

## Body Scanning and Trauma

Body Scanning is a useful tool that helps us to reconnect with our bodily sensations and maintain conscious connection to ourselves. Body scanning skills are being offered in many therapies for people learning how to integrate trauma.

Trauma Sensitive Mindfulness has been studied by David Treleaven and here are some of the articles that he recommends reading for those interested in the intersection of body scanning and trauma.

For therapists working with body scanning it is really important for the client to always have autonomy and options for how they relate to their own body. A respectful relationship of consent and trust between the therapist and client is essential while building the body scanning skills. If a client feels 'forced' to white knuckle through any experience it can be further harmful. Each body scan is unique and there are no rigid rules—finding ways to feel grounded, anchored and safe within the waves of discomfort are really important for working with trauma. The client is always in control of where and how they place their attention.

Benefits of body scanning include increased: **body awareness, capacity for attention and acceptance.**

- Dreeben, S. J., Marnberg, M. H., & Salmon, P. (2013). The MBSR body scan in clinical practice. *Mindfulness*, 4(4), p. 394-401.
- Campbell, T. S., Labelle, L. E., Bacon, S. L., Faris, P., & Carlson, L. E. (2012). Impact of mindfulness-based stress reduction (MBSR) on attention, rumination and resting blood pressure in women with cancer: a waitlist-controlled study. *Journal of behavioral medicine*, 35(3), 262-271.
- Ceunen, E., Vlaeyen, J. W., & Van Diest, I. (2016). On the origin of interoception. *Frontiers in psychology*, 7, 743.
- Colgan, D. D., Christopher, M., Michael, P., & Wahbeh, H. (2016). The body scan and mindful breathing among veterans with PTSD: type of intervention moderates the relationship between changes in mindfulness and post-treatment depression. *Mindfulness*, 7(2), 372-383.
- Ditto, B., Eclache, M., & Goldman, N. (2006). Short-term autonomic and cardiovascular effects of mindfulness body scan meditation. *Annals of behavioral medicine*, 32(3), 227-234.
- Earley, M. D., Chesney, M. A., Frye, J., Greene, P. A., Berman, B., & Kimbrough, E. (2014). Mindfulness intervention for child abuse survivors: A 2.5-year follow-up. *Journal of clinical psychology*, 70(10), 933-941.
- Grossman, P., Niemann, L., Schmidt, S., & Walach, H. (2004). Mindfulness-based stress reduction and health benefits: A metaanalysis. *Journal of psychosomatic research*, 57(1), 35-43.
- Johansson, B., Bjuhr, H., & Rönnbäck, L. (2012). Mindfulness-based stress reduction (MBSR) improves long-term mental fatigue after stroke or traumatic brain injury. *Brain injury*, 26(13-14), 1621-1628.
- Kabat-Zinn, J. (2003). Mindfulness-based stress reduction (MBSR). *Constructivism in the Human Sciences*, 8(2), 73.
- Khalsa, S. Lapidus, R. (2016). "Can interoception improve the pragmatic search for biomarkers in psychiatry?" *Frontiers in Psychiatry*. 7 (121).
- Kimbrough, E., Magyari, T., Langenberg, P., Chesney, M., & Berman, B. (2010). Mindfulness intervention for child abuse survivors. *Journal of clinical psychology*, 66(1), 17-33.
- Lamothe, M., Rondeau, É., Malboeuf-Hurtubise, C., Duval, M., & Sultan, S. (2016). Outcomes of MBSR or MBSR-based interventions in health care providers: A systematic review with a

focus on empathy and emotional competencies. *Complementary therapies in Medicine*, 24, 19-28.

- Magyari, T. 2015. Teaching MBSR and Mindfulness to Women with Complex Trauma Stemming from Childhood Sexual Abuse (invited chapter) in *Mindfulness-Oriented Approaches to Trauma Care*. Eds. Folette, V., Briere, J., et. al. Guilford Press.
- Magyari, T. (2016). Teaching individuals with traumatic stress. In *Resources for teaching mindfulness* (pp. 339-358).
- Springer, Cham. Price, C. J., & Hooven, C. (2018). Interoceptive awareness skills for emotion regulation: Theory and approach of mindful awareness in body-oriented therapy (MABT). *Frontiers in Psychology*, 9, 798.
- Sauer-Zavala, S. E., Walsh, E. C., Eisenlohr-Moul, T. A., & Lykins, E. L. (2013). Comparing mindfulness-based intervention strategies: differential effects of sitting meditation, body scan, and mindful yoga. *Mindfulness*, 4(4), 383-388.
- Sibinga, E., Stewart, M., Magyari, T., Welsh, C., Hutton, N., Ellen, JE. 2008. Mindfulness-Based Stress Reduction for HIV-Infected Youth: A Pilot Study. *Explore: The Journal of Science and Healing*. Volume: 4, Issue: 1, 36-37.
- Tihanyi, B. T., Böör, P., Emanuelsen, L., & Köteles, F. (2016). 'Mediators between Yoga Practice and Psychological Well-Being: Mindfulness, Body Awareness and Satisfaction with Body Image'. *European Journal of Mental Health*, 11(1-2), 112.
- Ussher, M., Spatz, A., Copland, C., Nicolaou, A., Cargill, A., Amini-Tabrizi, N., & McCracken, L. M. (2014). Immediate effects of a brief mindfulness-based body scan on patients with chronic pain. *Journal of behavioral medicine*, 37(1), 127-134.