



Andrey Pentin: ResponsAbilities - a playful approach to a serious topic!



Andrey Pentin is a Psychologist and the founder of Embium, an agency dedicated to developing a youth embodied intelligence model for coping and resilience. Discover and explore embodiment tools to support kids and teens in their educational environment.

TOP EMBODIMENT TIP: Hug yourself and remember we are all still kids

Embodiment Skills: **New Skills**

Practice trained and developed skills as an embodiment trainer for juvenile and elite schools.

Because schools suppress activity to fit standards, there is no freedom for students to explore their own embodiment.

Responsibilities vs. ResponseAbilities: **Not just one response, many responseAbilities**

Students learn to take local knowledge and experience, and integrate embodiment.

Direct embodiment towards the challenging context.

Soundtrack of your life: **Create the music of your life**

Recognize and explore being more response-Able.

Use samples which you can integrate into the soundtrack or music of your own life.

Create your own music and dance of life by widening your range.

Your Situation: **Explore Stimulus**

Pick a situation that needs your response or input. How does it make you feel?

How does it make you feel if someone invites you to give your response? What are your triggers?

Centering: **Micro-tensions**

What values are you able to embody if you respond to a situation?

Learn how to center, to adapt and integrate the best way.

Explore and play with values. Which one(s) are important, what calls you?

Values: **Elements**

Discover the values of elements

Earth (ground)

Water (flow)

Fire (passion)

Air (uplift)



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Steven Hoskinson is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

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PTSD: Post-Trauma System Development emphasizes skills and theory relevant to personal resilience, as well as for professional therapeutic understanding and intervention. This course also includes demonstration sessions, debriefed by Steve Hoskinson, and monthly online group meetings with Steve through 2021.

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