



Welcome!

The webinar will begin shortly...

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Mindfulness Therapy in a Tech-Based World

Essential Coping Tools for Connecting
with Self, Relationships and Purpose

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Mindfulness and Movement in a Tech-Based World

There is one thing that, when cultivated and regularly practiced, leads to deep spiritual intention, to peace, to mindfulness and clear comprehension, to vision and knowledge, to a happy life here and now, and to the culmination of wisdom and awakening. And what is that one thing? It is mindfulness centered on the body.

The Buddha, from the Satipatthana Sutta

What is Humanity?

- compassionate, sympathetic, or generous behavior or disposition : the quality or state of being humane Merriam-Webster Dictionary

Reflection: Reflect on recent feelings of compassion, sympathy and occurrences of generous behavior.

▶ Taking Time to Reflect creates new neural pathways, evokes positive feelings, builds resilience, and enhances qualities of humanity.

Body Warm-Up & What is Humanity?

- compassionate, sympathetic, or generous behavior or disposition : the quality or state of being humane Merriam-Webster Dictionary

In Chat: Write down a word describing your body experience.
How does this connect you to humanity?

What is Human Intelligence?

- the ability to learn or understand or to deal with new or trying situations: Reason: the skilled use of reason
- the ability to apply knowledge to manipulate one's environment or to think abstractly as measured by objective criteria (such as tests)--
Merriam-Webster

Emotional Intelligence

Emotional intelligence is the ability of humans to recognize their own emotions, and to use their mirror neurons to perceive and relate to the emotions of others in an effective and beneficial way.

What is Artificial Intelligence?

- ▶ Artificial intelligence, in its broadest sense, is a **simulation** of human intelligence and human language by computer programs that use large amounts of **data** (large language models) to find patterns in order to **recreate syntax** for language usage.
- ▶ It is a **field of research** in computer science that develops and studies methods and **software that is designed to predict behavior through pattern recognition**, and to take action that maximizes the program's defined goals.

Balance Between AI and HI

Effects and Trends of AI	Maintaining Balance with HI
Distractibility, Multi-tasking, Surface and Quick Thinking	Mindfulness, Concentration, Inner Reflection and Values
Entitlement, narcissism, Indirect digital relationships	Emotional Awareness, Empathy, Gratitude, Direct Communication
Predictability, Passivity, Auto-Pilot	Creativity and Curiosity Self-Directed and Self-Control
Impatience, Quest for Instant Knowledge, Speed, Efficiency Getting Answers and Being Right	Acceptance, Moment-by-Moment Awareness, Adaptability Listening and Being Understood

“We need to supercharge our curiosity, adaptability and emotional intelligence while upholding the virtues of empathy, humility and self-control.”

--I, Human by Tomas Chamorr-Premuzic



Balance Between AI and HI



Challenge	Mindfulness and Movement Practice
Distractibility, Multi-Tasking, Loss of Core Self	Breath; Inner Compass Meditation and Self-Affirmation
Indirect Digital Relationships, Narcissism	G.L.A.D. Daily Snapshot; Embryo and Starfish Shape~Flow Practice
Predictability, Passivity, Auto-Pilot	Create a Story, Find Your Joyful Future Self
Impatience, Instant knowledge; Speed, Efficiency, Being Right	Head-Heart-Hara Meditation, Palm the Present Moment

Sati: self-remembrance, self-recollection

Breath Awareness

- **Rewiring the Stress Response with Breath**
 - Turn down stress volume and reduce stress hormones
 - Increase in oxygen in pre-frontal cortex (mindful focus, executive processing)
 - Lower B.P., respiration
 - Increase alpha waves
 - Increase serotonin

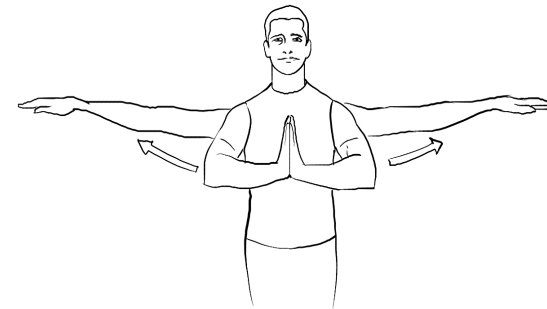
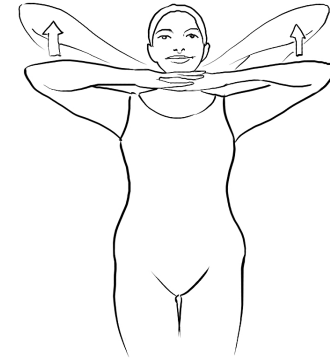
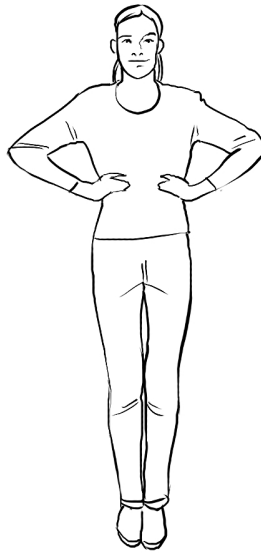
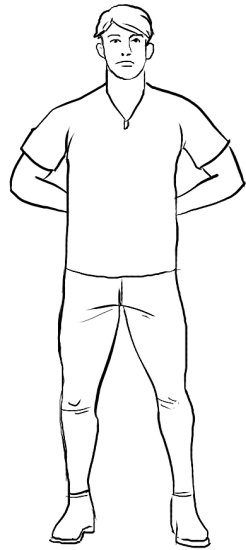
International Journal of Psychophysiology 2011, May, Activation of the anterior prefrontal cortex and serotonergic system is associated with improvements in mood and EEG changes induced by Zen meditation practice in novices; Toho University School of Medicine

Brief Mindfulness Practice Reduces Stress and Blood Pressure

- Pilot Study with 13 Priests at University of Portland
 - Priests a vulnerable population to stress and high blood pressure
- Program consisted of two 1-hour training sessions on “contemplative breathing” and 3-minute practice sessions three times a day.
- Results: Significant reduction in Blood pressure and Perceived Stress Scale (Sheldon Cohen, mindgarden.com)

* Joy Mocieri, RN, BSN, CEN, TNCC, *The Unique Power of Mindfulness on Blood Pressure and Stress Reduction on a Priest Community*; University of Portland School of Nursing, June 24, 2018

5 Regulating Breathing Postures



Breathing and Moving with Deep Peace

Deep peace of a running wave to you

Deep peace of the flowing air to you

Deep peace of the quiet earth to you

Deep peace of the shining stars to you

Deep peace of the gentle night to you

Moon and stars pour their healing light on you

Deep peace to you.

The Foundational Five Assessment: Is Technology interfering with your Clients' Well-Being?

The Foundational Five for Well-Being and Mental Health

1. Adequate Sleep – 6-8 hours/night (National Sleep Foundation)
 2. Proper Nutrition and Water Intake
 3. Natural Light and Fresh Air
 4. Movement and Gentle Exercise
 5. Taking Medications as Prescribed
- PLUS: Relationships

Assess for Symptoms of Technological Stress and Anxiety

Mindful Exploration of Time Spent & I, Human Assessments

Mindful Exploration of Time Spent

Time Spent Daily (average)	Self-Care: Pleasant activity, hobby, or relaxation	Face-to-Face without interruption: partner and friends & family	Technology Not at work TV, CD, Cel, DVDs, Internet, e-mail, games, etc.	Exercise and other physical activity	Appetite Food and meals;	Craving & Desire Browsing & Shopping	Travel and Scheduling Planning, organizing and transitions	Reflection Creativity, thought, personal growth, reading	Sleep	Work
15 min. or less										
15 min. to ½ hr.										
½ hour to 1 hour										
1-2 hours										
2-3 hours										
3-4 hours										
4-5 hours										
6 or more hrs.										
7 or more hrs.										
8 or more hrs.										
9 or more hrs.										
10 or more hrs.										

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Thoughts/Reflections to write on back of sheet: For example: How do you feel about the distribution of time spent? What would you like to do differently? How could you begin to redistribute time spent?

Self-Assessments for Patience, Focus, Predictability and Narcissism

- **ARE YOU UNFOCUSED?** (Agree or disagree with the following statements:)
 - Your screen time continues to go up, in part because you keep monitoring your screen time stats.
 - You rarely have a lunch or dinner with someone without checking your phone.
 - You wake up in the middle of the night to check your phone.
 - You enjoy virtual meetings so long as you can multitask.
 - During in-person meetings, you visit the restroom in order to secretly check your messages.
 - You tend to connect to Wi-Fi on flights, even if you don't have work to do.
 - You find it hard to concentrate or focus on anything for more than five minutes in a row.
 - You have tried productivity apps, like distraction blockers, with little success.
 - Your friends, partner, or work colleagues have complained about your smartphone addiction.
 - You got distracted by other apps, sites, emails, or alerts while trying to complete this short assessment.

Scoring: Add one point for every statement you agree with; then add up your points.

0-3 When it comes to distractibility, you are probably a cultural outlier, like someone still living in the 1980s.

4-6 You are within a range that can easily be flexed into the direction of more focus, attention, and less distractibility, though you will need to work at it.

7-10 You are the perfect customer of social media platforms and a cultural emblem of the AI age. Detoxing from your AI-fueled platforms and tools may be the only way to remind yourself of what you are missing while your attention is hijacked by digital technologies: that thing called *life*.

Balance Between AI and HI

Maintaining Balance with HI	Challenge	Mindfulness and Movement Practice
Concentration, Focus, Presence, Inner Reflection and Values	Distractibility, Multi-Tasking, Loss of Core Self	Inner Compass Meditation and Self-Affirmation

Reference: *I, Human* by Tomas Chamorr-Premuzic

Technology and Core Values of, WHO AM I?

Has your body brain been hijacked by AI and Social Media?

- **Reflection and mindfulness** allow you to step back, tune into your humanity and make choices from within your true self.
- Tap into the **body self/core** self to reconnect with your internal world views, values and beliefs.

Common Treatment Objectives in the Digital Age:

- Fostering a sense of self worth
- Cultivating self-efficacy
- Connecting with personal purpose
- Exploring Identity and Self Worth

Inner Compass Meditation and Self-Affirmation

May we be fully Embodied
May we be Connected to our Core Selves
May we Connect Authentically with Others
May we Remain Heart Centered

Inner Compass Meditation and Self-Affirmation

1. Place Hands a few inches from your Center of Gravity which is just below the navel. Also known as *tan tien* or *hara*, solar plexus, location can be a few inches above navel, also can incorporate all 3 lower chakras-whatever feels right to you.
2. Gently Pulsate hands out and in like a breath, heartbeat or balloon.
3. Circle your hands inward drawing energy into your core, repeating....

May I be Fully Embodied
May I be Connected to my Core Self

Inner Compass Meditation and Self-Affirmation *(cont.)*

1. Place Hands a few inches from your Heart Center with palms facing inward, the Center of Compassion, aka *the heart* chakra, portal of grace.
2. Gently Pulsate hands out and in like breath, heart beat or balloon
3. Circle your hands outward to inward drawing energy into your heart and radiating outward...

May I Connect Authentically with Others
May I Remain Heart Centered

Balance Between AI and HI

Maintaining Balance with HI	Challenge	Mindfulness and Movement Practice
Emotional Awareness, Empathy, Gratitude, Direct Communication	Indirect Digital Relationships, Narcissism	G.L.A.D. Daily Snapshot

Reference: *I, Human* by Tomas Chamorr-Premuzic

Gratitude as a Selective and Relational Attention Practice

- Brain wires up by what is in the field of focused attention
 - Focus on the good things
 - Notice and savor the ordinary
 - Develops an attitude of kindness towards others

Consistent Gratitude Practice

PHYSICAL

- * Stronger immune system
- * Lower blood pressure
- * Less bothered by pain
- * Lower blood pressure
- * Exercise more and take better care of health
- * Sleep longer and feel more refreshed upon waking

PSYCHOLOGICAL

- * Increased positive emotions
- * More alert, alive, and awake
- * More joy and pleasure
- * More optimism & happiness

SOCIAL

- * More helpful, generous, and compassionate
- * More forgiving and more outgoing
- * Feel less lonely and isolated

Five Kinds of Gratitude...

1) Basic Gratitude, Necessities

2) Ordinary Gratitude

3) Personal Gratitude

4) Relational Gratitude

5) Paradoxical Gratitude

...AKA Silver Lining Gratitude

Gratitude for the Ordinary Study

- Participants chronicled both an “Ordinary” daily event and “Extraordinary” Event
 - Photos and writing about the day
- Subjects predicted which they would most interesting to review in the future
- Majority predicted the Extraordinary Event
- 3 Months Later, Subjects Reviewed Both Events:
 - Individuals greatly underestimated the ordinary day and what they could gain from it.
 - Subjects found the Ordinary Event more meaningful and interesting than the Extraordinary one.

G.L.A.D. Daily Snapshot*

*G.L.A.D. is an acronym for finding joy
and balance using cognitive,
behavioral and mindfulness skills*

G - find one **Gratitude** you're thankful for today

L - find one new thing you **Learned** today

A - find one **Accomplishment** you did today

D - find one thing of **Delight** that touched you today

Journal or write on an index card

Using G.L.A.D. at Home

G.L.A.D. is an acronym for finding joy and balance using cognitive, behavioral and mindfulness skills

- Make this a partner practice sharing all the **G.L.A.D.** elements you noticed that related to a significant person in your household. Then, they share their **G.L.A.D.** with you.
- At mealtime, go around the table as each person takes one letter from **G.L.A.D.** and shares that with others.
- Keep a **G.L.A.D.** journal that you can look back on and review.
- **USE CHAT FUNCTION TO SHARE YOUR G, L, A, or D.**

**The Mindfulness Toolbox by Donald Altman*

Balance Between AI and HI

Maintaining Balance with HI	Challenge	Mindfulness and Movement Practice
Emotional Awareness, Empathy, Gratitude, Direct Communication	Indirect Digital Relationships, Narcissism	Embryo and Starfish Shape~Flow Practice

Reference: *I, Human* by Tomas Chamorr-Premuzic

Reclaiming Soma, Movement, & Relationship in the Digital Age

Key Principles

- **Body** as the Body Self. Soma is the self perceived from within.

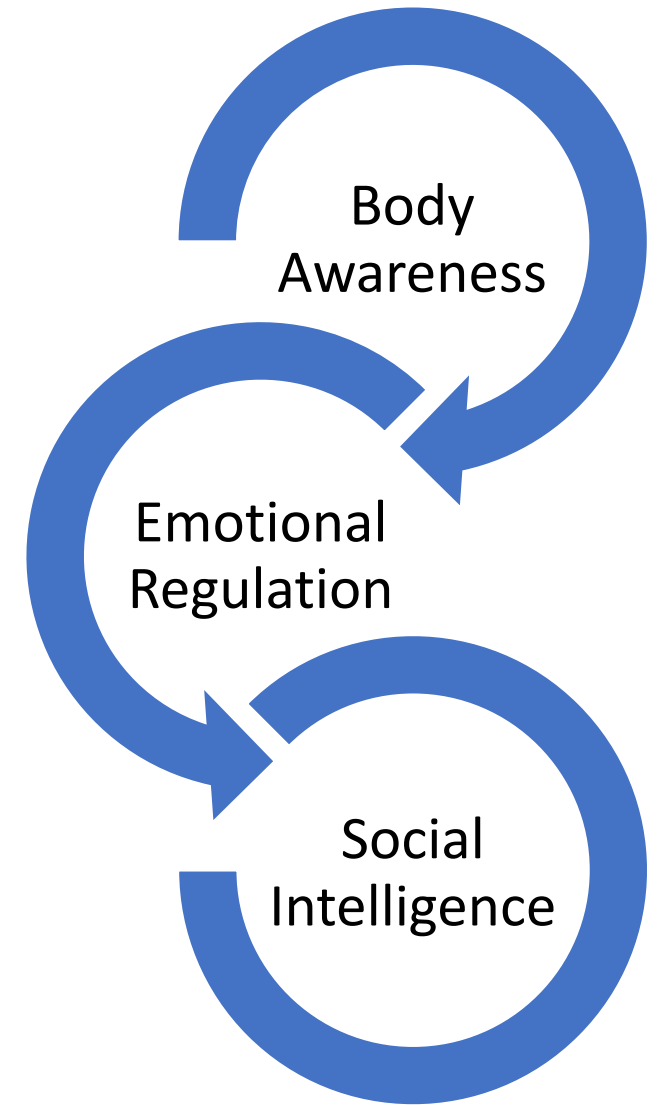
Bodily sensation is our first experience of self. We move through developmental stages from bodily felt, sensory motor experience.

“The Ego is first and foremost a bodily ego.” (Freud, 1923)

- **Movement** is our first language. We learn, grow, attune, and bond through movement. This is how we express our needs and perceive the world.
- **Relationship** is paramount for healthy ego development and for overall well-being throughout the life cycle. We interrelate, and continue to learn and grow *within* relationship.

Connecting to Self & Others through the Body

1. Emotions lie within the musculature of the body.
2. The more in touch we are with body sensation, the more in touch we are with our emotions.
3. Emotional awareness leads to Self Regulation and Social Intelligence.
4. Body awareness and Mindful Movement help us maintain Connection to Self, Others and Purpose.



Safeguarding Rapport in the Digital World

Rapport an Essential Ingredient in Relationship

Three elements of Rapport were found by Robert Rosenthal, statistical methods professor at Harvard (Goleman, 2006).

- 1. Mutual Attention and Empathy – both partners experience being experienced, shared focus, each person is fully attentive
- 2. Shared Positive Feeling – warm feelings, unconditional positive regard even when being critiqued
- 3. A "Well-Coordinated Nonverbal Duet" – interactional harmony, authentic, free expression, pace and timing of speech, facial expressions, postures and gestures mirror and complement

Embryo and Starfish Shape~Flow Practice

- A Movement experience integrating Body and Mind
- A Developmental Process of Self-Attunement and Reaching Out to Others
- Core to Peripheral Shape~Flow promotes:
 - Body and emotional awareness
 - Self-regulation and Co-regulation
 - Expands physical/functional and expressive movement

Embryo and Starfish Shape~Flow Follow-Up

Spend a few moments journaling the following questions:

- What body sensations were you aware of?
 - Tingling, floating, spacious, warmth, etc.
- Did you find a natural rhythm, a self-attunement?

* Using the Chat Function, share a few words about your experience.

Tips for Attunement in Virtual Sessions

1. Consciously breathe 3 dimensionally - lengthen, widen, expand
2. Start Session with a Body awareness or Breathing Exercise
3. Use gesture and posture to match, “receive” or demonstrate understanding
4. Frequently ground and center yourself; invite client to do so if apt

What techniques have you found useful?

Postural Exploration

- Assume Posture. Note feelings and ease or challenge of connecting to another from this position. Take a moment to write your observances.
- Assume a New Posture and Repeat.

Postural muscles are the hiding place for the emotions.

Inhibition of movement limits the kinesthetic awareness and perception,

which are essential to psychological awareness...Darwin in Expression of Emotion in Man and Animal

Gestural Exploration

- Gestures. On your own experiment with different ways of doing the same gesture. How is the meaning changed?

Balance Between AI and HI

Maintaining Balance with HI	Challenge	Mindfulness and Movement Practice
Creativity and Curiosity Self-Directed, Self-Control	Predictability, Passivity, Auto- Pilot	Create a Story; Find Your Joyful Future Self

Reference: *I, Human* by Tomas Chamorr-Premuzic

Imagination

“Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.”

--Albert Einstein

Creativity and the Human Brain

Creativity – the Ability to Create

Creative – Marked by the power to create, having the quality of something created rather than imitated; imaginative Merriam-Webster Dictionary

Creativity and the Neuroplasticity of the Brain

The process of creating
stimulates the growth of New Neural Pathways

Are you Self-Directed or Passive?

Neuroplasticity: the brain's ability to change throughout your life

Experience-Dependent Neuroplasticity:

The passive process of reinforcing habits by doing them unconsciously over and over again, whether they're good or bad.

AI programs are designed to make their intentions your passive intentions.

Self-Directed Neuroplasticity:

- ✓ When you intentionally rewire your brain to create positive habits
- ✓ Done through Active Reflection
- ✓ An active process of consciously reflecting on how habits make us feel

Cultivating Neuroplasticity and Creativity

- Mindfulness, Active Reflection, Learning new things, Creating, Engaging in the Creative Arts, Exploring new habits, projects or even new routes on your drive to work
- Clinical Applications of Treatment Models in Counseling and Therapy, Post Traumatic Treatment, Post Traumatic Growth

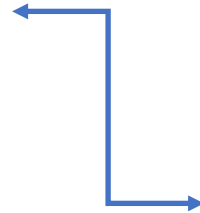
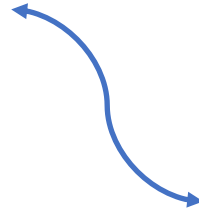
Simple Ways to Stimulate Creativity

- Free Association
- Brainstorming ideas for a particular problem
- Purposeful Daydreaming and Mind wandering
- Scribble, Sketch, Move or Draw to Music

Engage Multiple Human Intelligences

- **Bodily-kinesthetic intelligence:** The ability to control body movements and handle objects skillfully
- **Interpersonal Intelligence:** The capacity to detect and respond appropriately to the moods, motivations, and desires of others
- **Intrapersonal intelligence:** The capacity to be self-aware and in tune with inner feelings, values, beliefs, and thinking processes
- **Logical-mathematical intelligence:** The ability to think conceptually and abstractly, and to discern logical or numerical patterns
- **Musical intelligence:** The ability to produce and appreciate rhythm, pitch, and timbre
- **Naturalistic intelligence:** The ability to recognize and categorize animals, plants, and other objects in nature
- **Verbal-linguistic intelligence:** Well-developed verbal skills and sensitivity to the sounds, meanings, and rhythms of words
- **Visual-spatial intelligence:** The capacity to think in images and visualize accurately and abstractly

Creating a Story using Pictures as a Prompt



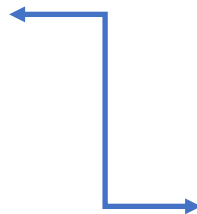
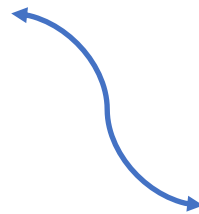
Client Example

Presenting Problem: feeling isolated, depressed, numb

A group of friends are sharing pizza at an Italian restaurant after a walk in a small village. They browsed a used bookstore, bought flowers, and felt joyous - like children playing under a luminous moon on a warm summer night.

- Coping strategies, ideas for reducing isolation
- Practice increased motivation
- Stimulated emotional exploration and awareness

Exercise: Create a Story using Pictures as a Prompt



Letting Joy Guide You Toward “Your Joyful Future Self”

Part 1: Locate and Connect with Joy

Think of a time you felt joyful or were passionate about something.

Visualize how you looked and felt at that joyful time. Feel the hope and optimism that you felt. What does this feel like in your body?

If negative thoughts creep in, notice these with a sense of acceptance but without identifying with them. Then, let yourself return to experiencing the essence of joy.

If you don't remember what it was like to be joyful, simply imagine that you are joyful by picturing yourself being and acting in a joyful way.

Letting Joy Guide You Toward “Your Joyful Future Self”

Part 2: Stay with Your Joy as You Imagine Your Future

Maintaining that feeling of joy, imagine what your joyful future self might look like in one, five, or ten years.

Let go of expectations about which direction your joy might lead you. Connect your present experience of joy with your journey toward future joy.

If desired, you can set the intention to imagine how joy could lead you toward reaching a realistic goal, your personal potential, or a life dream.

Letting Joy Guide You Toward “Your Joyful Future Self”

Part 3: Visualize and then journal

*For 3 minutes, visualize and write
how your Joy guides you forward.*

- For 3 minutes, visualize, then write the story of how joy helped you move toward your future.
- Notice character strengths that accompanied your joyful self. How did these help you on your journey to your future?
- Each week, re-visualize how joy moves you toward being your best future self. Fill in missing steps that help you reach your best potential future.
- Remember– your future self is an expression of the joy you feel *now*. Don’t get too attached or worried about a future outcome.

Reflections for Clients on “Your Joyful Future Self”

- How did finding your joy help you to think differently about the future that you create?
- How did this practice help you connect with or think about your strengths?
- How can connecting with joy in the here and now assist you in the present and the future?



Balance Between AI and HI



Maintaining Balance with HI	Challenge	Mindfulness and Movement Practice
Acceptance, Moment-by-Moment Awareness, Adaptability, Being Understood	Impatience, Instant knowledge, Speed, Efficiency, Being Right	Head-Heart-Hara Meditation; Palm the Present Moment

Connecting with
Open-Hearted Awareness
and Acceptance

Head
Heart
Hara

Meditation

Head Heart Hara Meditation

Head – soften space between the brows, release worries, mind clear like a sparkling lake, focused yet free, insight, clear intention

Heart – the portal of grace and compassion, warmth, radiant love to you, your concerns, and others. Be held and rest in love, drop intention into heart space

Hara – pelvic bowl, center of gravity, “gut.” drop awareness into hara to ground, release what is unneeded to earth for recycling, and plant your intention, seeds for wellness, growth, grounding

Head Heart Hara Meditation

*Sense the sacred alignment and buoyancy
of * Head * Heart * Hara.*

Palm the Present Practice

Drop into the body...
and rest the weary mind.

Intervention for clearing out
and managing the **RATS**:

R-umination

A-nxiety

T-ransitions

S-tress

Teaching: Palm the Present Moment

- 1) Get centered in body
- 2) Rubs palms together then place palms a foot apart
- 2) Slowly bring palms closer until they touch
- 4) Raise elbows and press palms together; Hold for four count
- 4) Release, letting go stress
- 5) Lower arms and hands onto legs; breathe out remaining stress
- 7) Stretch arms over head and exhale as arms come down

Palm the Present Practice

When teaching this, be sure to:

- Demonstrate so others can follow along while using mirror neurons
- Give handout of the practice so client can review all the steps.

Closure: One-Minute Loving-Kindness Meditation

*Rest in the sacred presence of
the body... in the here and now.*

*Breathe in “May I be safe,
happy, healthy and loved.”*

*Breathe out: “May all beings be
safe, happy, healthy and loved.”*

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