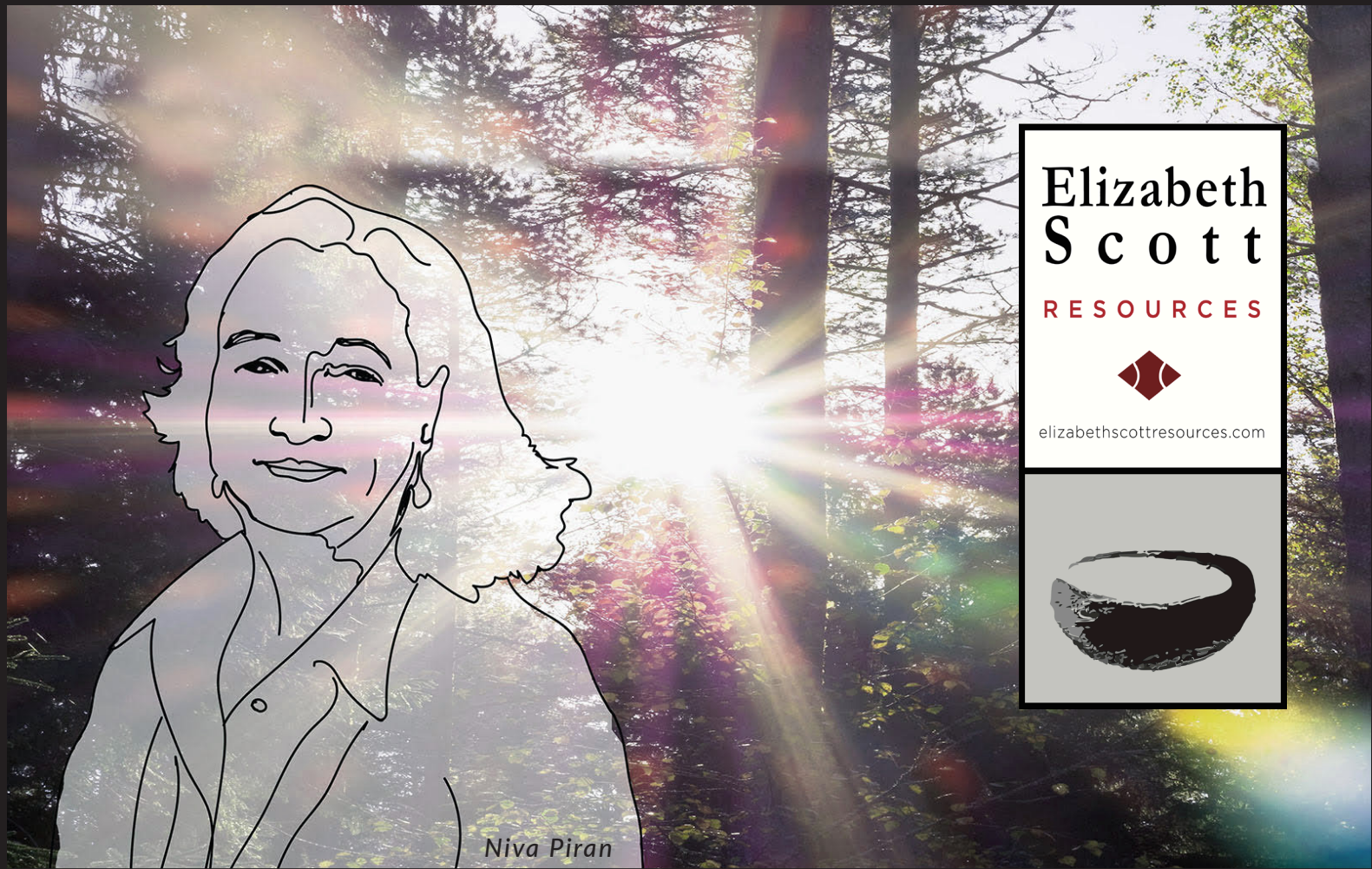


BIG HEARTED EMBODIMENT TRAINING

Positive Embodiment: Applying Niva Piran's Developmental
Theory of Embodiment to Clinical Treatment

UNIT ONE

Elizabeth Scott, LCSW, CEDS-S



Niva Piran



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WELCOME

UNIT ONE

**I welcome you to the big-hearted embodiment training.
In Unit One I share the Learning Objectives and structure of
the training.**



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LEARNING OBJECTIVES

UNIT ONE



1

Analyze the difference between “Inhabiting the body as a subject vs. inhabiting the body as an object” in your own body journey.



2

Identify three protective social factors that contribute to positive embodiment, according to Niva Piran.



3

Summarize Niva Piran’s dimension of “Attuned Self-Care vs. Disrupted Attunement, Self-harm, Neglect”.

COURSE CONTENT

- Unit 1** Introduction to Module One
- Unit 2** Self-Compassion as the Foundation for Learning
- Unit 3** Self-Compassion Practice
- Unit 4** Introducing Niva Piran
- Unit 5** The Body Positive and Niva Piran
- Unit 6** The Roots of Niva Piran's Developmental theory of Embodiment
- Unit 7** Embodiment, Not Body Image
- Unit 8** The Social Conditions That Lead to Disrupted Embodiment
- Unit 9** Addressing the Social Context of Disruptions in Embodiment
- Unit 10** Niva Piran's Model as a Public Health Approach
- Unit 11** Dimensions of the Developmental Theory of Embodiment: Body Connection and Comfort vs. Disrupted Body Connection and Discomfort
- Unit 12** Dimensions of the Developmental Theory of Embodiment: Agency and Functionality vs. Restricted Agency and Restraint
- Unit 13** Dimensions of the Developmental Theory of Embodiment: Experience and Expression of Desire vs. Disrupted Connection to Desire
- Unit 14** Dimensions of the Developmental Theory of Embodiment: Attuned Self-Care vs. Disrupted Attunement, Self-Harm, Neglect
- Unit 15** Dimensions of the Developmental Theory of Embodiment: Inhabiting the Body as a Subject vs. Inhabiting the Body as an Object
- Unit 16** Social Justice and Mental Health are Interdependent





ELIZABETH SCOTT

I am Elizabeth Scott, I am Co-Founder of The Body Positive and a psychotherapist in private practice for the past 25 years in the Bay Area. I welcome you to the first of my Big-Hearted Embodiment online training modules. I am working to build a community of treatment providers who embrace social justice and work to bring this non-violent approach to clinical settings.



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