Christa Cocciole: Radical Presence: Embodied Social Transformation

Integrative Movement Therapist, Body Oriented Systems Therapist and teacher and founder of Radical Presence: Moving with playful compassion. She has done groundbreaking work in combining Dance and Psychology in community work and trauma healing. Learn from her story: how she has been bridging communities together in various environments- even war-going Bosnia, and explore her methods yourself.

TOP EMBODIMENT TIP: Give yourself the permission to exhale
in order to make more space for presence and your next breath.

Context
- Now it's really the time to clean up, show up, be present. To get to your own root, to be present with the world. Challenging times need new practises when the old ones have no effect.
- **"When I move, I'm moving something in my psyche, and when my psyche is stuck, I can't move."**
- Talking about **elders**, how to find support with other people.

Trauma Work with people who were traumatized and in war-going Bosnia
- She used movement and dance for psychological patients.
- She was called to found communities and socially active networks for peace and social change.
- In Bosnia, she brought together people dancing from different ethnic groups, even when the war was on, there was social **transformation** that happened in those dances.

Realizing the volunteers got burned out
- She realized volunteers give so much they get shattered and burned out and she wanted to create **sustainable activism**. "How can I be in this connected with all the pain I am seeing, and then I'm willing to work in order to heal. How can I do that without deleting my energy?"

Radical Presence
- Being present with my anger, with my fear, with all that I'm bringing to the table, and to be present in order to connect with others and bundle our energy and see the goodness and thrive, the way all human beings on this planet are programmed to thrive. That's our true nature, to thrive and to connect and to blossom and to shine, to lift each other up and support each other and also co-regulate.

Resources
- ❖ **Courses:** https://www.artofhosting.org/
- ❖ **References:** Anna Halprin, Gabrielle Roth, Bessel van der Kolk, Prentis Hemphill, Tolstoi

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