



Alastair Prentice: The “Embodied Use of Self” in Creative Therapy and Coaching: Playing at the “Edge of Awareness.”



Alastair Prentice is a Licensed Trainer of NLP, Hypnotherapist as well as an Associate Trainer and Japan Representative for the International Association for Generative Change. He also trains and teaches generative psychotherapy and coaching to groups and organizations worldwide. Find out about the embodied use of self, how it can be useful, and how it can impact your effectiveness and outcomes.

**TOP EMBODIMENT TIP:** When we bring together the relational resonance of the systematic mind, the positive human sponsorship of the cognitive mind, and the wide open sparkling presence of the field mind, life is beautiful and magic happens.

Embodied Relating:

- Change work, coaching and embodied relating are like **a thread that should be neither too tight nor too loose**.
- Being too tight might lead to a flight/flight/freeze/fold response or CRASH state (contracted, reacted, analysis-paralysis, separated, hurt).
- Being too loose might lead to dissociation, anxiety, dropping out of the center or losing balance.
- Find this ‘thread’ through centering, opening, connecting and feeling both in yourself and with your colleagues or clients, and **it will lead you to amazing experiences and places**.

Embodied Use of Self:

- **COACH state (centred, open, attending, connected, holding) is useful at the beginning of any session**, as a standalone piece or as a kind of self regulation.
- It’s a state where you’re able to really attune to yourself and notice what’s showing up in your mind-body system.
- Often any turbulence or problem that you might be perceiving from your client is actually being activated or happening in you.

Relational Focusing:

- **Better results are achieved when there is more contact, connection, resonance and relating**.
- Four attunements: 1) to the center; 2) to the field; 3) to your partner center; 4) to the resonant connection (weaving the thread).
- The four attunements can be used with clients as well as for self regulation.

Resources

- ❖ **Social:** Facebook: [Alastair.NLP](https://www.facebook.com/Alastair.NLP)
- ❖ **Email:** [ally@alastairprentice.com](mailto:ally@alastairprentice.com)
- ❖ **References:** Humanistic Psychology (Carl Rogers, Eugene Gendlin, Virginia Satir)



## Alastair Prentice





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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!**