

inSocialWork Podcast Series – Practitioner’s Voice: Yoga and Bodywork: Healing Interventions for the Mind and Body

Speaker 1 [00:00:04] And from the university at Buffalo School of Social Work. Welcome back to the In Social Work Podcast. I'm Peter Sobota. Good to have you. As of late April 2022 now so Vander called the book from 2014 is back at the top of the bestseller list and the New York Times has devoted a series acknowledging the current crisis in teen mental health. If the body keeps the score, it makes perfect sense that helping professionals attempts to assist people should include the whole person. Our guest today, clinician Katuscia Gray, describes how and why she utilizes yoga movement, dance, sound meditation and mindfulness in her work with clients. She'll tell us why she believes yoga and other body work is well-suited for use by clinicians, especially so with younger children and adolescents. And she has special commentary related to persons of color. Miss Gray will describe how she introduces alternative interventions to her clients and discusses what she actually does with them to promote mind, body, heart in practical and example rich terms, she makes the case for body work in yoga as helpful complements or even alternatives to traditional talk therapy. Katuscia Gray, LCSW and a certified yoga instructor is owner of Mind Meets Movement Counseling Services in Lynbrook, New York. She is also a certified clinical child and adolescent anxiety treatment professional. Katuscia Gray welcome to in social work.

Speaker 2 [00:01:49] Thank you for having me.

Speaker 1 [00:01:51] Oh no it's our pleasure. It's our pleasure. I'm in western New York and it is about 50 degrees and sunny, which it hasn't been in about eight months here. And so I'm in a very good mood. What's the weather like downstate?

Speaker 2 [00:02:06] So I'm in Long Island, I'm in West Hempstead, Long Island. And I went out to exercise this morning and it will be too. I went out to get coffee and it went up to 65, which makes me feel alive and.

Speaker 1 [00:02:21] Yes, yes. Okay. All right. So we're both alive and we're ready. I usually like to start our discussions by asking our guests how they came to be a social worker, but also how you maybe like what was the journey to doing the work that you do? Because, you know, we're people underneath all of this and a lot of us have interesting stories. So that's where I'm going to start.

Speaker 2 [00:02:48] Would you be willing to.

Speaker 1 [00:02:49] Tell us a little bit of how you arrived at this place where you do the work you do?

Speaker 2 [00:02:55] Yeah, yeah. Great question. And I love that question. Let's see, I went to Adelphi University for my graduate degree here in Long Island. So graduated sometime ago when I was growing up. I'm Caribbean. My family's from Haiti, so I grew up with aunties and cousins and grandparents and my mom. Very dysfunctional, very loud, very chaotic. I also come from a lot of childhood trauma. I come from a lot of domestic violence. I come from a lot of physical abuse, sexual abuse going through that. It not just was stored in my mind, it was also stored in my body, which I didn't learn later on. And so like it later on down the line in my trainings. But being a young girl and having all those sort of horrific, traumatic things happen to me, I was always very, very, very angry. I always

thought somebody was after me. I always thought, oh, my God, I'm not safe. I'm not safe because this really significant trauma happened to me. So I went on in my life blocking it out like most traumatic people do. You block it out and you just keep going. But funny trauma has a way of catching up with you over time if you don't deal with it. So let's fast forward into going to college. I still became very hyper vigilant, is what we call it, in the social work field. I always thought somebody was still after me. Certain smells bothered me because it reminded me of the abuser. If I would see certain people sometimes I would get a flashback and a glimpse of the abuser. I was always in this constant afraid somebody is after me state, which we can talk about a little later. So then I had my son, I started to get really, really triggered because he was sick. So he was always crying. He. He couldn't be calm. He couldn't self-soothe himself. And honestly, down the line. I started to figure out my chemicals and my trauma really trickled down to him in vitro. And that happens as well. That trauma and not really healing from your trauma when you're pregnant, everything that you're feeling really trickles down to the baby because the baby is connected to you. So I really felt that that happened to him and that's why he couldn't self-soothe. I didn't know that again until down the line in my training. So anyway, he's born. I was always triggered by the crying and I couldn't stay. So then I started to develop these massive migraines, massive migraines to the point where I was like, I must have a brain tumor because I can't sleep, I can't see, I can't focus, I can't function. And I went to my doctor and I was like, I'm really, really sick. There's something going on. And she was like, okay, so we'll do tests. She did a whole bunch of tests. And when I came back to her for the results of the test, I remember going with my mom because I was like, She's going to say, I have a brain tumor and someone's going to have to take care of this kid. Right. And waiting for the sort of results and the results were, nothing's wrong with you.

Speaker 1 [00:06:23] Was it? Nothing's wrong with you or no brain tumor?

Speaker 2 [00:06:26] No brain tumor. Well, something going on with you? We did every single test. Everything came back normal. And I was like, that can't be possible. I legitimately cannot see, I can't sleep, something is wrong. So I had to follow up with her in her office one on one. She's actually still my doctor because she's so lovely. And she said to me, You're stressed. What's going on with you? First time a doctor ever said that to me, I.

Speaker 1 [00:06:57] Was going to say, no wonder you kept her.

Speaker 2 [00:06:59] Yes. The old doctors that I went to, it was pills, medication, this, that, that. All things. Just pills, pills, pills. And I'm not blaming doctors. It's just the culture. It's just what it is training. So she had a great conversation with me and she said, Well, what's going on? What do you think is happening besides the baby? Have you experienced any trauma? First doctor to ever ask me that? No doctor has ever asked me. And I said and I thought about it. And then I became extremely emotional and I was like, yes. And she was like, until you heal from that, you're always going to be in this state. And my suggestion would be to get some healing and try yoga. So my first response and no offense to anyone in your audience, but I also come from neighborhoods that are a little impoverished. So we like to call it the hood. So to say right in my hood, we don't think about yoga that looks like me. And I'm a woman of color, by the way. That's who we know, right? We think of yoga.

Speaker 1 [00:08:12] That's white people stuff.

Speaker 2 [00:08:13] Yeah, right. We think of yoga like love yoga. That's like a white woman doing headstands and chanting, om, I'm not doing that. That looks ridiculous. So I

went to therapy to sort of heal from my trauma, and I got some talk therapy. And the talk therapy was good, but I still felt really, really triggered. I still felt hyper aroused. Like I was always still on edge, not as much as before, but still. So then I said, okay, I want to try yoga class. This was like a couple of years later and the first class that I took was a restorative class. And a restorative yoga is not a lot of movement. They kind of like put all these props on you and the instructor puts like lavender oil on your temples and she puts a meditative mask around your eyes and you're laying there listening to her soft voice and soft music. And the class was about 45 minutes when I woke up, Peter, I said, I'm going to curse you. Whatever the fuck that is, I need more of it.

Speaker 1 [00:09:25] That's very yoga esque.

Speaker 2 [00:09:29] And then that was my journey through talk therapy. And then I became a therapist, and then I started my own practice and I saw how much yoga did for me, how much healing it did for me, how it allowed me to just really go really deep inside, not just my mind, but in my body. And it was able to relax me that I was like, Wouldn't this be awesome if I could incorporate this from my patients? And then I started to incorporate just a little. Bit like breathing, right? Then I started to incorporate a little bit more, like a little bit of movement and not full yoga, but just some movement. Let's move the body. And once I realized, wow, the combination of both is so amazing for people. This is it. This is what I want to do. This is what I want to do for a living. This is what I want to do with my life.

Speaker 1 [00:10:24] Yeah, well, you answered the question, that's for sure. As an aside, she's still your doctor.

Speaker 2 [00:10:30] Yes.

Speaker 1 [00:10:31] Is she taking new patients? I promise to behave. All right. No, she sounds not only a very competent, you know, physician, but just like an even probably even better person. What a lucky break. Because it sounds like the universe was asking a lot of you and as nice that she was put into your life.

Speaker 2 [00:10:53] Can I just interject to say that that's such an amazing thing you said and I truly believe that the universe places people, things and experiences in your life so you can reach that sort of higher self. So I love that you said that.

Speaker 1 [00:11:11] Well, thanks. And actually, you answered my second question without me even asking. So this is going to be a wonderful interview, I think, because I was wondering how it became a driving force in your life. And you obviously, you connected that thought completely. So, you know, we have a broad range of people who listen to these things. And I'm certainly no expert. I don't want to assume that everybody knows exactly what you're talking about when you say yoga, because I know it's complex. I know there are many schools and forms and, you know, body work. And when you talk about yoga, what is it that you're referring to or how would you explain, let's say I'm 13 and how would you explain yoga to me?

Speaker 2 [00:11:54] Great question. And actually, I see 13 year olds.

Speaker 1 [00:11:57] That's actually I know you do. And I'm going to get to that. I've got a lot of. Yeah.

Speaker 2 [00:12:02] Yeah, yeah. So that's actually my specialty is children, adolescents and young adults. I just love them. So the way that I explain yoga is I actually explain it right from the beginning in my intake session. So everyone who's coming to see me knows already that this is the type of therapist that adds holistic, different approaches to help you heal.

Speaker 1 [00:12:24] So they know that this is going to be talked about. They know that the very nature of coming to a private yoga practice. Okay. Got it.

Speaker 2 [00:12:31] All right. Now, if it was a clinic, clearly it would be something because you have no control over that. And the whole reason why I wanted to start my business so I can do my own thing, which is incorporate this, too. So the way that I explain it to kids is have you ever heard of yoga? And a lot of them will say, Yeah, you do headstands on your head. Some of them will go. You go, oh, my.

Speaker 1 [00:12:56] Well, they're kind of right.

Speaker 2 [00:12:58] And they are kind of right. Kind of right. So the way that I explain it to them is, yeah, that's kind of true. But yoga really is a union, right? It is the union of your mind and body. It's bringing it together. And my little ones, actually, I say this to my older ones, too. I always say, you know what a fire alarm is? And they'll go, Yeah, we got one in my house and I'll go, okay, so a fire alarm warns you when something is going on, right? Do you know that we have an internal fire alarm and they'll be like, What do you need? Well, your body and the inside of your body tells you when something is going on, if you're worried, if you're anxious, if you're sad. We're just not really paying attention to that. So and I describe me with my headaches. So when I get really worried or stressed are angry, I get a little headache on the top of my temple. So it's really up to me to stop and say, Oh, what's going on? There's the fire alarm ringing. Right. The fire alarm is telling me. Maybe I'm tired. Maybe somebody said something to me, maybe I'm triggered. Maybe somebody gave me a look or a smell or something. So before the fire alarm goes all the way to the end of the body. And beeps and beeps and beeps. I need to catch it before it goes all the way down to that huge, loud alarm sound. So what could we do? We can breathe. Right. Breathing is part of yoga. We could sing, right? I don't call it chant, because in my community it's too woo woo, right? I don't want anything to be too woo woo for people. So chanting normally turns people off. So I say we can sing and.

Speaker 1 [00:14:59] Do they sing?

Speaker 2 [00:15:00] Yeah. Yeah.

Speaker 1 [00:15:01] That's the cool counselor. Yeah, that's the counselor I want to go to. Yes.

Speaker 2 [00:15:04] Sometimes I'll say, what's a favorite song? Well, not nothing. Ratchet it crazy. Like rap music, something.

Speaker 1 [00:15:13] Well, what if they like that?

Speaker 2 [00:15:15] And that's why. Well, we can't stimulate the com by, in my personal opinion, by the rap we made. I may try that one day. I may. So I'll say, let's sing your favorite song. Let's move our bodies. Let's move back and forth. Let's walk up and down.

Sometimes with their parents permission, there's a park around the corner from my office. We'll go for a mindful walk.

Speaker 1 [00:15:41] So let's say you're talking to a nine or ten year old that happens, right? And you start inviting them to sing and to dance and to go to the park. What kind of looks are you getting from them at this point?

Speaker 2 [00:15:56] The kids? Yeah, not sometimes. In the beginning they'll be like, Oh, my cat. I feel weird. And I'm like, Yeah, it's going to feel weird in the beginning, but I'm going to do it with you, so I don't allow them to just do it by the well. I will do it with them to take out some of that uneasiness, awkward feeling when we're walking, too. I will do that movement with them. We'll do it together. Come on, let's move back and forth and let's breathe. Let's move back and forth and let's breathe. And the reason why breathing specifically for yoga and movement is so important is because you are reacquainting yourself with your body. Your body is in this sort of frozen, disassociated state and it's not really fully present. Chanting and breathing and movement stimulates what we call the vagus nerve, which is the longest nerve that starts at the brainstem all the way to the back of the body. That has a lot to do with the autonomic nervous system, which controls our emotions or feelings. So when we stimulate all of that, it gets you out of that traumatic, disassociated, angry, fearful sort of state.

Speaker 1 [00:17:20] Well, I can see why, especially kids, let alone young adults and older adults, would much rather do this than talk about their feelings because you're just making a pathway to direct experience. Yes. It's not an intellectual experience. It's a whole experience. Wonderful. So I'm actually going to use you and this podcast to make me more popular with my wife. So she is she's a social worker and a nurse also. And she works in a elementary school here in the Buffalo area. And her school, I believe, is third to fifth grade and she is the school nurse. And so I'll get to the point here. I know you're wondering where this is going, but it was based on something you said. So she'll often come home and we'll talk about like what went on. And a frequent discussion is not the parade but the frequency in which children I would say these kids are probably, what, 8 to 11, probably in third to fifth grade, that they're coming to her office. They're not going to the social workers, they're not going to the school counselors. They're coming to the nurse. And of course, it's a stomach ache, it's a headache. It's this kind of vague somatic concern about their elbow or their shin. And I think you know what I'm talking about.

Speaker 2 [00:18:50] Absolutely.

Speaker 1 [00:18:51] I can see now why you might do this with children from your point of view, what's what's going on there and what would you recommend?

Speaker 2 [00:19:01] This is the whole reason why I became a therapist and I became a different type of therapist. I never wanted to be that therapist, and there's nothing wrong with that, but I never wanted to be that therapist that was psychoanalytic and lay on the couch. That's that's not my personality. As you can see.

Speaker 1 [00:19:21] I. I don't know. I was shocked.

Speaker 2 [00:19:26] Oh, I always like to say kids do not have the language to say I am sad, I am depressed, I am anxious. So they're going to say it so magically. They're going to feel it so magically. So you'll hear kids say, just like me and my headaches, my head is hurting. I can't go to sleep. My stomach is really hurting. You'll hear them say, I got to go to

the bathroom all the time. You'll hear them say, My heart keeps racing. Really? Really. Fast and I don't know why it's all so mad. It complains and when you unpack it with them in this playful sort of the repudiate kind of way, you give them the language to make them understand, you know, when your stomach hurts like that, it's because every time mom says Clean your room, or every time mom says, do your homework, you're triggered. And now our responsibility in our sessions together is to figure out why do you get so triggered and upset and worried and anxious when mom says, do your homework? Well, maybe because it's connected to every time that you do your homework with her. She's yelling, she's screaming. She says some mean things and she may not mean to. She may not legitimately mean to, but she does. And parents have to understand, our kids are not us. I was raised in a very traumatic environment. They were raised like that. And that took me a long time to make peace with because I'd be like, My goodness, you guys cry at the drop of a dime. Like Lord. All I said was, Clean your room. Why? But I had to shift the way that I parents said, because they're not me. They weren't raised in my environment and I was doing some traumatic things to them by yelling and saying that.

Speaker 1 [00:21:30] Thank you for answering my, you know, selfish question. And, you know, obviously, my wife, because it's a nurse's office, she's got to rule out the physical she attends to that. But often she notices exactly what you were talking about. This is really not about an elbow. It's obviously something that's related to emotions. Many of these experiences or visits she realizes often happened during a period where they have a particular teacher or a where there's a particular student who may be giving them a hard time. So that all makes perfect sense. So I'm going to tell her to sing and play with them.

Speaker 2 [00:22:09] And shout to if she's allowed.

Speaker 1 [00:22:12] Oh, she'll do it. Yeah, she did it. So I'm going to ask what I hope is an appropriate question. And I know this matters to you. Why do you think yoga and body work is particularly useful with children and people of color, or is it does it matter?

Speaker 2 [00:22:32] I think it matters 100%. I think it matters for children, period. And then my other pieces, I definitely think that it matters for people of color. They are impoverished community. Not all, but a lot. A lot of them are raised in environments that is not really the healthiest. A lot of them are raised in single home environments. And not to say anything is wrong with that, but that could also be part of trauma. People have this really big misconception of trauma. People think trauma only encompasses physical abuse or sexual abuse. And by definition, trauma is an overwhelming inability to cope. And that can be a parent is not there, a parent is incarcerated, you're living in poverty. You don't know where you're going, what you're going to eat for dinner. Your mom is always working because she has to pay the bills. You grow up scared of police. Look at this shared trauma that we all.

Speaker 1 [00:23:36] Had.

Speaker 2 [00:23:38] During the height of the pandemic where a man of color was killed on television in front of all of us. That is a shared trauma. And when we talk about people of color, those are very real feelings for them. So they are constantly living in this hyper stimulated, we call it hyper aroused because there's a part of your brain that is always ringing, like I said earlier, like the fire alarm. So if you had a bad experience with a police officer and the police car goes by, you're frozen, it's in your body, it's in your mind because you think that somebody is coming for you. You think that what happens to the guy on TV, they're going to do that to you. So making people understand specifically people of color

understand that this overwhelming inability to cope, such as trauma, is stored in your mind and it is stored in your body. And so a lot of what I do is psychoeducation around what I like to call the fight flight or freeze response. The fight flight or freeze response is in your brain. And fight looks like rage. It's panic. I got to put up my hands because you're coming from me. We have to fight. It's. Anger. It's flight, right? And flight is worry. It's panic. If I'm out of here, I'm going to I can't take it. And then all of a sudden they're pure, they're gone. Ah, they're in this freeze, this shutdown mode, this collapse, this overwhelming feeling. And you see people, particularly kids, and I tell parents, pay attention to this when you're telling them to do something and they're staring at you with this like deer in the headlights look, they're in a freeze mode. Their brain can't process what you're thinking because your brain becomes off line and they're so fearful. And the parents often give me a lot of pushback. I don't understand why is he afraid? I just ask them to do. We don't know why he's afraid, but he is. Yeah, because he is. You have to be respectful of that and be able to shift your parenting. I can't tell anybody what to do with their kid. I could never say You need to change your parenting. What I always say is you need to shift. If this is a big trigger for him and it's coming from you, things are not going to get better. And so you shift that and then that lowers the temperature for him and then he can hear you and then he's not in that freeze mode anymore.

Speaker 1 [00:26:15] Yeah. And as you were speaking, especially when you're speaking about the fight, fight or flight phenomenon, I was thinking about school settings and how children behave that way in those ways and the lens through which that gets viewed in unfortunately way too many schools where all of a sudden that behavior, which is literally coping, it's coping or doing the best you can based on what happened to you. That behavior gets framed as problematic, as disrespectful, as acting out. And we've got a lot of work to do.

Speaker 2 [00:26:54] We got a lot of work to do. And listen, this is not to blame schools, right?

Speaker 1 [00:26:59] No, no, no.

Speaker 2 [00:26:59] I understand. Yes. And I say this all the time. Teachers have 20 to 30 kids in the classroom. Their role and responsibility is to teach and they can't teach if Johnny is being so disruptive. But here's what we need to look at what you said. Johnny is not being disruptive just to be disruptive. Has anybody asks Johnny? Is he okay? Did he have breakfast this morning? How was his night? Where does he live? Who does he live with that? Anybody say that. And I'm not talking about in a direct sort of questionable way taking Johnny out the way that we have schools on, the way that we have social workers in the schools, we should be changing the whole system. Social workers are great and schools do not get me wrong, but social workers should also be trained as play therapists in the schools because not every kid wants to just come and just talk. It just holds.

Speaker 1 [00:27:56] And I think what you just did, without saying it explicitly, is that you just made a very strong argument for a trauma informed school. Yes. Or a trauma informed school district, because that lens would, I think, help people interpret this behavior and frame it in much more of a compassionate way than, I think, a problematic way. Boy, lots of ideas. This is wonderful. Now, you know, I got to do my social work thing here. So we are the person in the environment profession, right. That's our one of our big claims to fame. So let's just go there and I'm going to ask you to comment on that. Based on the work that you do, I hope we're not going to have a huge argument about that. We have been living and you alluded to this in extraordinary times. And, you know, now for

good measure, now we have the threat of a war. We're doing this podcast in the middle of March of 2022, the pandemic, as you mentioned, the escalation and just undeniable racial tension that has become there's no subtlety anymore. And and, you know, white supremacy movements, you know, all of that one by one and collectively have highlighted. The already existing and exacerbated the inequity and the injustice experienced by people of color and all sorts of marginalized groups, for that matter. I hope that's making sense. But in practical and specific ways and you've been saying this, but I just want to give you a different way of framing it, if you could, in specific and practical ways. Why do you think yoga or body work, either as a complement or as an alternative to talk therapy, is especially useful in this moment?

Speaker 2 [00:29:49] That's a great question. And I think it goes back to exactly what I said earlier about it's stored in our body. I've been getting a lot of referrals throughout, not just the pandemic, but recently about everybody being so scared, not feeling safe, feeling like you'll hear words like, I don't know, something is off. Something is just off. I don't know what it is. I feel like I can't get out of bed. I feel like I'm really sad. So they don't have the verbal language. Right? And talk therapy is all about the verbal language. But if you don't have the verbal language, so what are we going to do until therapy? Are we just going to sit here and stare at each other? That's why movement is so important, because you get to unpack. Okay? So if you don't have the language, how is it feeling in your body? Let's sit with that for a little bit. Tell me about your heart. Tell me about your stomach. Because this happens to adults, too. It's not just kids don't have the language, don't often don't have the language. Our adults don't want to know the language. Right. Because that's very scary to say. I am depressed, I am anxious in this day and age is 2022 and all the work that we've done with mental health, it's still a stigma. I think, yes, we have a lot of work to do. But going back to what I said, being that we don't have the language right, this is why yoga and movement is so important. So describe how it feels in your body. And I actually do this with my adult patients, too. I have different cut outs of gingerbread men, and I always say, this is gingerbread you, let's color. Let's take five, 10 minutes. Since we can't talk today, since we don't have any language today and that's okay. Let's color where we feel it on our body. Let's write out where we feel it all. My body, what's going on in that heart area. So they'll draw heart. They'll call it a heart and they'll put heart pounding.

Speaker 1 [00:31:59] Heart hurts.

Speaker 2 [00:32:01] They'll color the head and they'll go, lots of headaches. Head feels hot. So you see how I kind of leave that there without them having the language. But now that we're legitimately coloring and spending some time on, how do you feel it in your body right now? Maybe we can have a little talk therapy. And if we can't, maybe we do some movement.

Speaker 1 [00:32:25] Yeah, that's what I was going to ask. So thank you. And you know, after you do that, what's next? And that can go in any direction. But what you've done is you have found a way. You found a way in. Yeah. And connected it to them in the most visceral way. Right. It's just not something that's floating around in the room that we're just gabbing about. This is in you and on you. So let me go a little bit further with this, if I may, because your conversation is reminding me of a conversation I had recently with a previous guest. And I think it's safe to say that, especially, for example, young black men are not running into making appointments and demanding services at traditional human service, family service agencies. So let's say you have a 14 or 15 year old young black man in your office and you start talking with them about their body and their bodily sensations and maybe inviting them to move. This isn't really fair to say what typically

happens, but once you start doing what you do with them, how does that typically go? So more often than not, how about Yeah, yeah, more often.

Speaker 2 [00:33:42] But the older kids, specifically the kids of color, I'm not going to use my traditional practices of breathing and yoga as so I will play basketball. I have a hoop in my office.

Speaker 1 [00:33:58] I used to have one too, and this is right. And I was doing even when I didn't know what I was doing, I might have been doing something.

Speaker 2 [00:34:04] Okay. All right. So I had a basketball hoop in my office with a ball. I have one of those. I don't know what they're called, but it's one of those neon. Balls and they hold it on to their head and I throw it back and forth and it kind of like sticks. So it's not really like baseball. It's a Velcro and a Velcro thing.

Speaker 1 [00:34:25] I know what you're talking about. Yeah.

Speaker 2 [00:34:27] So we'll play that back in four. Sometimes we will play baseball, but will do it mindfully, right? So now that we're doing a little basketball, I'll say, yeah.

Speaker 1 [00:34:38] Say more about that.

Speaker 2 [00:34:39] Like I'm going to say, you know what? What we're going to do today, we're going to play basketball, but we're going to do basketball a little bit slower. So I want you to dribble the ball, but I want you to dribble the ball and I want you to look at the ball. And while you're looking at the ball pages, close attention to it and notice how that ball feels. Now, if you okay, let's take a deep breath in and exhale out of your mouth. Take a deep breath in through your nose and exhale out your mouth and then I'll go, okay, now shoot the ball, shoot it, and then they'll shoot it and I'll say, Let's do that two more times, and then I'll go. So let's pause how you feel. How does it feel in your body? What's going on in your mind? Let's do a temperature check and they'll be like, Oh, I'm not hungry anymore.

Speaker 1 [00:35:31] Yeah, please tell me you allow them to cross over, dribble you before you say, Oh yeah.

Speaker 2 [00:35:37] But I do. When it's my turn to shoot and I get the shot it I do go in your face did dunk.

Speaker 1 [00:35:46] I tell the truth. All right, good. All right, good. You poster them up. All right, good. Good for you. Just absolutely fascinating. You know, I'm a faculty member, so I teach courses and I teach a course in interventions and in family work. And I have so many students who are working in, you know, child and family agencies and students and schools around are not students. And they're kind of based on what they're telling me they're doing, kind of like mundane plays. They're like the, you know, the puppets stuff and that. And not to demean that because that's the language of children, I get that. But this is just such a wonderful group of resources and it's fun. It's just fun. So literally play, move, dance, sing. And if your supervisor wonders, What the hell are you doing now? We have a body of knowledge and the literature and the expertise to back this up.

Speaker 2 [00:36:47] If I could just add, we have to move away from the traditional book sense of how we treat people because treating people is not a one size fits all. And the last

thing that we want to do is we have this young boy come here and let's say I didn't do the dribbling and the playing ball and I'm still waiting him to talk and we've lost them. He's not coming back and he'll never get help because he's not coming back.

Speaker 1 [00:37:19] And again, just to kind of reiterate this, when parents or guardians are bringing children to your practice, they have some idea of what they're getting into. So they're they're not sitting in the waiting room while you're shooting hoops with their children.

Speaker 2 [00:37:35] They are thoroughly aware that when they pick up the phone to call me, that she uses a whole bunch of different methods to help your child and help your family.

Speaker 1 [00:37:48] Perfect. Yeah, well, even for people working in agencies, it's all about how you set up your office. Right? And here you have a hoop and, you know, all sorts of fun stuff which already sends the signal. You know, this is not your grandma's social worker. We're going to have some fun. Yeah, we're about to the end of our time, and this has been really helpful and practical in a lot of ways. I'll give you the floor. Is there anything that maybe we didn't get to that you wanted to make sure that you slip in here before we we say goodbye?

Speaker 2 [00:38:21] No, I think that said, I do have something for your podcast listeners that if they go on my website mind movement counseling dot com and they sign up for my email listing, they can download a free e-book. It's a free calming e-book that has a couple of yoga poses that encompasses mental health, like anxiety and trauma, so that it's free to all of your listeners.

Speaker 1 [00:38:49] Patricia Great. It was a pleasure to meet you and just really, I guess, to talk with you about this. Thanks again.

Speaker 2 [00:38:56] Oh, thanks for having me.

Speaker 1 [00:38:59] Thanks again to Katuscia Gray. The minds and bodies of the Social Works production team, our director and Web site manager, the blissful Steve Sturman, our Jack of all trades production assistant. And new revelation here. Professionally trained dancer and performer. Cate Bearss. Say Hi, Cate.

Speaker 2 [00:39:21] Hey, listeners.

Speaker 1 [00:39:22] And I'm Peter Sobota. We are dying to hear what you think and what you'd like to hear about on our podcast. Drop us an email and subscribe to our social media platforms to never miss an episode. Visit our Web site for hundreds I did say hundreds of our previous podcasts organized by category. Thanks for listening, everybody. Don't be a stranger.