Auto Regulation	Interactive Regulation
Awareness, Core and Verticality Grounding (legs, pelvis) Centering (core, belly, back) Vertical Alignment Breath (depth, evenness, choice)	Movement: Legs, Arms, Spine, Pelvis Locomotion: (movement through space) Defense and Boundaries (pushing, drawing, boundary, flight) Pelvis Relational Connection (reach, grasp, pull in, hold, embrace, let go) Ogden, 2002
Orienting, containment, and self soothing can involve both auto and interactive	

CENTERING

- Place one hand on the heart, and one hand on the belly.
- Micro-movement in the small muscles of the spine.
- Sense the space in front of the spine.
- Sitting, feel that each organ has weight. Feel the tug of gravity on the organs.

Ogden, 2002

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GROUNDING

•Lie on belly and sense the ground through the belly.

•Sit, and sense the ground through the perineum. Rock and wiggle on the sitz bones. Open the pelvic floor. Sense the ground through the pelvic floor.

•Stand, relax the feet. Put weight on different areas of the feet: front, back, sides. Bend knees, move up and down. Sense the ground through the feet and legs.

Ogden, 2002

VERTICAL ALIGNMENT

•Become aware of the "stacking" of the body: ankles on top of feet, legs on top of feet and ankles, pelvis resting on legs, torso on pelvis, head supported by shoulders and torso, arms hanging off the torso.

•Work with the spine: lengthen the spine, compare to compression and collapse in the spine.

•Imagine being lifted by a hook from the top of your head, while feeling the pull of gravity on the tail of your spine.

Ogden, 2002

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BREATH

•Take a moment to just discover and observe your breath as it is now. Don't change it. Describe what you notice.

•Imagine that your inhale can go all the way down to your pubic bone. Let your inhale expands the lower belly.
Exhale, just let go. Let the breath fall out.

•Experiment with breathing into different parts of the body: the back, the sides, the lower ribs. Feel the ribs move in those areas.

•Bell jar breath (from Christine Caldwell) At the top of the inhale imagine a rounded quality, almost as if the inhale rolls over into the exhale; Might roll to front, to back, side to side This breath helps you go parasympathetic.

•Do your ordinary breath a few times. Then do a different kind of breath (one of the above) Notice the difference.

LOCOMOTION

•Walk and have client notice the walk (how the feet hit the ground, movement through joints, etc.)

•Try on different walks for comparison: leaning backwards, leaning forwards, tightening parts of the body, etc.)

•Practice pushing off with the feet.

•Walk at different paces.

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DEFENSE/BOUNDARIES

•Stand across the room from client. Slowly walk towards client until she senses a change in her body.

•Have client hold up hands in "stop" signal when you walk towards.
•Have client say "stop" when you walk towards.

•Practice pushing with arms. Notice the difference when pushing with arms almost straight and pushing when close in to the body.

•Roll a big ball toward the client. Client pushes it away.

•Play "catch" with a soft ball.

•Have client say "yes" and "no" with the body.

•Using a therapy ball, have the client push with legs or arms. Can also kick.

Ogden, 2002

PELVIS

•Walk. Notice the movement of the pelvis.

•Practice walking while moving the pelvis side to side with each step.

•Practice walking while moving the pelvis front to back with each step.

•Practice walking while moving the pelvis front to back and side to side with each step.

Ogden, 2002

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RELATIONAL CONNECTION

•Reach, engaging the shoulder girdle. Can reach into space, reach for an object, assign an object certain qualities.

•Reach with one hand. Then compare with reaching with the other. Reach with both.

•Make grasping motions; grasp and hold on to an object.

•Make letting go motions; let go of an object, allowing it to drop to the floor.

•Practice grasping an object and pulling it towards you.

•Therapist takes the object away, and client holds on.

•Therapist stands behind client. Client leans back and is supported by therapist's hand on the back. Practice falling, and being caught.

Ogden, 2002

CONTAINMENT

•Have client fill up the room with her energy, then have her pull the energy close into the body.

•Sense the back through "back to back" exercise or pressing back against the wall.

•Rub and squeeze all over the body, sensing the containment of the body.

•Lie down on the floor. Press the body against the floor to feel the sensation of containment. Roll around until all of the body had come into contact with the surface of the floor. Use your hands for the areas that can't touch the floor, like armpits, perineum, between fingers, etc.

Ogden, 2002

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ORIENTING

Ogden 2000/Ogden et al 2006

- Client picks an object in the room that represents pleasure, and one that represents threat or conflict, and studies what happens when she orients and faces one and then the other.
- Turning movements through the neck and spine.
- Pick an object in the room. First, the eyes to orient towards it, then neck, then spine, finally let your pelvis and legs turn to face it.
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- Orient and face objects that the client gives characteristics to (work, person in their life, emotion, etc.)
- Study what happens as you orient to various internal stimuli

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