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Breathwork as a gateway to positive psychology interventions - Supportive and indispensable techniques to assist clients experiencing trauma, anxiety, depression, anger, and/or grief

We breathe in and out thousands of times a day, often without awareness. While the breathing process is automatic, the breath can be consciously controlled. Bringing awareness and control of the breath yields a powerful tool to induce a relaxed, calm, more focused state of being. This “relaxation response” can circumvent the “fight, flight or freeze” sympathetic nervous system response that individuals may be habituated to experiencing when faced with disruptive emotions or situations. Moments of mindfulness are moments of awareness, peace and stillness. Thus, working with the breath acts creates a bridge between the mind and the environment, bringing awareness to the present and providing space to objectively evaluate thought patterns and accept and experience emotions. From there, a more calm and awakened mind emerges— one that sees more clearly without distortion, so that thoughts and feelings can be experienced *prima facie*, from a point of objective and compassionate curiosity. Awareness in the moment supports appreciation of the moment, thus seeding cultivation of healthy nourishing positive psychology practices such as gratitude, mindful engagement, and compassion. In this workshop, participants will learn the tools of *sama vritti* (equal breathing) and 1:2 breathing that may be taught to clients to diffuse the stress response, improve mood, increase internal locus of control, cultivate mindfulness, gratitude and compassion and experience a more profound sense of grounded optimism.

Biography

Karla R Wilson, RN BSN CiPP CTC is Owner and Positive Psychology coach for Wabi-Sabi Vibe, and is a clinical consultant and behavior change strategist for a global health information technology corporation. As an ardent proponent of health and wellness parity, she specializes in teaching transformational modalities, positive psychology interventions, mindfulness and vibrant health practices. She is honored to bring creativity, fun, compassion, joy and love to her work, and is dedicated to communing with wild hearts and paying it forward.

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