



## The Mind Movement

### Integrating Body, Breath and Movement in Therapy

by Lorna Evans

#### DESCRIPTION:

The Mind Movement book will illuminate the process of working with the body, breath and movement in therapy, giving the reader confidence to notice moments where they can integrate these tools creatively into their current clinical practice, in person and online.

By offering both psychoanalytic theory and practical tools, readers will gain a deeper understanding of the science behind working with body, breath and movement. This will support them to begin sharing the wisdom of neuroscience, the autonomic nervous system and vagus nerve with their clients.

The aim of the book is to stimulate new conversations so we all grow from this body of work. Within this post pandemic world, raising awareness of working with body, breath and movement has never been so important.

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### CONTRIBUTORS BIOGRAPHIES:

Lorna Evans is a UKCP-registered psychotherapist and trainer with an MSc in body awareness and psychotherapy. She proudly integrates psychotherapy and the body, focusing on movement and breath as healing tools for trauma, anxiety, and depression. Lorna has been in private practice for many years, previously working in primary care for the NHS and Mind.

Lorna is exceptionally proud to teach trauma-informed yoga and be constantly learning from the students of ReCoCo (NHS Recovery College), Crisis UK, Changing Lives, Mind, and many other trauma survivor groups and charities across the UK. She has collaborated on books, documentaries, and projects with The Guardian, the Samaritans, Psychologies magazine, MTV, BBC, and SKY. She also works as a media spokesperson for the United Kingdom Council for Psychotherapy (UKCP)

Lorna's YouTube channel, The Mind Movement, provides positive psychoeducational content and spreads awareness about the importance of trauma-informed practices involving the body, breath, and movement to improve and maintain mental well-being. Subscribe to the channel, and, if you wish, join Lorna for some yoga.