

# Breath~Body~Mind Practices to Enhance Adler's Holistic Approach to Wellbeing

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# Lecture Outcomes:

Participants will learn:

- The connections between Adler's view of the phenomenological indivisibility of human beings and the neuroscience evidence that supports his deep faith in human nature's power to "overcome"

Participants will experience:

- Some of the "essential skills we need to bring health into our lives" through Breath~Body~Mind connections that move the autonomic nervous system into balance.

# Holistic

- The biopsychosocial model (Engel 1977)
- Mind-brain connections
- The senses
- Feeling empathy
- Non-verbal
- Intuition





# Style of Life



Heredity = A

Social experiences = B

Creative interpretations of  $(A+B) = C$

- C is the element that is complex and least skilled – “The creative force...”
- **A + B + C =**
- **Personality**  
...“doing what arises out of being...”

**Winnicott (1907/1986)**

# Adler's Organ Jargon

“Sometimes the mouth lies or the head does not understand: but the functions of the body always speak the truth” (Adler, 1956, p434)

“We look upon symptoms as creations, as works of art” (Adler 1956, p330)

“The breath is the connecting link between the inner world of the mind and the outer world of the body” (Sri Ravi Shanker 2014)

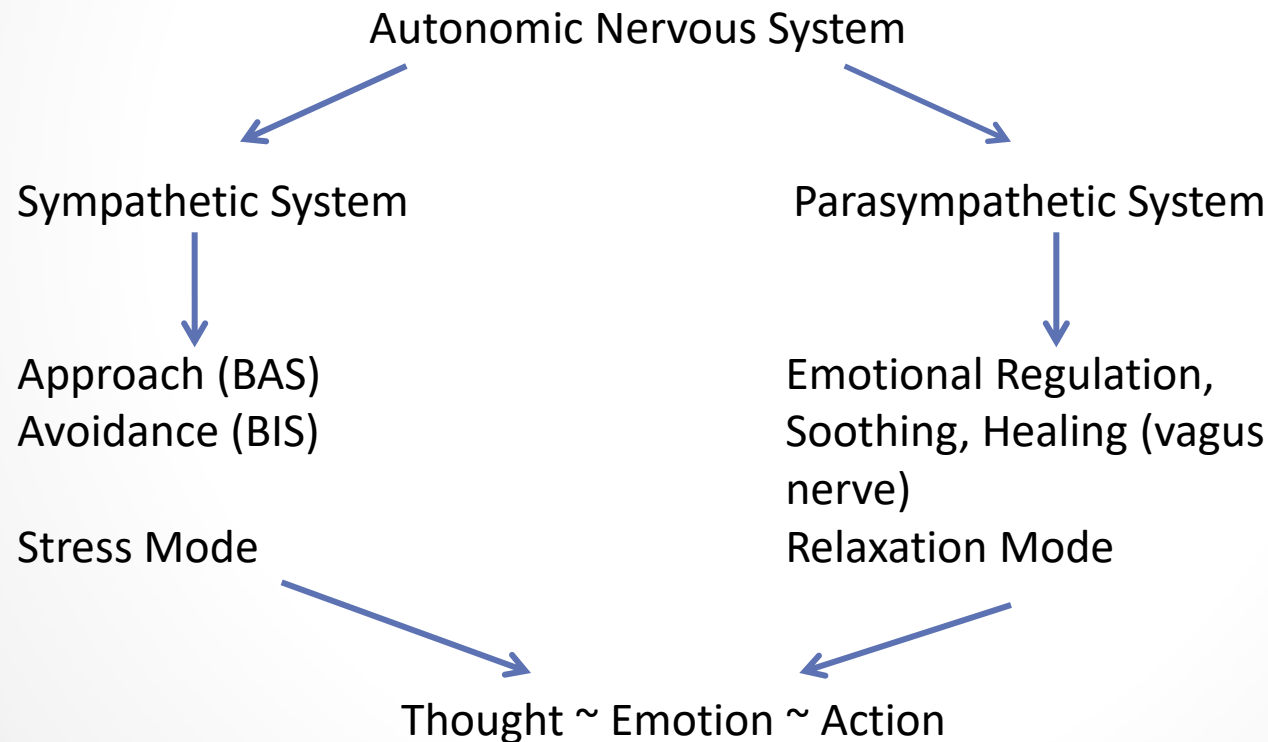
# Symptoms in the Body

- Unconscious selection
- Purpose – safeguarding lifestyle
  - Creating an: "honourable way out."
- Meaning e.g. lower back pain
  - I'm burdened with this load
- Faulty solutions to an insoluble problem

# Overcoming Trauma

- Repair of the disruption of mind-body relationship
- Integration brought through purpose, rhythm and self-attunement
- Overcoming symptoms
- Rewiring the brain
- Reengage self-awareness safely
- Restore a sense of identity, worth and belonging

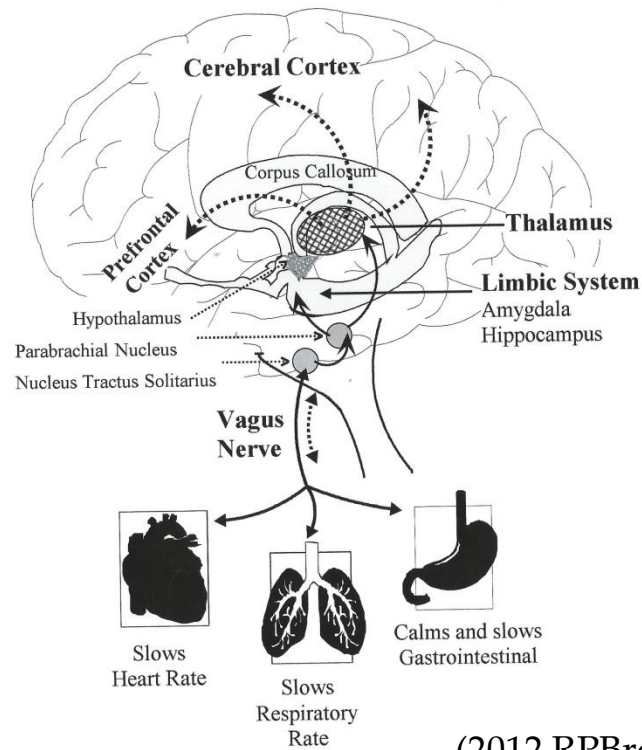
# Autonomic Nervous System





# Vagus Nerve

(Latin: wandering)



(2012 RPBrown & PLGerbarg)

# Vagal Activity

- 20% of vagus regulates heart, lungs,
- digestion, glands, immune function (efferent)
- • 80% of vagus nerve carries messages from
- the body up to the brain (afferent)

# Coherent Breathing

- Breathing gently with comfortable depth at
- 1 breath duration ~ 12 sec with (5 bpm)
  - 6 sec inhalation: 6 sec exhalation
- Results in:
  - Optimal sympatho-vagal balance
  - Cardiopulmonary resonance
  - ↑ coherence of autonomic nervous system and heart electrical activity
  - ↑ coherence & synchrony on EEG

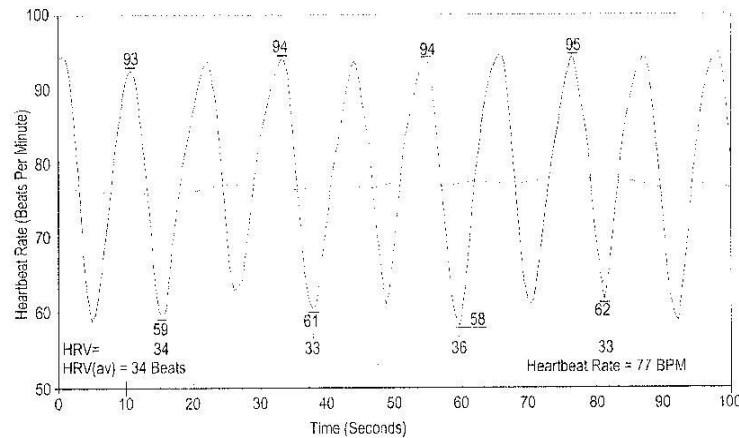
(2012 RPBrown & PLGerbarg)

# Heart Rate Variability

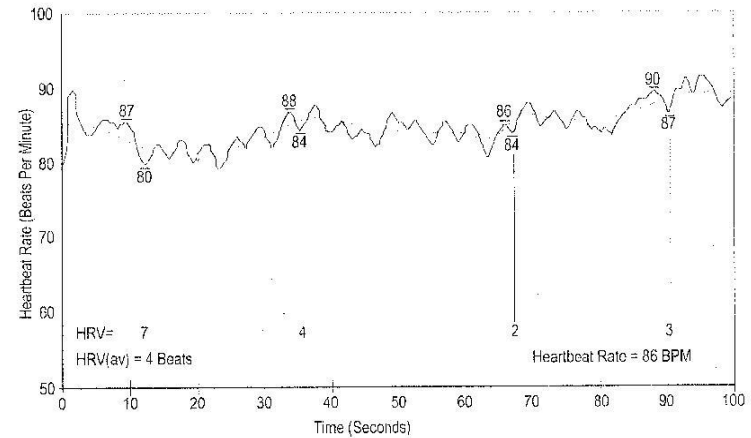
HRV is the rate at which the heartbeat changes.

Healthy HRV correlates with health and well-being.

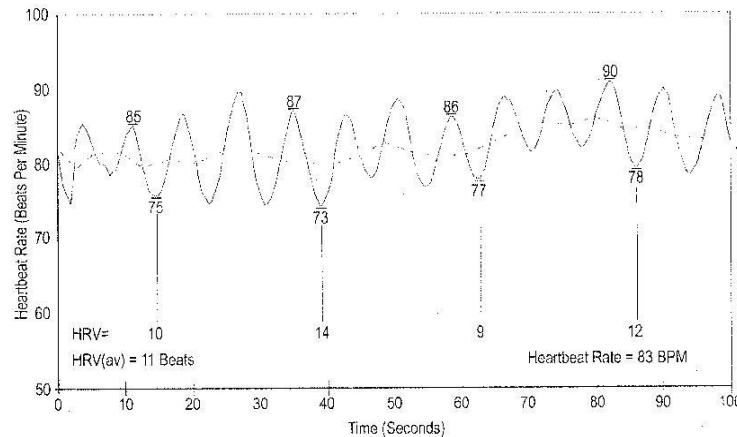
## Heart Rhythm Varies With Breathing Rhythm



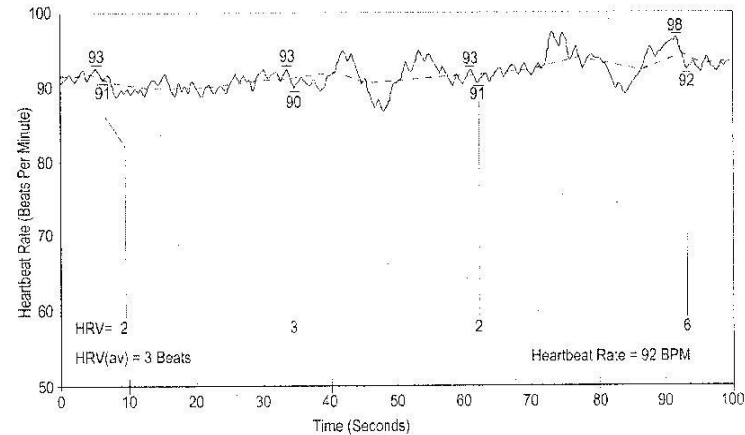
Heart rhythm at 5 breaths per minute



Heart rhythm at 15 breaths per minute



Heart rhythm at 7.5 breaths per minute



Heart rhythm at 30 breaths per minute

(2012 RPBrown & PLGerbarg)

# What's involved?

- Movement
- Breathing
- Visualisation
- Imagination
- Imitation and Sequencing
- Fluency
- Relaxation and Meditation
- Music and sound

# Value for all age groups

- Flexible
- Holistic
- Age adaptable
- Community focus
- Inclusive
- Practical

# Client Benefits

- Clients can:
  - Sustain wellbeing without medication
  - Hold their autonomy
  - Determine how and when to use the techniques
  - Promote their own physical health and mental health
  - Build their physical strength
  - Learn to move more fluently
  - Feel more relaxed and improve sleep patterns



# Benefits to Mental Health

- B~B~M practice:
  - Rebalances the stress response system
  - stimulates new neural pathways
  - Increases feelings of safety
  - Promotes positive vagal activity involve in Social bonding •Empathy & love •Gut feelings & instincts •Perception & observation
  - Promotes variable heart rate

# Therapist/Supervisee Benefits

- Supervisees can:
  - Sustain their wellbeing and self-awareness of body process
  - Improve focus and concentration
  - Link to visualisation and meditation
  - Connects with the present moment
  - Releases blocked emotion
  - Highly relaxing
  - Promotes variable heart rate
- ....when practiced regularly

# Growing body of research:

- Bessel Van Der Kolk: The Body Keeps the Score
- Ned Hartfiel <https://druyoga.com/research/dru-yoga-research-results>
- Richard Brown and Patricia Gerbarg  
Breath~Body~Mind website:  
<http://www.breath-body-mind.com/science-article-abstracts.php>

# Evidence Based Practice

- Resources for Further Learning:
- The Healing Power of the Breath RP Brown & PL Gerbarg (Book + CD, Shambhala, 2012)
- How to Use Herbs, Nutrients and Yoga in Mental Health RP Brown, PL Gerbarg, PR Muskin (WW Norton, 2009)
- Non-Drug Treatments for ADHD RP Brown & PL Gerbarg (WW Norton, 2012)
- David Emerson, Trauma Sensitive Yoga (Norton 2015)
- Mansukh Patel et al. The Dance between Joy and Pain (Dru UK 2014)