

[GEN in Conversation Workshop: Deeper listening to polarities within the body](#)

Resources recommended by workshop facilitator Sandhya Dave

- [Shiatsu](#): A bodywork therapy based on the principles of energy medicine rooted in traditional Chinese and Japanese philosophy and medicine systems.
- [Gestalt Psychotherapy](#): “The whole is more than the sum of the parts”
A **client-centered approach to psychotherapy** that helps clients focus on the present and understand what is really happening in their lives right now, rather than what they may perceive to be happening based on past experience.
- [The Diamond Approach](#): A method of Inquiry to be in the present moment and see what arises.
- Dr Stephen Porges: [Polyvagal Theory article](#).
- [Somatic Experiencing](#): Somatic experiencing is a form of **alternative therapy** aimed at relieving the symptoms of post-traumatic stress disorder (PTSD) and other mental and physical trauma-related health problems by focusing on the client's perceived body sensations (or somatic experiences).
- [When we can't meet in person, how can we build connection? A second conversation with Sarah Schlotte](#), Accidental Gods Podcast (on Spotify).
- [Circle Tales](#), the adventure storytelling table-top game.
- [Daniel Hughes](#), psychotherapist focusing on coregulation, ‘Connection before correction’.
- [Carolyn Spring](#), trauma psychotherapist, Sandhya referred to her green-amber-red
- 4 minute human connection videos:
[Look Beyond Borders - 4 minutes experiment](#)
[How To Connect With Anyone](#)
- [Gaia House](#): A meditation retreat centre offering learning in different Insight.
- Workshop opening song - [Land Of Gold](#) by Anoushka Shankar

Sandhya’s private practice email: bodyheartmindpsychotherapy@gmail.com

Sandhya’s environmental work with trees

- [Moor Trees](#): A UK Devon based tree planting charity
- [Trees For Life](#): A Scottish tree planting charity rewilding in Highlands of Scotland

Sandhya’s diversity consultancy & anti-racism work

- [Global Centre and DDE \(global centre devon.org.uk\)](#)