

CLÍNICA ART. ME AND MY BODY
WORKSHOPS. THE RELATIONSHIP
WITH OUR BODIES.

PROYECTO ART





ME AND MY BODY

Do you have a complicated relationship with your body? Do you constantly compare yourself to others? Are you obsessed with the physical appearance of your body? Are you someone who struggles to get out of your mind and into your body?

At the ART Clinic we offer the opportunity to participate in workshops to reflect on and understand your relationship with your body and learn to experience it more healthily. The Me and My Body program has been designed by the **multidisciplinary team** of our clinic to accompany people who have a complicated relationship with their bodies.

Description of the course



The **Me and My Body workshops** are in-person workshops during which we will try to reflect on our bodies and provide practical tools to relate to them differently. We will gain insight into positive ways of inhabiting the body, which include body comfort, connection, responsiveness, appreciation, attunement, agency, functionality, desire, appetite, self-care, and even safety.

We will carry out both **debates and practical exercises** so that you learn a different way of relating to your body and your nutrition.

Who is this course for?

- This course is for you if you want to learn to inhabit and treat your body better.
- We recommend this workshop for anyone curious at any age, especially for ED prevention and for adolescents.

It is also for you if

- You have felt disconnected from yourself, stressed or absent and you're curious to reconnect with your body.
- You're someone who struggles to get out of your mind and into your body.
- If you are a person who finds it difficult to connect with your desires and communicate your needs out loud, you'll learn how your body can help you with this.



Structure and format

The Me and My Body workshop will be divided into **two parts** that will take place on two Saturday mornings.

The first part will be dedicated to **raise awareness and connection with the body**, and second part will be dedicated to promote **embodied practices for self care**.

We will gather face-to-face to carry out **debates and practical exercises**, you will also have access to a **workbook** with reflective questions and embodied practices to take home.



The contents of the course, what will be covered in the workshops?

FIRST PART

- Living as a body - Awareness of cultural messages on the body
- Body connection and comfort
- Body agency and functionality
- Experience and expression of desire

SECOND PART

- Attuned self care (Body states)
- Inhabiting the body from within
- Feeling feelings in the body
- And other bodies? -Explore our relationship with our environment



Living as a body - Awareness of cultural messages on the body

Identify, name and reflect on the implicit messages about our bodies that culture has and in which we are immersed in our daily lives.



Body connection and comfort

Enhance comfort and other positive feelings in the body while engaging with the world. We are going to put into practice a *non judgemental awareness* of your thoughts to increase that feeling of connection and “at home” in the body, by engaging in positive self-talk to counter adverse social influences.



Agency and functionality

Enhance your capacity to take action in the world with agency, both through physical functionality and through the power of voice.

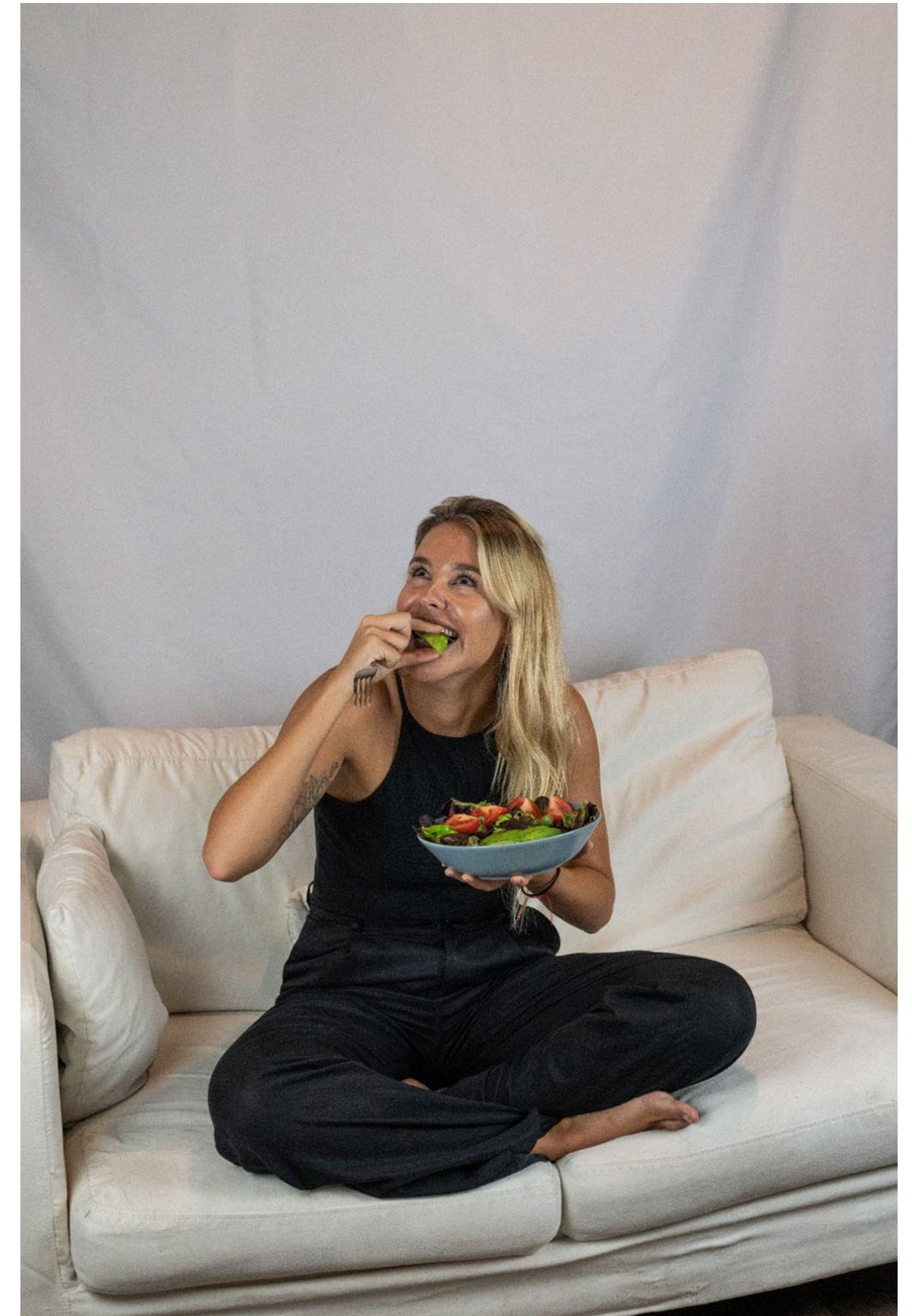
Become aware of how important it is to respect the body's limits in the long term, communicate your needs and boundaries.



Experience and expression of desire

Reflect on your connection to bodily desires, both appetite and sexual desire, and your ability to express them with agency and self-attunement.

Learn the principles of **intuitive eating** and **conscious sexuality**.



Attuned self-care

Enhance your engagement with the world by being aware of, guided by, and responding to internal cues, such as bodily, emotional, and relational needs, as well as the need to engage in meaningful pursuits.



Inhabiting the body from within

Focus on subjective embodied experiences, as well as resisting compliance with idealised appearance expectations and pressures to view one's body as an object to be gazed at.



Feeling feelings in the body

Learn how to recognize, name, and regulate each one of your emotions by becoming aware of your bodily cues and reactions to specific circumstances.



And other bodies?

In a culture so dissociated from the body, we have also learned to dissociate from our environment and the planet that sustains us and makes our lives possible. This workshop aims to increase our awareness of our deep interconnection with the world around us and other living beings.



The team



[Alejandra Misiolek](#)

Physician, psychologist, psychotherapist and co-founder of the ART Project; she is co-creator of the course and facilitator of the workshop.



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Psychologist, psychotherapist, trainer and collaborator of the ART Project, she is co-creator of the course and facilitator of the workshop.

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