Creating Resilient Minds: Body/Mind Connections – Lynn Knight, Ph.D.

- In this session, you will be exposed to different fields of study to discover how to listen and use body information to increase resiliency in your own mind and support your students to do the same.
- This session will be lecture intertwined with body/mind work to support a variety of ways your body and brain can recover from internal and external stressors.
- Learn tools and hands-on, bodywork movements to support yourself and your students to be more body/mind aware when dealing with issues related to emotional/physical trauma, identity issues and/or academic stress.
- Learn how to move and process emotions through the body with school appropriate techniques, and a variety of ways the body and brain can recover from emotional and physical trauma.

The Bodies Connection to the Mind and How to Create Better Resiliency within YOU and Your Students’ Brain

- Craniosacral Therapy and Practices: CST Is a Sensitive Pathway to Nervous System Correction
- Brain Research, Neuroplasticity: is the ability of the brain to change continuously throughout an individual's life and Body Practices for the Mind
- Native Grandmother Practices and Energy Fields
- Essential Oil – Sensory stimulation and calming effects

Neuroplasticity is the change in neural pathways and synapses that occurs due to certain factors, like behavior, environment, or neural processes. During such changes, the brain engages in synaptic pruning, deleting the neural connections that are no longer necessary or useful, and strengthening the necessary ones.

https://en.wikipedia.org/wiki/Neuroplasticity

CST Understanding – Building cellular relationships with the body and move between the brain pathways to strengthen emotional stamina

Energy Grounding Practices to increase a steady and more empowered mind

Stress and anxiety reduction within the classroom combining from the various fields of thinking

How CST works and can be used to support students with disabilities

Resources and Films
Craniosacral Therapy & Autism: Sophie & Matthew's Story: https://youtu.be/n7TewrG29hI

Courage to Risk Conference January 31st 2:30