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Title

Liberated Body: Body as an anchor for meaning and regulation

Abstract for

Workshop

Abstract

The human body serves as both an anchor for regulation and a reflection of experience, through ever-changing dynamics of the existence. This workshop explores the body's role amidst all the complexities of life, by wandering around the tension of being through movement. Fascia oriented movement examines the nature of acute chronic pain and the tensional patterns embedded in everyday life—distinct phenomena that go beyond conventional definitions of acute or chronic pain but created as a part of fascia research to address the accumulated limitations coming purely from the "living". These patterns reveal the body's capacity to hold unresolved tensions and repetitive discomfort, offering an invitation for exploration and rethinking the ever changing meanings. Having formed the most adaptable complex system of the Umwelt, fascia is capable of coordinating systemic change from seemingly remote fragments of the body, illustrating how small embodied adjustments can lead to meaningful transformations. Participants are encouraged to approach the discomfort with curiosity, using it as an entry point to identify unhelpful patterns and reveal some insights for underlying meaning or assumptions that seem to be attached at the time-being, with its transcendent nature. The body's movement in space becomes a primary avenue for expanding awareness and engaging with the boundaries of freedom and constraint.

Central to the workshop is a basic movement language rooted in the somatic satisfaction cycle. This method provides a framework for exploring the dynamic boundaries of movement and the liberty within constraint. By engaging with tensional patterns, participants can examine how these recurring elements of their existence are interwoven with temporality, constraint and the search for freedom. Through this process, the embodied experience becomes a space for reflection, redefinition, and exploration.

The interplay between pain and meaning is addressed as an evolving conversation. Acute chronic pain, in particular, can act as a signal of the body's ongoing dialogue with itself, pointing to areas where the existence is conflicted. Through movement practices and inquiry, participants can connect with their bodies as active collaborators in their journey of becoming. This engagement can open up the questions of regulation, integration, and the reconsideration of boundaries within the constraints of existence. This workshop is an invitation to view the body as an active participant in the search for meaning and regulation. By taking a chance to deepen the embodied awareness, it opens up the opportunity to explore the lived experience with a fresh perspective, uncovering new possibilities within the tension of being.

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Burcu Tuncel is an existential coach, a doctoral student in existential psychotherapy at NSPC, and a fascia researcher. Her work integrates psychosomatic awareness, tensional pattern exploration, and existential coaching methodology.

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