



Annette Dubreuil: Savouring Positive Memories to Savour Self Care.



Annette is an environmentalist and a focusing teacher who helps leaders in organisations tap into their right brain for creativity, innovation and transformation. Explore the use of focusing, with the 8C's, and with a positive memory to self-resource an issue that is stuck in your life. Also explore new perspectives and ideas to help you to deal with the issue.

TOP EMBODIMENT TIP: Use focusing practice often; pause and bring the right-brain body perspective to your left brain.

Focusing & Deep Self Listening: Dive deeper than the physical sensations to go to the felt sense (Gendlin, 1950-60s)

- The *felt sense* has meaning, is more like a cloud - it comes & goes freely, combining and growing with attention.
- *Focusing practice* is a conversation between the mind and the body, between the left brain and the right brain.

Felt Sense: Polyvagal model of treating addiction (Winhall, 2019)

- The *6F's* client version: *Fixate, Freeze/Fawn, Fight-Flight, Fun, Flow, Flock, and Felt Shift*.
- *Felt Shift* is integrated with memories, feelings, thoughts and physical sensations.
- In addiction, we can swing between *Freeze/Fawn* and *Fight-Flight*, as well as process skipping and disengage.
- *Flock* is social engagement - ventral vagal (area of self leadership & connection). *Fun* is safe mobilization. *Flow* is an intertwined state of dorsal and ventral for safe mobilization.

8C's of Self Leadership: Calm, connectedness, curiosity, clarity, compassion, confidence, courage and creativity.

- Richard Schwarz developed the 8C's. We all carry our emotions differently; each C has its own signature sense.
- Explore memories in a way that is connected to each of the 8C's, experimenting with each C.
- Pick one C of self leadership to tease out more fully by bringing it's related memory to life in the body. Re-experience it vividly and rename it with a C to rewire brain change with deep listening.
- Experience a positive memory for 20-30 seconds to rewire the brain, for neuroplasticity.
- Safety may be experienced as safe mobilization or safe immobilization.

Bringing Positive Memory to a Stuck Issue with 8C's: Focusing practice to help us move forward on a stuck issue

- Bring the stuck issue to dialogue with any of the resonating C's and with our active self leadership.
- We bring a new perspective that results with change as our left and right brain is integrated with the issue.

Resources:

- ❖ **Courses:** embodiedfacilitator.com/alexandra-vilvovskaya/
- ❖ **Website:** <https://pupa.ca/> Changes -a monthly group for focusing practice.
- ❖ **Social:** twitter.com/annettedubreuil; facebook.com/embodiedcreativity/; instagram.com/embodied.creativity/; youtube.com/channel/UC5ok0sEIRAPCs9XZqrF5lGg
- ❖ **References:** Eugene Gendlin; Richard Schwartz & Flint Sparks; Jan Winhall; focusing.org (children & focusing)



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