

MENTAL AND SOMATIC

Understanding inclusive practices





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She/Her

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**Where I Belong: Healing Trauma
and Embracing Asian American
Identity**

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

Assessment

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

SOMATIC CARE

01

The Mind-Body Connection

Educate and Explore the link between physical symptoms and mental health.

02

Biofeedback and Relaxation Techniques

Breathing techniques can help manage mental health symptoms and processing trauma

03

Physical involvement + Food

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

04

Community

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

Intergenerational Healing



Ecotherapy Nature Walk/
Walk and Talk Therapy



Breath work and Sound bath



Yoga and Taichi



PERSONAL REFLECTION

Discovering Intergenerational healing

”

“DO YOU PLAY
MAHJONG?”





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