



Connections & Reflections

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In the last two decades, we have become much more aware of how intricately interwoven our bodies are with every emotional and mental process. The body is no longer just a house in which we live, but the visible, tangible expression of our ever-changing history, as well as the vehicle by which we may change our relationship to that history. We can also expand our perception of what body may mean if we move beyond our individual form to consider the corporate body, a body of knowledge, or the body of the Earth. From a perspective including our physical form, we may feel grounded and emboldened to step into the manifestation of our ideals. This can be an active stance, filled with the potential for movement and change.

With our focus on the body, we are so fortunate to have advisory board member Pat Ogden, Founder and Director of the Sensorimotor Psychotherapy Institute, and her colleague Janina Fisher lead us into the world of play, where the small smile of a traumatized person is the leading edge of recovery from the frozen wasteland of abuse. Donna Emmanuel, a student of Pat Ogden's who is now bringing the principles of Sensorimotor Psychotherapy into her healing work, shares how being consciously with the bodies of her patients has transformed her practice. Offering another way to bring the body into therapy, Bonnie Badenoch writes about the joys of sandplay. First-time contributor Debra Pearce-McCall illuminates the relevance of Interpersonal Neurobiology for the transformation of the corporate body. Tina Bryson, whose wisdom about parenting and children will be a regular Quarterly feature, offers a column about how parents can balance left and right brain interactions when children are upset. As always, Kirke Olson takes us into the classroom, and Lauren Culp makes us laugh with her cartoons. And advisory board member Diane Ackerman takes us on a journey into the sky.

This theme is of particular importance to us because one of the primary purposes of GAINS is to encourage the conscious embodiment of the principles of Interpersonal Neurobiology in our personal and professional lives, so that we may become stepping stones toward an awake and compassionate world in which kindness is the natural expression of our state of mind.