

THE EMOTIONAL BODY

A Method for Physical Self-Regulation

What is the Emotional Body[®] method?

It is an evidence-supported empowering physical emotion management technique founded by international luminary on the subject, Laura Bond.

*Learn more about the method for emotion management with [this short video](#).
If interested in how the benefit supports actor training, [watch this short video](#).*

Learn more about Laura Bond and her work on her [Substack page](#) and [website](#).



The Method...

- Applies evidence-based physical patterns discovered by a team of researchers
- Uses a signature combination of somatic approaches, unique to other methods
- Teaches the ability to tap in and out of emotional states and reduces emotional residue
- Calms the nervous system and develops self-healing abilities
- Promotes personal agency and empowerment with social emotion engagement
- Provides physical emotion management tools to use anytime, anywhere
- Applies a fundamental and universal technique based within biological roots
- Instructs with an objective language style that promotes self-discovery, safety, and growth
- Encourages practitioners to use with their other methods once learned
- Promotes grace, understanding, respect, and personal resilience with emotions



The Emotional Effector Patterns

At the core of the technique's instructional content, are the emotional effector patterns discovered by a team of researchers.

These are precise breathing and muscle patterns linked to specific emotions.

Each effector pattern has three parts:

- (1) breathing pattern
- (2) facial expression or facial muscle organization
- (3) postural attitude or points of view



Teaching Approach

Endorsed Emotional Body® instructors use a signature somatic instructional framework, while applying consent-based, trauma-informed teaching and lesson design practices.

Trauma informed and consent-based teaching recognizes the needs of personal space for learning, and the impact of anxiety, stress and trauma. Endorsed Emotional Body® instructors are trained for several years to promote a learning space supportive of safety, self-regulation within a person's Window of Tolerance, and by-choice-engagement so every student can learn from a place of stability.

Breath Patterns for Six Primary Emotions

| | | |
|---|---|-----------|
| 0 Zero Breath (Neutral/Balancing) | Nose Breathing | 1a |
| | | 1b |
| | Mouth Breathing | 2a |
| | | 2b |
| | Nose & Mouth Breathing | 3a |
| | | 3b |

A Somatic Practice

When introducing the evidence-based emotional effector patterns, endorsed Emotional Body[®] instructors typically apply a signature combination of ...

- mindfulness,
- body scanning,
- interoception,
- and exteroception instructional methods.

This guides the learners into developing holistic somatic sensing skills.

Throughout, instructors always use **the trademark Emotional Body[®] non-leading number/letter labeling system of the emotional effector patterns created by Laura Bond.**

To learn more about the emotional effector patterns, visit the Emotional Body website pages [describing the patterns](#) and research origins of [the effector patterns](#).



Approaches Used within **Our Signature Somatic Practice**

- **Mindfulness:** noticing present moment experiences in the body with openness and curiosity
- **Interoception:** a structured approach to direct attention through specific areas within the body and then outward (exteroceptive) to understand how the body responds to the environment
- **Somatic Sensing:** the embodied skill that deepens our awareness, tuning attention to the body's internal signals and sensations, and interprets and responds through the seven senses with clarity by assigning meaning to the experience (affect labeling, identifying feelings, etc.).

Together, developing these techniques **while using objective, non-leading language around emotions** forms a connected system that cultivates personal discoveries, awareness and encourages embodied practices that deepen and ground our lived experiences with emotions and improves overall wellness.



Experience You Can Trust

Laura Bond

Lead Instructor/Teacher Trainer, Emotional Body® method

- **Founder of the Emotional Body® method**, teaching in person and online annually since 2007
- **Internationally celebrated somatic practitioner and scholar** dedicated to providing safe and reliable techniques for physical emotion regulation for personal expression development for all individuals and promoting somatic wellness initiatives
- **Professor Emeritus** with UNC Asheville, taught somatic practices for personal expression development, vocal production, and physical emotion regulation and resiliency, acting and directing for 27 years
- **Master trainer of Estill Voice Training®**, and a **certified Trainer in Kinēsa®** a Feldenkrais®-Inspired movement system for pain Relief and heightened physical, emotional & energetic wellbeing
- **Mindful Art and Meditation Teacher**, completing her year-long (MAT) training program, by the acclaimed International Mindfulness and Meditation Alliance (IMMA) and the global Mindful Art Alliance (MAA)
- **Certifications in Mental Health First Aid for adults and minors**, training in Mindfulness Based Stress Reduction (MBSR)

Learn more about Laura Bond [on her Substack Page](#)

Emotional Body® Instructors

There are three levels of endorsed Emotional Body® instructors:

- Associate Instructor
- Instructor
- Lead Instructor/Trainer

All endorsed instructors have studied with Lead Instructor/Trainers, most have personally studied with Laura Bond through an Apprentice Instructor track, and all have followed an Emotional Body teacher training path to become endorsed.

- Emotional Body instructors have extensive experience in applying the teaching methods supported in the course text, *The Emotional Body*.
- All instructors have demonstrated the Emotional Body Instructional Understandings within their practice and model the abilities for their instructional level articulated in the Emotional Body Instructor Level Guidelines. (Available on the Emotional Body [website](#))
- Our signature Emotional Body® courses and materials are only available through [endorsed Emotional Body instructors](#).



Instructional Goals

- Discover the limitless personal and professional benefits of learning physical emotion regulation
- Increase vocal, physical, and emotional expressive range
- Understand, identify and speak about emotions with comfort, clarity, and grace
- Identify and allow space for emotions in yourself and in others
- Learn personal and professional benefits and applications
- Experience interdisciplinary somatic methods that are beneficial to all
- Develop reliable evidence-based methods to release emotions and calm the nervous system
- Obtain skills to gain emotional personal agency, balance and increased wellbeing



Increased Abilities Shared by Workshop Participants

Skills growth analyzed through pre & post workshop surveys

Increased abilities to:

- Describe bodily sensations
- Embody emotional states
- Sense emotional states before becoming dysregulated
- Shift emotional states to more desirable or helpful states as needed
- Let go of emotional expressions and restore to a calm state
- Regulate levels of emotion
- Obtain specificity & repeatability with emotional expression & communication
- Create stronger and more meaningful social connections with others
- Develop a common language for emotion
- Understand better ways to monitor lingering adverse effects of emotion

Professional Actors Reported Skills Gained for their Profession

Reported in a Grant-
Funded Research
Project Conducted by
Emotional Body®
Instructors



Audience Witnessing Actors
Trained in the Method
Reported after a performance
using a scale from 1-5

Perceptions of a
credible and engaging
Performance averaged 90%
with a score of 4 or over

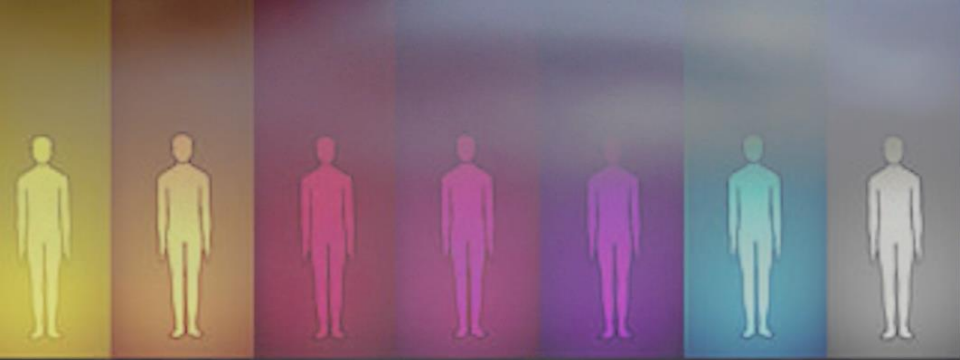
- Clear and specific method to enter and exit an emotion
- Ability to regulate levels of emotion
- Greater sense of specificity
- Practical and efficient method for repeatability
- Stronger connection to partner
- Common language for emotion
- Monitor lingering adverse effects of emotion (emotional hangover)

Appreciations Reported by Workshop Participants

Visit the Emotional Body website [Testimonials page](#) for specific comments from workshop participants and our [Youtube playlist](#) for interviews with workshop participants about their experiences.

- Effective and safe physical approach to emotion stimulation and regulation
- Efficient method for developing and expanding expressive capabilities
- Distinct techniques for clearing emotional states and calming the nervous system
- Clear lessons on how to sense, identify and label subtle and habitual emotional patterns
- Develops skills for moving easily from one emotion to another with conscious control
- Useful approach that is not reliant on psychological histories or imaginative prompts
- Safe and comfortable learning environment - felt empowering, liberating, and caring
- Creates a sense of personal agency and grace with emotions within self, as well as with others
- Complements and enhances other existing techniques due to its biological pattern foundations
- Fundamental, international, and objective teaching approach, using number/letter labeling of patterns





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Learn More About the Method Here...

Contact Laura Bond at
the.emotional.body@gmail.com

To learn more about the Emotional Body® method visit these sites:

(1) Youtube Playlist:

https://youtube.com/playlist?list=PLM5b0PmGVCPOzHoEskzuRABD43ueZC3HT&si=btUqmmwUsy9_bPs7

(2) Website: <https://emotionalbody.co/>

(3) Substack page: <https://pureexpressions.substack.com/>

(4) Purchase Laura Bond's books on the method, learn more through her Author page:

https://www.amazon.com/stores/Laura-Bond/author/B07MP3FSML?ref=ap_rdr&shoppingPortalEnabled=true&ccs_id=cd3fd377-e340-4819-9cdd-816210d58599