



Raja Sevlam: Integral Somatic Psychology



Dr. Raja Sevlam is both a licenced clinical psychologist and a senior trainer in Dr Peter Levine's Somatic Experiencing (SE) professional trauma training program. In this session, find out how to improve outcomes in your life and therapies by increasing the capacity for all your emotional experiences through the work of emotional embodiment.

TOP EMBODIMENT TIP: Develop the capacity for emotion. Feel it in the body and expand the energy in the body so it is no longer isolated in one place.

What is Emotional Embodiment?

- Embodiment can be defined in relation to the physical body and also in relation to the awareness of self. Emotional embodiment is central to defining both these and all other dimensions/areas of embodiment.
- **Emotional embodiment means having the capacity to tolerate emotion stored in the body.**

The Relationship Between Emotion, Cognition and Behavior

- The latest research in the field of neuroscience shows that emotion, cognition and behavior are all interrelated and cannot be separated.
- All three are embedded in the brain, the body and the environment.
- If you develop the capacity for emotion, you become more rational. **In contrast to conventional wisdom, the latest research shows that emotion and rationality are highly linked.**
- Often when suffering a negative emotion, we shut down both our body and brain to not feel. When we do this, we also shut ourselves off from the environment.

4 Steps of Emotional Embodiment

- 1) The situation
- 2) The emotion
- 3) The expansion and regulation of the body and energy to increase the capacity of emotion
- 4) Integration

Resources

- ❖ **Website:** www.integralsomaticpsychology.com
- ❖ **Social:** Talks available via YouTube (Search Raja Sevlam)



All Coaching & Therapy Presentations are Proudly Sponsored by

Dylan Newcomb, [UZAZU Embodied Intelligence](https://uzazu.org)



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](https://uzazu.org) for details!

UZAZU
Embodied Intelligence

Interested in securing [LIFETIME ACCESS](https://uzazu.org) to the Embodiment Conference?



Recordings

Lifetime access to sessions to watch as you please. Video and audio-only options.



Cheat notes

Notes on each session to highlight key takeaways and fast-track your learning.



Bookmarks

Bookmark your favourite tools to jump back whenever you need them.



Learning lists

Bite-size lists to help structure and guide your learning.



Recommendations

Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](https://uzazu.org)