

FELICITY'S
LITTLE BLACK BOOK
OF TRANSFORMATIONAL PRACTICES



A CRAFTING CONNECTION GUIDE
FELICITY DWYER

Transformational Practices

In this guide, I'm sharing selected somatic practices and psychological approaches which are relevant to the ideas covered in Crafting Connection.

This doesn't attempt to be a comprehensive list, instead it's a compilation of approaches that I've experienced personally, and which have made a difference.

5Rhythms

Founded by Gabrielle Roth, 5Rhythms is a transformational dance practice based around the five rhythms of Flowing, Staccato, Chaos, Lyrical and Stillness.

<https://www.5rhythms.com>

ACT

Acceptance and Commitment Therapy (ACT) helps people to develop psychological flexibility, which means the ability to contact the present moment fully, become more accepting of thoughts and feelings, and to commit to values-guided action.

ACT offers a toolkit of practical life skills, and is increasingly used within coaching, as well as in therapeutic situations. The aim is to help people live a rich, full, and meaningful life.

The Happiness Trap online course from Russ Harris offers a simple introduction to using ACT skills such as mindfulness, for yourself <https://thehappinesstrap.com>

The Association of Contextual Behavioural Science offers a gateway to learning more about ACT <https://contextualscience.org/act>

Alexander Technique

The Alexander technique teaches you to improve your posture and movement. It's learnt over a series of hands-on lessons where you're taught to be more aware of your body, how to make adjustments to improve your posture, and how to move more efficiently.

<https://www.nhs.uk/conditions/alexander-technique/>

Biodanza

Created by Rolando Toro, Biodanza (Dance of Life) is a dance-based system of human integration and connection. It is experienced through sessions known as vivencias which incorporate music, singing, movements and group encounter situations.

<https://www.biodanza.org/en/home-5/> (International)

<https://www.biodanzaassociation.uk> (UK)

Clean Language and Symbolic Modelling

Symbolic modelling is a process developed by James Lawley and Penny Tomkins, drawing on the work of therapist David Grove.

The method helps us to explore some of the metaphors that influence our experience of the world, and potentially change our experience through changing and developing our metaphorical landscape. For a wealth of information on this subject, visit: <https://cleanlanguage.co.uk>

To explore this approach yourself, it's worth booking a session with a certified facilitator (of which I'm one!) or attending an introductory course. I trained as a Clean Facilitator with Marian Way at Clean Learning. The Clean Learning website includes a list of certified facilitators: <https://cleanlearning.co.uk/about/facilitators>.

Heartmath Institute

A US based non-profit organisation, undertaking research and offering a variety of resources and training about the role and power of the heart.

<https://www.heartmath.org>

Movement Medicine

Movement Medicine is a body-based movement meditation practice created by Susannah and Ya'Acov Darling Khan. It brings together ancient and modern wisdom by integrating shamanic, therapeutic, scientific, and artistic intelligence.

Susannah and Ya'Acov offer a training pathway through their movement medicine school, and an online study hub and membership community called 21 Gratitudes.

<https://www.schoolofmovementmedicine.com>

<https://21gratitudes.com>

Nia

Founded by Debbie and Carlos Rosas, Nia is a fusion of dance, martial arts, and mindfulness practices. Nia helps you to listen to the wisdom of your body and find joy in movement.

<https://nianow.com/about-nia>

Pilates

Founded by Joseph Pilates, this form of exercise focuses on balance, posture, strength, and flexibility.

Pilates is suitable for people at all levels of fitness and is gentle on your joints. You're encouraged to think into your body, with slow controlled movements. Pilates classes are widely available (I recommend Body Control Pilates) and this NHS website offers an introductory video.

<https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/>

Psychosynthesis

Psychosynthesis was founded by Dr Roberto Assagioli. Sometimes described as a psychology with a soul, Psychosynthesis helps people to understand and integrate different aspects of themselves.

“Our concern is the synthesis of all areas of the personality. That means psychosynthesis is holistic, global, and inclusive. It is not against psychoanalysis or even behaviour modification, but it insists that the needs for meaning, for higher values, for a spiritual life, are as real as biological or social needs.”

Roberto Assagioli

The main psychosynthesis schools in the UK offer introductory courses which run over a few days. These courses are pre-requisites for professional training, as well as standalone development workshops. I've attended the introductory courses from both The Psychosynthesis Trust (called Essentials) and Re-Vision (called Transitions). They were powerful and transformative experiences.

The Institute of Psychosynthesis <https://www.psychosynthesis.org>

The Psychosynthesis Trust <https://psychosynthesisistrust.org.uk>

Re-Vision <https://www.re-vision.org.uk>

Thank you!



Thanks so much for reading *Crafting Connection* and downloading this guide.

I'd love to know your thoughts on any of the ideas raised in the book. You can contact me through my website www.felicitydwyer.com, email felicity@felicitydwyer.com or find me on LinkedIn.

And if you enjoyed the book, I would greatly appreciate a review on Amazon or your preferred online bookshop or review platform.

Would you like to work together?

If you, or your organisation would like to contact me about the possibility of working together, then please reach out, I'd love to hear from you.

There are three main ways you can work with me. These are outlined below, and you can find out more on my website.

Seminars, talks and workshops

Enhance how you connect and communicate at work. Bespoke learning sessions designed to meet the needs of leaders and managers, or for a broader audience of professionals. Formats include small group workshops, conference seminars, and talks. Delivery can be online, or in-person.

Facilitation

Could your team benefit from enhanced connection, co-operation, and teamwork? I work with teams through bespoke facilitated sessions designed to build trust and understanding. Communication style assessments can be included. Other facilitation services include action learning/peer learning groups and acting as an external facilitator for consultations.

Coaching and thinking partnerships

If you'd prefer to work with me one-to-one, I also offer transformational coaching and thinking partnership sessions.

www.felicitydwyer.com