Alex Iantoffi & Dr. Meg-John Barker: Embodying a Non-Binary Approach to Care: A Trauma Informed Perspective

Alex Iantoffi is a trauma therapist, speaker, podcaster and author. Dr Meg-John Barker is a podcaster and author of graphic guides and self-help books. Discover how our vision of self-care is affected by today’s society and how can we change the perspective on self-care.

**TOP EMBODIMENT TIP:** There is always time to breathe; slow down and remember connection.

**Self-Care:** Why is it so important to talk about self-care right now?
- There is so much uncertainty and pain in the world right now, it is vital to practice kindness and honesty.
- Trauma makes us self-centered and can make it really hard to be kind to yourself and others.
- What do we mean by embodied self-care? If we see the body as inferior to the mind, we are going to use the body instead of being appreciative of it.
- The system of capitalism doesn’t allow enough time and resources to care for ourselves and makes us feel guilty about it.

**The Systems and Structures That Surround Us:** How does gender, relationship, and sexuality affect our self-care?
- Understanding that there is nothing wrong with us but that the system of self-objectifying is making it harder to treat ourselves correctly.
- How can we relate differently - in a kind and honest way instead of using shame?
- Self-consent is learning how to tune into your feelings instead of overriding them. Self-consent is feeling free enough and safe enough to be able to have an encounter.

**Trauma:** How trauma can present itself?
- Trauma is passed on in the family, and it doesn’t have to be apparent. It can be not getting what we need as babies.
- Feelings and emotions are not regulated and become so overwhelming that we cannot bear them anymore.
- Learn how to reclaim and hold your feelings and hold the parts that are hurting without getting overwhelmed.

**Resources:**
- **Books:** Life isn’t Binary; How to Understand Your Gender; Enjoy Sex; Rewriting the Rules; Gender: A Graphic Guide; Queer: A Graphic History; Gender Trauma
- **Websites:** rewriting-the-rules.com/ alexiantaffi.com/
- **References:** janinafisher.com/

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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

UZAZU Embodied Intelligence gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you a comprehensive, highly adaptable, embodiment-based methodology for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. Visit Uzazu.org for details!