



Donna Martin: Psoma Therapy: Resolution of Habitual Patterns Through Connection to Embodied Inner Wisdom. Self Awareness Through a Practice of Embodied Mindfulness



Donna Martin is a body mind therapist, international trainer, coach and Hakomi legacy holder. Psoma Therapy is a method for therapists and individuals to enhance self-awareness of habitual embodiments of emotional states. Stay curious as Donna leads you through experiments in embodied mindfulness leading to enhanced self-awareness, choice, and freedom.

TOP EMBODIMENT TIP: Stay curious. Stay curious and trust that becoming aware is the path to unfolding wholeness.

Psoma: Psoma - Mind Spirit Body

- Psoma Therapy helps shift the state of the mind-spirit-body towards its inherent wholeness. Healing is wholeness happening.
- Psoma Therapy is deeply informed by Hakomi (mindfulness-assisted self discovery), Yoga and Feldenkrais.

Hakomi: Mindfulness-Assisted Self-Discovery (Developed by the Late Ron Kurtz)

- Key methods in Hakomi are maintaining focus on the present experience, offering simple experiments while in a state of mindfulness, an attitude of curiosity and non-judgement, and Loving Presence.
- Every emotional state has a habitual embodiment that we can study and experiment with. New choices eventually arise as we become aware of how we embody our automatic reactions. New choices lead to openness and freedom.

Embodying Loving Presence: Intentionally Seek Inspiration and Nourishment

- Loving Presence is an important part of being a therapist in Psoma Therapy or Hakomi. It is a state where the therapist intentionally seeks to be inspired and nourished by the other.
- Be receptive and honour the wholeness in the client. Consider it a gift to be a companion on someone's healing journey.

Working with Trauma: Stay in the Present and Stay Connected

- Attention is kept on present experience within the window of tolerance, so people do not relive the trauma or the story.
- Go very slowly, lightly touch the experience and invite the person to stay connected with the therapist.

Resources:

- ❖ **Books:** *Psoma Yoga Therapy: Tapping into Your Embodied Wisdom* - Donna Martin (late 2020)
- ❖ **References:** The Practice of Loving Presence - Ron Kurtz and Donna Martin.
- ❖ **Website:** [Donna Martin](#).



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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.

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