MENTAL AND SOMATIC

<u>Understanding inclusive practices</u>







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Identity

- **Executive Director of Yellow Chair Collective**
- Co-author of
- Where I Belong: Healing Trauma and Embracing Asian American

ASIAN WELLNESS & SPIRITUAL PRACTICES

Exploring the Mind-Body Connection

Common religious & spiritual practices, trends, and beliefs may include:

- Praying
- Meditation
- Fasting
- Beliefs: God, Angels or Higher Power, Heaven & Hell
- Reincarnation
- Karma
- Ancestral Spirits, Spiritual Energy
- Astrology
- Yoga
- Yin & Yang

According to Pew Research Center

23%

of the general public expresses belief in yoga as a spiritual practice,

41%

of Asian Americans overall believe in yoga as a spiritual practice.

Asian Wellness & Spiritual Practices: Considerations in Therapy

Pathology

Be careful of labeling spiritual experiences (such as the presence of ancestral spirits) as pathology

Assesment

Ask about traditional beliefs to gather any information on how these beliefs can influence an individual's expression or healing of mental distress and their individual & cultures' understanding of trauma (or mental health in general)

Integration

Openness to discuss the traditional and/or alternative interventions as part of their healing journey

01

Biofeedback and **Relaxation Techniques** Breathing techniques can help manage mental heal symptoms and procesing trauma

The Mind-Body Connection Educate and Explore the link between physical symptoms and mental health.

03

Physical involvement + Food

Yoga, tai chi etc. + including conversations around food as a way to discuss identity

SOMATIC CARE

02

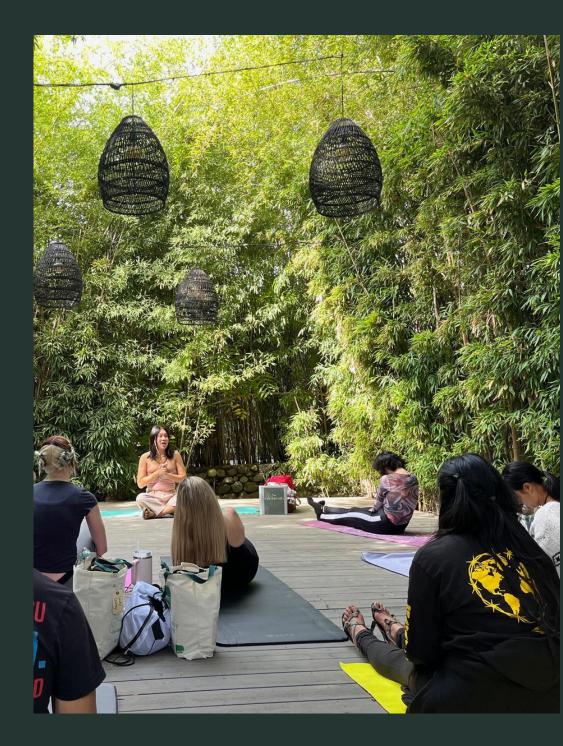
Community

Sharing space, stories ,and rituals are great ways to find sense of understanding and healing

Intergenerational Healing



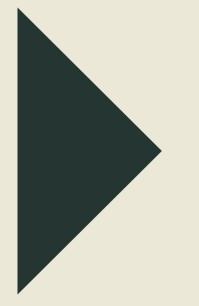
Ecothreapy Nature Walk/ Walk and Talk Therapy



Breath work and Sound bath



Yoga and Taichi



PERSONAL REFLECTION

Discovering Intergerational healing

"DO YOU PLAY MAHJONG?"





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