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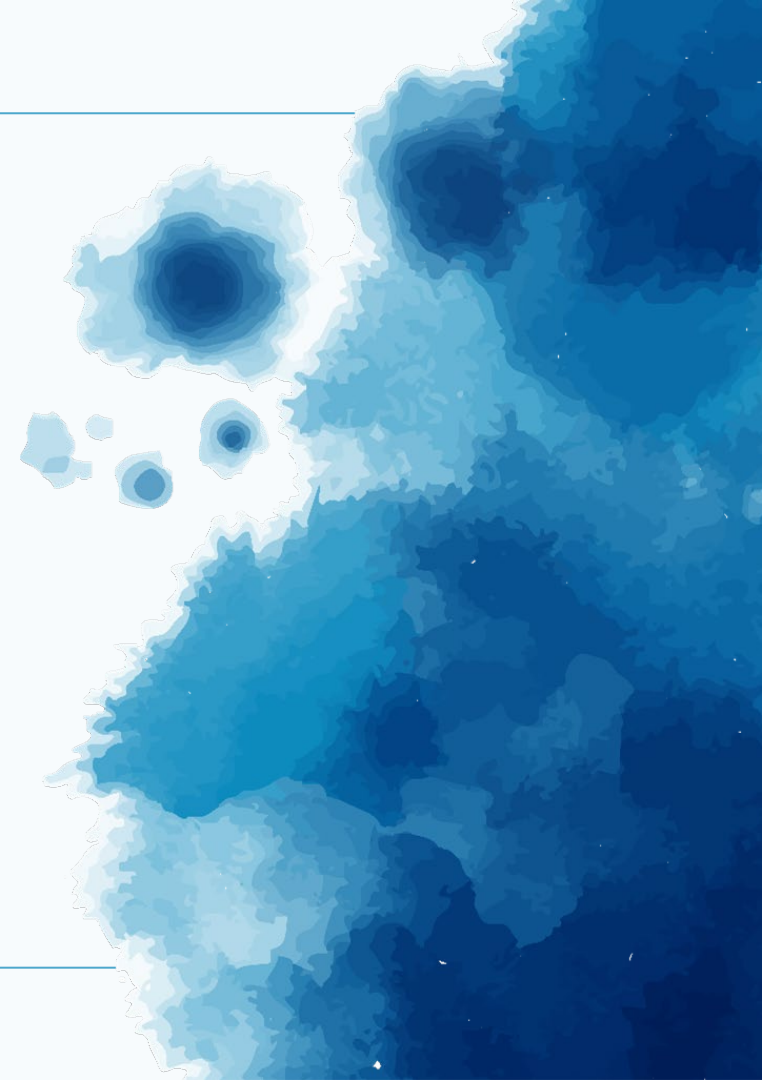
# The Connected Practitioner: Exploring Body -Based Strategies for Professional Wellbeing & Community Health

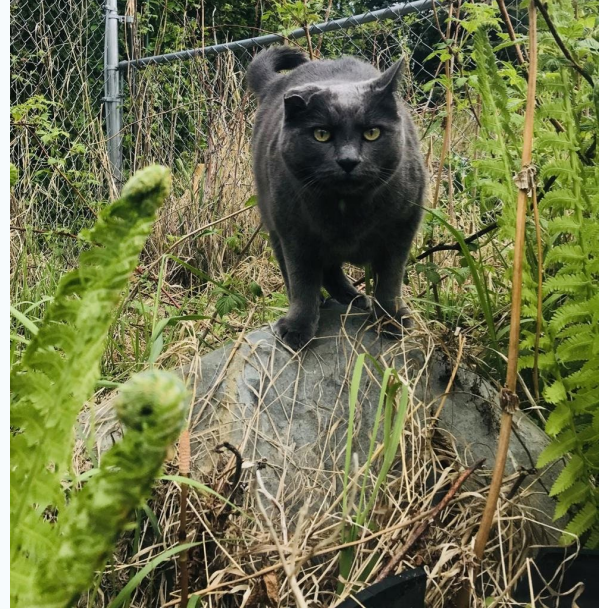
Behavioral Health Aid Forum

April, 2026

Steffi Kim, Ph.D.

Zoe O'Connor, BS, BHA





# Steffi Kim, Ph.D.

Assistant Professor at the University of Alaska Anchorage  
Department of Psychology

# Zoe O'Connor, BHA -I, BS



# Agenda

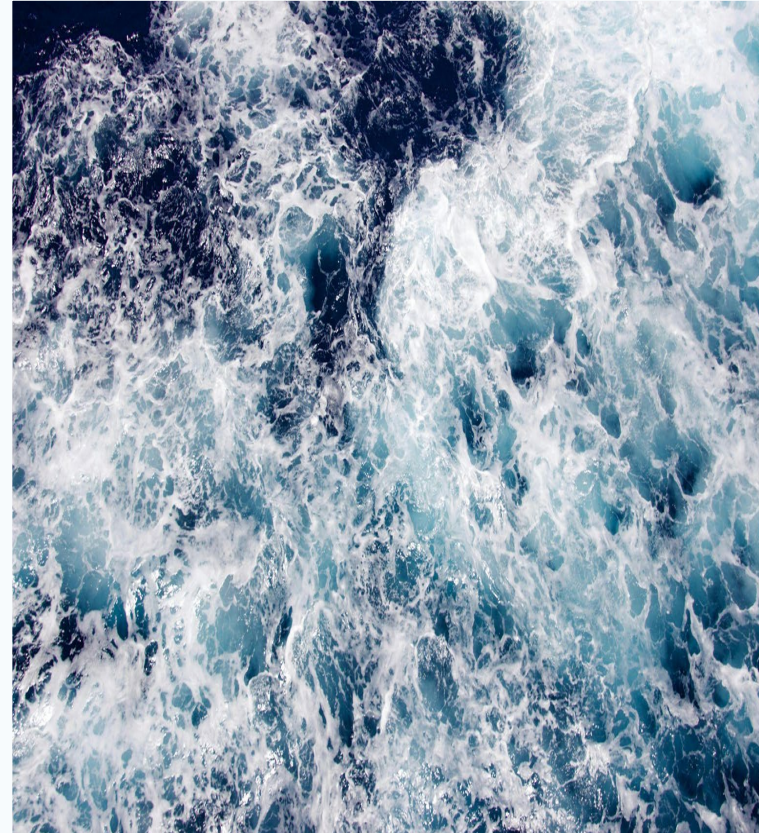
- \_01 Orienting
- \_02 Living Relationally - Self
- \_03 Living Relationally - Community
- \_04 Building Resourcing Capacity
- \_05 Feedback

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# Movement Practices

- Invitation to experience movement in a different way
  - Unhurried movement and body awareness
  - Exploration of space
  - Sensing how the body meets the surrounding space
  - Slowing down with movement
  - How does this feel in the body
- This practice emphasizes:
  - Awareness of sensations, breath, and the natural rhythm between contraction and expansion
  - Increased awareness supports the nervous system regulation
  - Deepen understanding of embodied presence
  - Gain insights into internal states



# Triad



- In groups of 3s:
  - Share your experience
  - Take 5-7 minutes each to share, and then switch between members and just listen attentively (witnessing)
  - At the end reflect for 3 minutes on this different way of engaging with another
  - Two times throughout the workshop
  
- This practice emphasizes:
  - Attentive listening
  - Witnessing another person's story or experience

# Sharing Guidelines

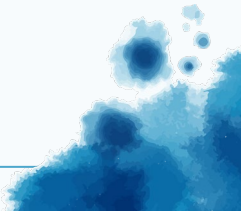
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## Creating a safe container

- Confidentiality
    - Preserve confidentiality of personal information entrusted to you
  - Respecting differences
    - Meeting differences with the intention of generosity and curiosity toward each person's unique experiences, perspectives and life expression
  - Selfresponsibility
    - Welcoming and caring of my sensations, emotions, thoughts, and perspectives in whatever form they might take
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# Living Relationally - Self

- Meditational practice that can help connect to the body and mind (resources are being shared in print and online)
- Opportunity to get to know ourselves better
- Knowing ourselves creates enhanced capabilities to be with others in a genuine and connected way
  - How connected do I feel to myself, my family, the community, the land?
  - Connection creates groundedness, trauma creates disconnection
- Invite you to a short meditation to explore your inner landscape



# Meditation 1

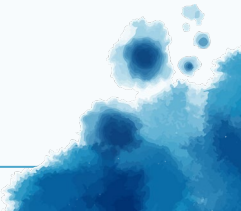




## Movement #1

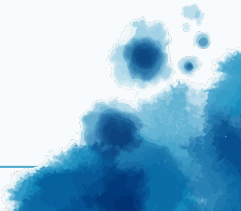
For description see Google folder link at end of presentation.

Music Link [Hang Massive - The Secret Kissing of the Sun and Moon](#)



# Check in - Tuning in with Ourselves

- In your triad, please explore and share:
  - What are some signs of stress?
  - What was your experience with the three sync practice?
  - How did it feel to expand beyond your regular reach and take up space?
  - What did you notice in your body, mind, or your emotions?



# Living Relationally - Community

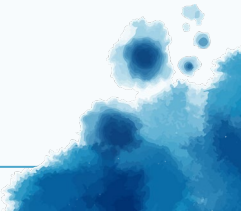
- Meditational practice promotes emotional insight and strength
- Growing your own capacity helps connect in meaningful ways
- Connecting in meaningful ways involves witnessing and attunement, these are only possible when we know ourselves well
- Stories can bring up emotional arousal, with this practice we can learn if the arousal is based on our inner world or if we might take on the emotions of others (client or community)



# Building Resourcing Capacity

- Resourcing based on enhanced self-awareness practice
  - Three-synch meditation as a resource and internal landscape throughout the day
  - Physical, emotional, relational, and groundedness
  - Identify your resourcing practices and identify ways to incorporate them into your daily life

# Meditation 2





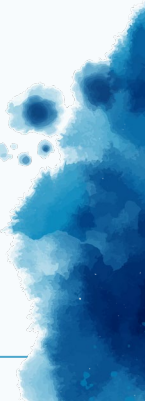
## Movement #2

See Goole Folder for description.

Music Link In the Fire

# Resourcing - Triad

- In your triad, please explore and share:
  - What did you notice in your body moving to the beat freely?
  - Which community and land and water-based resources are you aware of?
  - What are you taking from this workshop to integrate into resourcing?



# Resources

**Steffi Kim**

Email:

[smkim5@alaska.edu](mailto:smkim5@alaska.edu)

**Zoe O'Connor**

Email: [zelewis@anthc.org](mailto:zelewis@anthc.org)

