



Ozlem Lale Kaleli: Embodied Coaching for Chronic Pain and Symptoms Through The Bodymind Approach™



Ozlem Lale Kaleli is a professional coach certified in Embodied Facilitation. Find out how an embodied learning approach can be applied in a coaching context focusing on chronic pain.

TOP EMBODIMENT TIP: Asking ourselves, where am I moving from right now?

Coaching: The Bodymind Approach™

- Look at the symptom: body scan, breath, posture, relaxation, grounding, moving body parts, whole body experience, playfulness and bonding.
- See the symptom: centering, symptom as a stress response, somatic markers, early signs and felt sense of control.
- Dialogue with the symptom: Authentic Movement, purpose of the symptom, focused AM, active imagination, witnessing received and symptom/self perception.
- Integration: skill building, focused, centering, posture, shifting and EYP.

Centering: Alignment

- Centering helps people feel a sense of agency.
- Stage I: Centering to cultivate self-soothing capacity, the empowered body and the felt sense.
- Stage II: Positioning symptom as a primitive stress response (F/F/F) to perceived threat.

Authentic Movement: Interactive Creation

- It is possible to hide even when wanting to be seen, and to be seen even when hiding.
- Find new ways of seeing, sensing and relating to own experiences through the experience of the witness.
- Stick with what is available to the conscious mind of the mover, provide a safe space, and trust the embodied process.

Resources

- ◆ **Website:** ozlemlalekaleli.com



Ozlem Lale Kaleli





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Dylan Newcomb, [UZAZU Embodied Intelligence](#)



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
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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!