

Center for Mindful Body Awareness

Dear Friends and Colleagues ~ we have some upcoming spring educational/training events ~ including webinar presentations, and our next Level 1 MABT training retreat at the beautiful Whidbey Institute (see below).

We are delighted to announce the names of the three new non-profit board members who have graciously agreed to join us! The following individuals have complementary expertise to help guide the work of the Center as we grow, and develop new arenas for teaching, clinical care and evaluation, and program development.

- Katy Hansen, PhD ANP, [Medical Director, Osher Center for Integrative Health](#), Vanderbilt University in Nashville, TN
- Selene Kumin Vega, PhD LMFT, Faculty, [Saybrook University](#)
- Chris Rutgers, Founder, [The Trauma Foundation](#)

We are also excited to announce that the Center is launching a new initiative to build community and provide ongoing practice/peer supervision opportunities among those who have engaged in MABT training (at any level). We will be reaching out with an email all who have attended MABT training courses in the past, with more information soon.

Upcoming Training:

MABT Level 1 – Retreat Intensive: Monday, June 12th - Saturday, June 17th



- **Location:** [Whidbey Institute](#), Whidbey Island, WA
- **Cost** = \$2500 all-inclusive price (tuition, meals, double-occupancy room). \$ 150 additional for single room.
- See [this link](#) for details, **CE information**, and registration

MABT Level 2: If you've attended a Level 1 course and have yet to engage in Level 2 (a mentoring/practice class offered remotely) and want to do so, please [email](#) to discuss. This is a prerequisite for certification.

MABT Internship/Certification: MABT Certification should be completed within two years of the MABT Level 1 course. Please see [advanced training information](#) for details and expectations. The internship involves delivery of the MABT approach to two clients and weekly online supervision with a Center Instructor. Please [email](#) to finalize arrangements and registration.



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MABT Educational Events:

Upcoming Webinars:

- Cynthia will present *Mindful Awareness in Body-oriented Therapy (MABT): Research on Interoceptive Awareness Training and Considerations for Clinical Care* through the [Free Webinars | Bakken Center for Spirituality & Healing \(umn.edu\)](#), sponsored by the University of Minnesota School of Nursing.
 - 12-1pm Central time on Wednesday April 12th
 - [Registration link](#)
- Cynthia will present *How Clinics Can Successfully Integrate New Somatic Therapy Services: Findings from a Study of Mindful Awareness in Body-oriented Therapy (MABT)* through the [United States Association of Body Psychotherapy](#).
 - 10 am – 12pm Pacific time on Thursday April 27th
 - [Registration link](#)

MABT Research Update:

The NIH-funded research study of MABT for people on medication for Opioid Use Disorder reached a major milestone recently, completing enrollment after 3.5 years of recruitment across four clinics in Western Washington. We are now moving into the final phase of data collection and starting data analysis. We have included below a clinical vignette as an example of the MABT experience by study participants, written by Brianna Noach, one of the research interventionists on our team:

The participant, pseudonym Mary, is a single parent, with 5 children ranging in age between 2 years and 16 years old. She works full-time. I was really impressed with Mary's dedication to coming for MABT sessions, which involved over 20 miles of driving each direction and fitting them in before she started her work day.

Mary had a history of sexual and physical abuse as a child, and domestic violence **with her two prior partners**. **Now single** for 5 years, **she** expressed difficulty trusting attention **from a man who might be** attracted to her, so has avoided dating. Her grandmother raised her after being bounced around between homes in her earliest childhood years. As a child, she was diagnosed with depression and ADHD. She started using drugs at age 12, including meth, heroin, **xanax**, and **moly**. She had **been** abstinent from drugs and alcohol for 5 years.



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Mary stated in her first session that she didn't feel in tune with her body and would push through any uncomfortable emotions. She said her primary area of distress **was** due to anxiety, which she said could cause her to get upset and yell at others which she didn't want to do. She also reported chronic low back pain, exacerbated by her work which involved **repetitive movements**.

Mary was surprised at the high level of tension in her back. She said her back **pain** improved with MABT sessions, but would return after a few days of work. **Her primary benefit from MABT** was a reduction in anxiety. Initially she didn't know where in her body she experienced the feelings of anxiety, but by session 3 she discovered that it **was** primarily in her chest. She started recognizing the tightness she was feeling in her chest and how this impacted her breathing.

The MABT breathing exercises piqued her interest. She started using breathing self-awareness practices as her home practice. She found that putting her hand on her chest when she first felt anxiety and breathing deeply and consciously, helped her manage parenting and other family-related stressors. She also started placing a hand on her chest to help her get to sleep at night.

Mary was really consistent about engaging in home practices and did so from 20-50 minutes, once or twice a day. At the last session, she said that she felt MABT had helped her learn to relax her body, **and** that she **was** learning how to more easily **attend to her body** to avoid going from feelings of anxiety to having reactive anger **so that she can** interrupt this habit. She also reported that the breathing practices continued to help her with getting to sleep. On the post-intervention survey, Mary wrote about her experience: *"I was able to learn how to process emotions and how they affect my body. It was nice to learn ways to find comfort within myself instead of searching for it in others. I have learned to read my body and understand where the stress, pain and anxiety may be coming from. I am so grateful for the opportunity to learn how to read my own body."*