray teaches foundational embodiment practices breath grounding observing centering and moving through concrete examples that show how to use these skills in a variety of common workplace settings By learning to practice embodied leadership presence you can become a boss who truly listens to your employees leads with inspiration and brings your whole self to work every day

Contemporary Spirituality for an Evolving World Nicolya Christi, 2013-09-02 A practical guide to conscious evolution for personal spiritual and global transformation Provides spiritual practices to manifest a meaningful connection between Self and God Source Creator and psychological exercises to heal the shadow self Offers an in depth overview of religion and spirituality both the old paradigm and the evolving new one Includes the first fully written account of the First Nations Peoples oral wisdom teachings on the 7 Dark 7 Light and 7 Rainbow Arrows for evolving consciousness We are living in an unprecedented time of change a new epoch with a new consciousness We have reached Zero Point in our personal and collective consciousness and are now in a phase of accelerated conscious evolution and manifestation of personal and collective vision As the current political economic and social systems begin to collapse people are instinctively and intuitively reevaluating their lives and asking what has real meaning and value and what brings them true peace and happiness Humanity is now poised to establish a unified co creative new world that reflects the evolved consciousness of awakened hearts and minds of collaboration and of peace Presenting a guide for these auspicious times Nicolya Christi offers psychological and spiritual tools to accelerate conscious and global evolution and initiate a New Consciousness for the post December 21st 2012 epoch She gives an in depth overview of religion and spirituality both the old paradigm and the evolving new one and explains how all trauma results from empathic disconnection which hinders our spiritual growth She provides spiritual practices to manifest a meaningful connection between Self and God Source Creator as well as psychological exercises to heal and integrate the shadow self and dissolve psychological wounds She offers the first fully written account of the First Nations Peoples oral wisdom teachings on the 7 Dark 7 Light and 7 Rainbow Arrows for evolving consciousness She also writes in depth about the evolution of relationship and aspiring to a higher love and sexuality Detailing several maps and models for conscious and global evolution this handbook inspires each of us toward a

consciously evolving spirituality and a true and authentic relationship with God Source Creator **Tending the Bones**
Pavini Moray, PhD, 2025-01-28 A 13 month guided pathway for healing transgenerational sexual trauma Body based practices
ancestral connection rituals and reflective empowerment exercises to integrate trauma build resilience center pleasure and
reclaim wholeness Healing from sexual trauma is deep transformative and life changing work And when we begin the journey
to address not just our own traumas but those borne by our ancestors we heal across generations finding wholeness and
reclaiming erotic wellness for ourselves while lovingly tending the harm and trauma carried in our lineages From altars to
reverence practices resilience plans to somatic resourcing Tending the Bones holds you in care and power Pavini Moray PhD
invites you to reconnect to the profound wisdom of your body and your ancestors Part One Build Inner Resources offers skills
practices and resilience tools essential to healing the wounds of transgenerational sexual trauma Part Two Heal Trauma
helps you acknowledge and integrate traumatic experiences and invites you to explore what justice means to you Part Three
Savor shows you how to connect and work with ancestral guides It also explores principles of somatic sexuality for
recovering wholeness and pleasure after sexual trauma Guided by the 13 lunar cycles of the year each module includes a
ritual prayer poem daily practice and worksheet for reflection and healing With chapters like Blessing Moon Ancestor Moon
Sovereign Moon Integration Moon and more Tending the Bones takes a holistic multidisciplinary approach to healing from
sexual trauma and provides a safe container and solid foundation to explore this deep transformational work Engaging warm
and authentic Tending the Bones centers your experiences as a reader and survivor whether you ve experienced sexual
trauma are living the embodied impacts of your ancestors trauma or both *Women Psychotherapists' Reflections on*
Female Friendships Lillian Comas-Diaz, Marcella Bakur Weiner, 2016-04-08 Psychologists as well as the general public have
recognized the importance of female friendships Scientists call this bond the tending instinct a kind of female relaxation
response that has salutary effects Such special attachment shields women from isolation and provides an enhanced sense of
wellbeing Intimate friends can therefore act as sisters of the heart to promote connection solace wholeness and longevity
Moreover women friends frequently provide emotional social physical and spiritual benefits Indeed sisters of the heart
constitute an unparalleled bond that encourages women to connect with themselves with others and with the world at large
In this book twelve women therapists who are diverse in age young middle and older women as well as in ethnicity White
African American Latina Asian American Native American and multiracial women examine the psychological and physical
aspects of this unique female bonding Through their narratives we hear their distinctive voices as women and as healers In
this fashion they reflect on both the functional and dysfunctional dynamics occurring between intimate female friends Finally
these women therapists examine how their experience with a sister of the heart informed their development as healers and
discuss how they use this special bond in psychotherapy with women This book was originally published as a special issue of
Women Therapy This enlightening iconic book is for anyone who wants to understand more about the powerful roles of

friendships including challenges among women that facilitate their ability to survive and thrive It is special in that the chapter authors are psychotherapists who describe the impact of female bonding from scientific as well as personal bases The descriptions are rooted in theory research extensive clinical experience and personal lives Refreshing and much needed this book will prove useful to professionals as well as any women or men who want to understand the value and salience of female relationships Melba Vasquez PhD ABPP Past President American Psychological Association Independent Practice Austin Texas *Tabbner's Nursing Care* Gabby Koutoukidis,Jodie Hughson,2012-10 This text covers a wide range of issues surrounding nursing midwifery and health visiting The topics it covers are the structure and functions of the human body nursing care and nursing needs care of the individual with a body system disorder and special aspects of nursing care This edition written for Australia and NZ students **Trauma Healing in the Yoga Zone** Joann Lutz,2021-07-19 Trauma Healing in the Yoga Zone describes an original model of Nervous System Informed Trauma Sensitive Yoga NITYA a synthesis of classical yoga somatic psychotherapy and neuroscience research It is organized around the eight branches of Raja Yoga and includes scripts for administering NITYA chair yoga postures breathing practices and yoga nidra the yogic sleep These can be used by helping professionals with all levels of familiarity with yoga The book is needed for several reasons for mental health professionals it offers a comprehensive overview of yoga philosophy and practices as well as yoga based options for working with the client s embodied experience a major element in trauma healing For yoga professionals and practitioners it provides insight into the natural integration of yoga with polyvagal theory and other current approaches in the field of somatic psychology Both professions are currently being enriched by data from the field of neuropsychology that describes brain function in real time in various mental and emotional states This data supports yoga s effectiveness in regulating the autonomic nervous system a key to trauma recovery

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