



## Rebuilding Concentration with Focused Attention

Our autonomic nervous system can be overstimulated by trauma. That means that your arousal levels are chronically high, so they trigger and have serious impact to one's body. And the body needs soothing and care, otherwise the body don't have the reserve of enough energy to help you to heal. And sleep is an important precursor.

<b>Module</b>	<b>Submodules</b>	<b>Group size</b>	<b>Duration</b>
• Awareness	• Concentration and Memory	• Individual • Small group	• 15 min

### Keywords

brain, focused attention, sleep routine, trauma and sleep

### Aims

To recognize the constant excitement and sleep problems and consequently design a new bedtime and sleep plan. Reframing.

### Participants

1 - 12 persons.

### Description

The activity by itself takes only five to eight minutes.

- Let your body be open and alert.
- Assume a relaxed and upright posture; but has a subtle effort to it.
- Turn your attention inward to the body.
- Cast your eyes down or close them. Make sure you stay alert and NOT sleepy.
- Connect with attention (if you drift, come back! This may happen many times).
- Allow the attention to be focused right NOW. The object of your focus could be: the berat, sensation in the body, a feeling, image or a thought. Chose one!
- Settle into this one aspect and focus your attention right there and see if you can keep it there.
- Stay with it.
- Keep focusing and go deeper.
- Keep your attention focused until it wants to move on.
- Once the focus is completed you naturally want to open up. What moves you naturally into open attention.

## OPEN -> STILL -> FOCUSED

### Material

paper and pen (to write down the experience if the activity is conducted in the small group).

### Method

self-awareness technique, mindfulness

### Advice for Facilitators

It can be difficult for the client when an emotion gets stronger or any unpleasant experience happens. This is when the therapist is needed that the focused attention stay in place.

### Source (APA)

Adapted from: Mischke-Reeds, M. 2018. *Somatic Psychotherapy Toolbox*. Eau Claire, WI: PESI Publishing & media Inc.

### Contributor

WIN (Wolfgang Eisenreich).



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