

Stress Management Summit

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Veil play©- A sensory motor arousal regulation strategy

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Veil Play© is a novel movement meditation technique developed to increase arousal regulation in survivors of traumatic stress. The technique is based on brain studies that show strong relationships between creativity, improvisation, meditation, music, movement and increased neurogenesis, neural connectivity as well as the inhibition of fear conditioning. The technique facilitates integrated trauma processing through co-and self-regulation using a large piece of silk cloth and music. Practitioners learn to mindfully attend to their internal and external experience, process trauma narrative, work through somatic memories that are engrained in the body, and to develop attunement with others through playful interactions. The practitioners tend to enjoy and repeat the highly portable Veil Play© experiences multiple times throughout the day because it looks and feels like dancing. The Veil Play© parties provide social support and connection with a community of lovers of music and dance. The presentation will provide scientific findings that support the rationale for the technique and practice guidelines for implementation of Veil Play© with traumatized clients.

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Stress to suicide to salvation

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I didn't believe in stress. It was for the weak and the weird. That was until, I found myself ground down by ever increasing pressures, many of which were self-imposed, I saw the real side of stress and what it can do. As a result, I became ill. Two cases of viral meningitis followed by a 5 year nightmare that my doctor's diagnosed as Chronic Fatigue Syndrome. Bed-ridden and virtually lifeless, I spent my first year sleeping 20 hours a day. The following 4 years proved little better. Gaining some mobility I managed to move round my house with the assistance of walking aids and my family. I slipped into depression, endured anxiety and my self-esteem plummeted. Migraines were an additional bonus.

In January 2006 I broke. I left my home, my mind made up to commit suicide.

But something happened on that journey. Something that turned my life around and led me to make some remarkable changes which had an almost immediate impact upon my health and well-being. Since that time, I determined to dedicate the rest of my life to share and learn the techniques and strategies that can be used to move people from their lowest of lows. How is it that when people learn the right tools their recovery, mental state and thought processes can create massive change? I have faced many challenges because of stress from physical and mental disabilities I share these experiences with my clients to assist them in improving their stress management

I call this concept Stress IQ and have found that there are 4 phases to facilitate that change:

Awareness, Honesty, Reliance and Action.

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