Awakening Bodily-Felt Experiences Through the Lens of Creativity

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Friday, May 15, 2020

Breakfast & Networking: 7:30-8:15am | Presentation: 8:15-11:30am
Matt Ross Community Center: 8101 Marty St. Overland Park, KS 66204

Individually, eating disorders, who have been wounded emotionally, physically and/or spiritually, often detach from their body sensations when they are unable to find a vehicle for expression. Although symptom management and talk therapy are useful strategies for change, these modalities are often not able to access the stories, experiences and emotions embedded deep in the body itself. When somatic, body-focused methods are incorporated into treatment, they allow clients to discover, accept and express feelings and sensations that have become so long buried that they become imprinted in the brain and frozen in the body. Working through the lens of creativity will help clinicians and clients enhance their ability to perceive the world in new ways, find hidden patterns, make connections between seemingly unrelated phenomena, and generate solutions.