



Winter 2021-22



Newsletter by Shadow Backus

Issue 2 November 1st

Seasonal Group: The Body

Topics may include: Mind-Energy-Body Communication/Mindfulness, Sex, Disidentification

Discussion depends upon you bringing what you are “present to” to the group.

Sessions are Sundays at 3:15 - for an hour. November 21-Dec 19.

\$100 for 5-week commitment. Sign-up by Nov 6th.

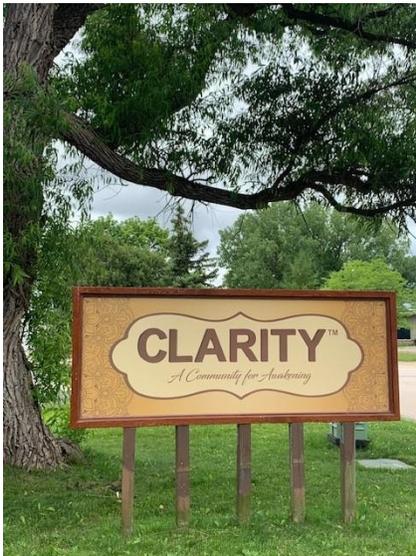
Must have enough people to make the group happen so ask a friend if they want to join you.

Please contact me with questions and/or let me know if you would like to attend.

Yoga will start again Sundays at 3:15 – for an hour. January 2-23.

\$80 for 4-week commitment. Sign-up by Dec 25th.

Must have enough people to make the class happen so ask a friend if they want to join you.



Location: CLARITY, 2415 Parview Road, Suite 1, Middleton, WI 53562

In case you are curious about the Community at CLARITY:

CLARITY = A Community for Awakening. Our professionals are:

Caroline Anderson – Health Coach and Personal Fitness

Shadow Backus – Psychotherapist

Terri Gomez – Massage Therapist

Michaela Torcaso – Spiritual Coach and Medium

Next “CLARITY 101” Workshop:

Nov 13 and 14, 11 a.m. - 4 p.m. on both Saturday and Sunday

Claim your inherent wisdom and knowing

Learn ways to support yourself and others

Access the energetics of awakening

Release long-standing misperceptions

Invite Spirit into all areas of your life

Trust, listen, surrender

You-re you, own it!

Co-lead with Michaela Torcaso. In this class, there is an opportunity to recognize and strengthen the muscle of choosing to pause. One of the ways this is accomplished is by putting the ego aside; observing patterns, beliefs, and misperceptions; and surrendering that which no longer serves. Participants often share that they experience more clarity, self-love, and peace at the close of this class.

<https://clients.mindbodyonline.com/classic/ws?studioid=284341&stype=-8&sView=day&sLoc=0>

Scroll down the classes at TIBIA and whitedoor to find CLARITY 101.

There is 1 scholarship offered each year for this event. Sometimes it is split between a couple of students or a few but we must have a certain amount of participants for it to be a “go” so feel free to invite a friend. Please sign up by October 29th.

Mental Health Tool for the Season:

Surrender. Surrender who you think you are. Surrender who you think others are. Surrender what you think things (parenting, marriage, body, job satisfaction, age, mental and physical health) should “look like”. Surrender all “problems”, worries, concerns, fears, and agendas. It is okay to feel peace, to trust something bigger than yourself, and to give over all notions that you have to “fix” anything or that you are alone.

A handful of psychotherapy modalities I use in sessions with you:

CBT (Cognitive-Behavioral Therapy). This has to do with changing thoughts to as a means to influence behaviors and emotional reactions. This therapy is vital and a starting point for any great therapy, but not complete and not used for in-depth self-awareness. Although this method is the most researched and evidenced based, CBT/DBT (Dialectic Behavior Therapy is a form of CBT) only speaks to mental and behavioral aspects of well-being. (It does not look at emotional complexities or spiritual importance).

Positive Psychology. This is the scientific study of what makes life most worth living. It concerns happiness, subjective well-being, and resilience. (Resilience is the ability to adapt to change.) These are often experienced via Emotion, Engagement, Relationships, Meaning, and Accomplishments. In this therapy, we want to encourage people to discover and nurture their character strengths.

Commitment and Acceptance Therapy. This therapy encourages people to embrace their thoughts and feelings rather than fighting or feeling guilty for them. It brings us out of comparison and puts the responsibility and joy for our lives squarely on our shoulders. It is form of Positive Psychology.

Mindfulness-Based. Again, this a mind-focused therapy though it uses the body for feedback and knowledge. We attention the breath and meditation to tune into the body, listen to it and develop a relationship with it so that it may guide us to where we may have questionable beliefs, where compassion could be directed, and where acceptance would be helpful. It brings us to the present, relaxes us, and teaches non-judgment.

IFS (Internal Family Systems). This therapy uses the idea that we are made up of different parts/inner children/sub-personalities. These parts often have to do with painful past experiences and wounds via emotions and thoughts that conflict with each other. Examples of Parts are the victim, the manager, the prostitute, the inner critic, the indulger, etc. It also uses the idea that there is a center of us who is wise and generous (not a part). We know we are in our Self-Leadership center when we experience Clarity, Confidence, Calmness, Creativity, Curiosity, Courage, Compassion, and/or Connectedness.

Complex Trauma Focused. This has to do with understanding and not succumbing to our reactions/tendencies of Fight, take Flight, Freeze, Submit, and Attach when we are “in trigger”. Because this has to do with trauma, it is delicate work and has a bit of psychoeducation that is necessary about the neuroscience of how the brain processes events that are stored in the emotional memory part of the brain and not the linear, narrative, cognitive memory part of the brain. The point of this therapy is emotional regulation by bringing the pre-frontal cortex on board when the body remembers a trauma from the past while participating in life today. Triggers come on quickly, intensely, and last for hours.

Somatic and Experiential, including Play, Art, and Movement Therapies. Because the body stores traumatic memories that are not verbal, we use the body to experiment through and access traumatic experiences to bring compassion and awareness to our psychological wounds. Examples are yoga, exercise, dance, massage, any movement really to connect the body to the mind. This is the bottom-up form of therapy whereas CBT is the top-down type of therapy (in other words, body v head processing).

Thank you for your commitment to personal growth. Your work levels-up others' experience of wholeness and integrity when you participate with them. The world is present to more peace because of You!

<https://shadowbackus.com/>

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