



**Dr. Catherine Cook-Cottone**

**Embodiment as a Human Right and Reclaiming Embodiment Through Mindful Self Care**



Dr. Cook-Cottone is a psychologist, yoga teacher, professor, creator of the Mindful Counselling Advanced Certificate Programme, co-founder and president of the Yogis In Service, her research specialises in embodied self regulation and psychosocial disorders. She has written 8 books.

**TOP EMBODIMENT TIP:** To schedule pleasant events that include your body - don't wait until you feel like it, honour it so much that you schedule it into your day.

**Embodiment as a Basic Human Right: It must be defended within systems and within our own bodies.**

- Embodiment is a way of being, linking the internal emotional, cognitive, psychological and external worlds of family, friends, community and culture.
- In the Declaration of Human Rights in 1948 , Article 30 - No one can take away your human rights.
- She believes that to fight for embodiment for others, you have to connect with your own body first to be able to help anybody else.

**Burnout and Vicarious or Secondary Trauma - Research linked to the National Humanitarian Staff**

- Burnout links to emotional depletion and physical and emotional exhaustion and we lose our connection to our feelings and our body. Emotional exhaustion, depersonalisation and personal accomplishment (believing you are ineffective) are features of burnout. For those whose work is involved with caring for and being responsible for others, including the traumatised; they are also often the most committed and most vulnerable to burnout.

**Practices for Positive Embodiment: To avoid burnout a daily practice is needed to be positively connected.**

- Have a mindful self care process including mindfulness, journaling, grounding, yoga and using other strategies such as Riding the Waves of Emotions, The Worry Tree - see resources at <http://www.simplehabit.com/catherine-cookcottone>
- Cook-Cottone also uses a Mindful Self Care Scale - <http://ed.buffalo.edu/mindful-assessment/scale.html>
- Cook-Cottone believes that we have to have unconditional compassion for our past so that we can experience unconditional compassion for others.
- Another key aspect of the positive practices is to 'Know your Why' - to have a mission or purpose that keeps you grounded and helps you to remain embodied.

**Resources:**

- ❖ **Courses:** Mindful Counselling Advanced Certificate Programme
- ❖ **Website:** [www.simplehabit.com/catherine-cookcottone](http://www.simplehabit.com/catherine-cookcottone)
- ❖ For the mindful self care scale: <http://ed.buffalo.edu/mindful-assessment/scale.html>
- ❖ **References:** Gabor Mate 'The Hungry Ghost', Dr. Kristin Neff, Mary Oliver



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