

Monday July 22nd 2024

Agenda:

- Welcome
- Housekeeping
- Introductions
- Module 1 The Scribbledeedo Way®
- Module 2 A Polyvagal Informed Lens

Welcome

The Scribbledeedo® Doers Certified Training Programme.

- Every Week It Is The Same [Zoom Link:](#)
- Facebook Group [Here](#)
- Yasmin Shaheen-Zaffar: Best Way To Contact Me:
 - What's App **07709175901**
- Confidentiality Agreement can be found [here](#)

Welcome, everyone, to the first cohort of our training program! I view each one of you as pioneers in this journey, I'm aware that there might be a few bumps along the way as I tweak and refine the training. Content repeated every Thursday evening, new notes and recording sent out Friday evening.

I truly appreciate your willingness and trust in me to join and your belief in the potential of this program.

Your feedback and participation are invaluable, and I want to thank you all for being early adopters and for your support in us jointly making Scribbledeedo® a success.

Welcome

Schedules & Comfort.

I understand that we all have busy lives, so if you can, please drop a message in the chat today with the time you need to leave if you have to depart early or if you have any other commitments.

Additionally, I recognise that many of us are neurodivergent, so feel free to turn off your cameras, stand up, or walk around if needed. It's perfectly okay. Let's also ensure we stay hydrated, so if you need to grab some water or a drink to have nearby, now is a good time to go get that.

notes

Welcome

Awareness Of Body

- Sensations
- Posture
- Sitting Position
- Hands
- Feet

Short Movement Exercises for Online Group Training of Scribbledeedo Doers - [Click here](#)

1. Shoulder Rolls and Arm Stretches Duration: 2-3 minutes

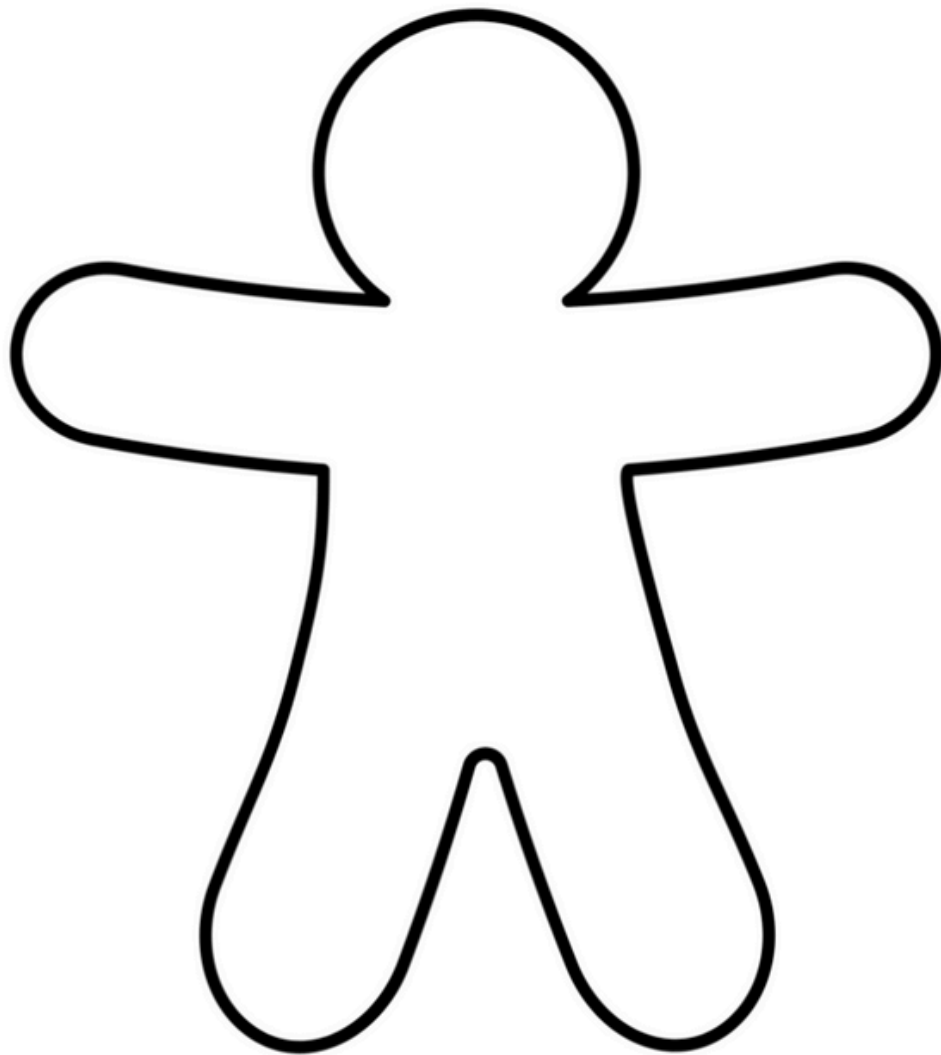
Instructions:

1. Sit or stand comfortably.
2. Slowly roll your shoulders forward in a circular motion five times.
3. Reverse the direction and roll your shoulders backward five times.
4. Stretch your right arm across your body and hold it with your left hand, keeping the arm straight. Hold for 10-15 seconds and switch to the left arm.
5. Repeat the stretches twice.
6. Gently stretch and shake out that tension, being careful to not over stretch your body. Being aware

Objective: Gently release tension in the shoulders and upper back, improve circulation.

notes

Welcome



notes

Housekeeping

Misunderstandings and Rupture & Repair

I want to acknowledge that misunderstandings can happen, even though I try really really hard to create a safe and empathetic space.

If there's something you need to discuss, please don't hesitate to email me at Yasmin@watotoplay.com or message me on What's App. **07709175901**

In the past, I've sometimes avoided addressing issues, which has in hindsight hindered my progress and connection with people. I am always open to constructive insights. I would describe myself as perfectly imperfect. Messy.

We are humans coming together on this journey. Just the fact there is interaction - it's not always going to go the way we hope. No concern is too sensitive or silly, and I can occasionally say things that come out wrong. I've been known to say some pretty dumb stuff.

Your feedback is important, and I'm here to listen and importantly learn. Polyvagal Theory which we touch on in module 2 later on today - the rupture and repair is crucial, so my intention that if it comes to it which i kinda hope it doesn't, but if it does we have opportunity for growth.

notes

Housekeeping

Enthusiastic Overlap

I've know definitely for me enthusiastic overlap can definitely take hold.

By that I mean things can blurt out. Which I know can be a bit much for some people. Also, I tend can forget my train of thought if I have to wait, which can be frustrating .. therefore interrupting.

Do you have any thoughts on how we might manage this better? I want to be fair to everyone's needs. I found jotting things down helpful, maybe raising a hand? But then what if it's not noticed. Or shall we have "check-ins,, whilst you jot things down?

The Unexpected

When unexpected interruptions happen, how would you feel about just typing a message in the chat or waving? That way, we can acknowledge it if we notice, but no pressure if we're deeply focused. How does that sound to you?"

How are we going to do this? Any ideas welcome.

notes

Housekeeping

Staying Safe

Since we are a small group, we will be sharing information about ourselves and potentially discussing clients. To protect everyone's privacy, please ensure you have signed the **confidentiality agreement**.

Here are a few tips to keep yourself safe when sharing information:

- it feels kinda easy to say “be mindful of what you share,,
- remember that it's okay to set boundaries and say no - try notice what your body is letting you know.
- to give yourself more time to process helpful statements such as “I just need some more time to process this,, if this feels uncomfortable maybe you can find a reaction on the zoom dashboard which tells us, me the group that.
- being mindful that we are limited by constraints with time - i'll try stay on time.
- I relate to the feeling of oversharing and then feeling regretful. The shame hangover.

This training is not **just** about training to deliver workshops, but firstly embracing this learning into our lives. Its about nurturing and showing compassion towards ourselves first

If we can commit to supporting each other in creating a safe and respectful environment and set an intention?

Introductions

- Name, Where you are in the country, Type of practice & who you work with or anything you feel comfortable sharing.
- Discuss item you have brought to the meeting that has special meaning to you (e.g., a favorite book, a souvenir, a photo, dress, wig, photo etc.).
- Show your item and explain why it is important to you.
- If you are comfortable sharing any learning difference, disability or condition you think the group should know about.
- Time for any follow-up questions or comments from the group.
- We all get 5 minutes each for this activity - I have a timer.
- I thought if we start in alphabetical order of the city/ town you live in?

notes

1a. The Scribbledeedo® Way

What Is A Scribbledeedo®?

A Scribbledeedo® is a joyous **therapeutic journey** through a **polyvagal informed** lens of **shared learning** that encapsulates **five** core elements:

- Scribbles
- Doodles.
- Colours
- Shimmies
- Shimmers.

Therapeutic journey - our nervous systems are on a continuous journey changed with every encounter.

Polyvagal Informed - we take from Polyvagal theory a language that creates connection & makes it accessible to our participants.

The Shared Learning (psychoeducation): we are not gatekeepers of this knowledge. We may deliver training and have knowledge but with each encounter we also are changed. A shared experience.

Trauma Informed and Beyond. We know we cannot eradicate trauma - but we can work towards reducing it. This approach can impact also future generations through genetics and [epigenetic change](#) in developing children.

notes

Module 1b - The Scribbledeedo® Message

Objective: Understand the core mission and values of Scribbledeedo®.

Content:

1. Introduction to the Scribbledeedo® Way
Philosophy

Mission Statement:

To empower individuals, families, and communities in realising their potential and building better connections through creative engagement and movement.

Our values being acceptance, inclusivity and diversity.

notes

Module 1b - The Scribbledeedo® Message

Understanding the Mission Statement - Statement Breakdown:

*To **empower individuals, families, and communities** in realising their potential and building better bonds through creative engagement and movement. Our values being acceptance, inclusivity and diversity.*

- **Empower Individuals, Families, and Communities:**

- **Definition:** Helping individuals, families, and communities realise and maximise their unique capabilities and strengths. To support them feel comfortable in recognising and seeking the support they need.
- **Application:** Encouraging holistic self-expression (the mind-body connection), fostering self-confidence, and promoting personal and communal growth through creative activities.
- **Outcome:** Participants feel more capable, confident, and motivated to explore their potential in various aspects of life, strengthening familial and community bonds.

notes

Module 1d – The Scribbledeedo® Message

Understanding the Mission Statement – Statement Breakdown:

*To **empower individuals, families, and communities** in realising their potential and building better bonds through creative engagement and movement. Our values being acceptance, inclusivity and diversity.*

Example

Empowering Individuals, Families, and Communities:

- **Scenario:** A participant struggling with low self-esteem engages in creative scribbling exercises. Over time, they begin to see their creativity and unique ideas reflected in their work, which builds their confidence.
- **Outcome:** The participant feels more empowered and capable, translating this newfound confidence into other areas of their life.

notes

Module 1b - The Scribbledeedo® Message

Understanding the Mission Statement - Statement Breakdown:

*To empower individuals, families, and communities in realising their potential and building better bonds through **creative engagement** and movement. Our values being acceptance, inclusivity and diversity.*

- **Creative Engagement:**

- **Definition:** Active participation in creative activities such as scribbling, doodling, colouring, movement and other forms of artistic expression.
- **Application:** Offering a variety of creative exercises that are accessible and enjoyable for all participants, regardless of their artistic skill level.
- **Outcome:** Enhanced emotional expression, reduced stress, and increased mental flexibility through regular engagement in creative practices.

notes

Module 1b - The Scribbledeedo® Message

Understanding the Mission Statement - Statement Breakdown:

*To empower individuals, families, and communities in realising their potential and building better bonds through **creative engagement** and movement. Our values being acceptance, inclusivity and diversity.*

Example

Creative Engagement:

- **Scenario:** In a corporate setting, employees participate in a Scribbledeedo® workshop during a team-building event. They use doodling to solve problems creatively and brainstorm new ideas.
- **Outcome:** The team discovers innovative solutions to work challenges and improves their collaborative skills, resulting in a more dynamic and productive workplace.

notes

Module 1c - The Scribbledeedo® Message

Understanding the Mission Statement - Statement Breakdown:

*To empower individuals, families, and communities in realising their potential and building better bonds through creative engagement and **movement**. Our values being acceptance, inclusivity and diversity.*

- **Movement:**

- **Definition:** Incorporating gentle physical activities and movement into the creative process to promote holistic well-being.
- **Application:** Integrating activities like "Shimmies" and "Shimmers" that combine movement with creativity to stimulate both the mind and body, especially beneficial for trauma and stress relief. These activities help release physical tension associated with trauma and reduce stress by activating the parasympathetic nervous system.
- **Outcome:** Improved physical health, better emotional regulation, and a stronger mind-body connection.

notes

Module 1c – The Scribbledeedo® Message

Understanding the Mission Statement – Statement Breakdown:

*To empower individuals, families, and communities in realising their potential and building better bonds through creative engagement and **movement**. Our values being acceptance, inclusivity and diversity.*

Example

Movement:

- **Scenario:** During a community mental health program, participants engage in "Shimmies" and "Shimmers" while they doodle. This combination of movement and creativity helps them release built-up stress and connect with their emotions. Incorporating music and diverse cultural movements further enriches the experience, making it more dynamic and inclusive.
- **Outcome:** Participants report feeling more relaxed, joyful, and connected to their bodies, significantly enhancing their overall mental and emotional well-being.

notes

Module 1e - The Scribbledeedo® Message

Understanding the Mission Statement - Statement Breakdown:

*To empower individuals, families, and communities in realising their potential and building better bonds through creative engagement and movement. Our values being **acceptance**, inclusivity and diversity.*

Our Values - Acceptance:

- **Importance:** Acceptance means recognising and honoring each individual's unique experiences and perspectives. It creates a safe space where participants feel valued and understood. Its OK to be different.
- **Application:** Encouraging participants to express themselves freely without judgment, fostering an environment where all feelings and thoughts are welcomed.
- **Outcome:** Participants experience a sense of its “OK to be me,, and validation, which is crucial for personal growth and emotional healing.

notes

Module 1F – The Scribbledeedo® Message

Understanding the Mission Statement – Statement Breakdown:

*To empower individuals, families, and communities in realising their potential and building better bonds through creative engagement and movement. Our values being acceptance, **inclusivity** and diversity.*

Our Values – Inclusivity:

- **Importance:** Inclusivity ensures that everyone, regardless of their background, abilities, or experiences, has equal access to participate and benefit from Scribbledeedo® activities.
- **Application:** Designing workshops and events that accommodate diverse needs and preferences, making sure activities are accessible to all.
- **Outcome:** A diverse and rich environment where everyone feels they are an integral part of the community, enhancing collective creativity and empathy.

notes

Module 1G – The Scribbledeedo® Message

Understanding the Mission Statement – Statement Breakdown:

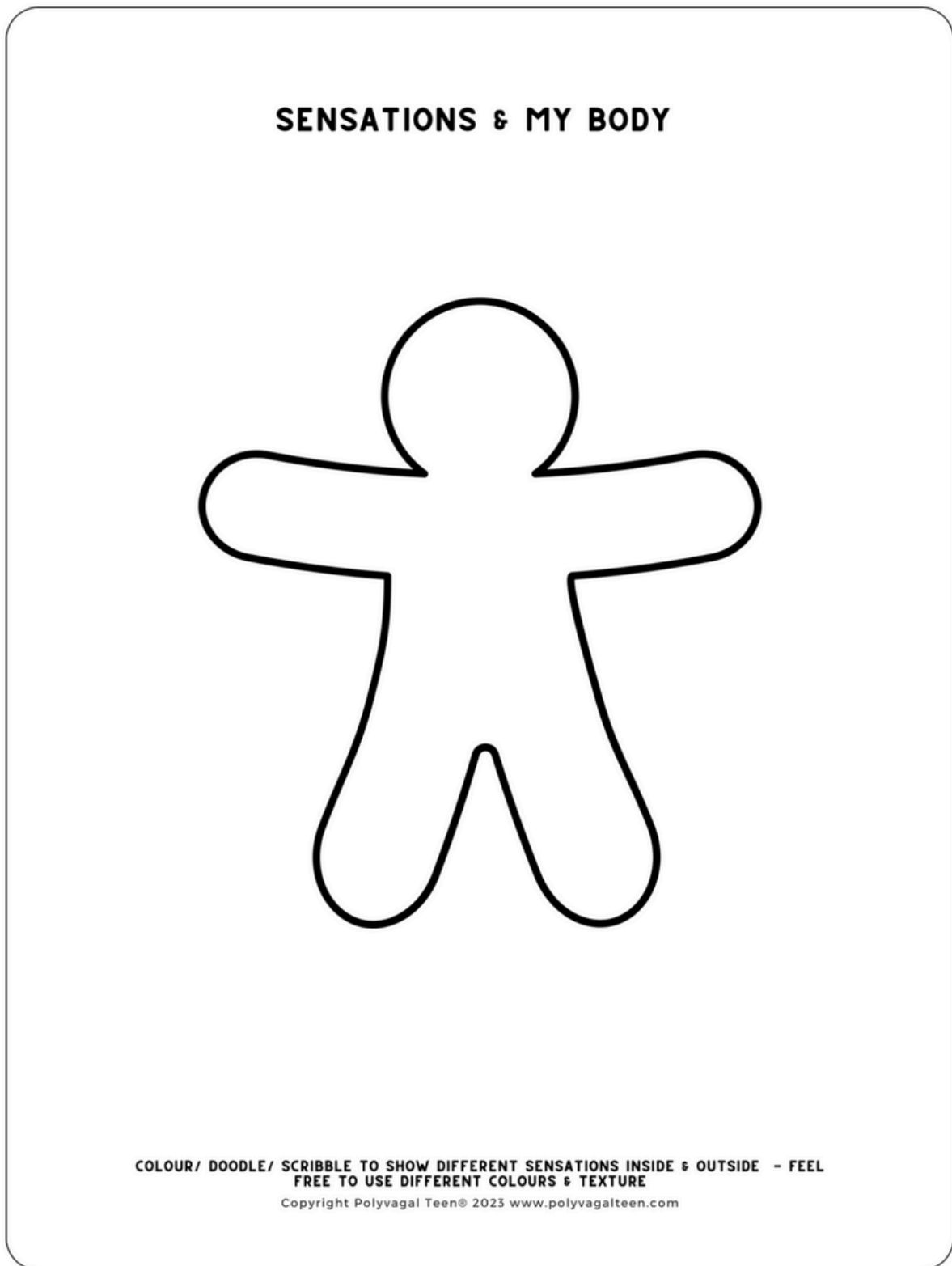
*To empower individuals, families, and communities in realising their potential and building better bonds through creative engagement and movement. Our values being acceptance, inclusivity and **diversity**.*

Our Values – diversity:

- **Importance:** Embracing diversity means celebrating difference, The different cultures, ideas, and perspectives that participants bring. It enriches the creative process and fosters a deeper understanding of one another.
- **Application:** Incorporating a wide range of creative practices and perspectives into workshops to reflect the diverse backgrounds of participants for example colour, symbols, movements, music.
- **Outcome:** A vibrant, dynamic community where diverse voices contribute to richer, more innovative outcomes.

notes

Module 1G - The Scribbledeedo® Message



notes

Module 1G – The Scribbledeedo® Message

SENSATIONS IN MY BODY?

ELECTRIC	FLEXIBLE
INTENSE	SLUSHY
COSY	ICY
PUFFY	FOGGY
FLUFFY	FLOATY
ELASTIC	POINTY
BOUNCY	PRICKLY
SQUIDGY	CREAKY
SQISHY	TOXIC
TICKLY	BURNING
JUMBLY	RAW
STRETCHY	FIREY
TWITCH	KNOTTED
KICK	THROBBING
FUZZY	ITCHY
FLUTTERY	SHIMMERY
STICKY	FLOWING
BUZZY	STILL
SPONGY	BUBBLY
FEATHERY	BUZZY
FLIMSY	MELTING
STEELY	PINCHING

**IF I FEEL UNSAFE .. MY BODY
LETS ME KNOW**

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notes

Module 1G – The Scribbledeedo® Message

Awareness of:

- **Visual.**
- **Auditory.**
- **Olfactory (smell) System.**
- **Gustatory (taste) System.**
- **Tactile System (touch)**
- **Vestibular (sense of head movement in space) System.**
- **Proprioceptive (sensations from muscles and joints of body) System.**
- **Interoceptive System**
- **sensations related to the physiological/physical condition of the body**

notes

Module 1H - What is a Scribbledeedo®?

The 5 core elements:

Scribbledeedo® integrates multiple elements to create a holistic and transformative journey of sharing of knowledge. Let's explore the Scribbledeedo® core elements:

- **1. Scribbles: Unleashing Unconscious Creativity**

- **Explanation:** Scribbling taps into the unconscious mind, allowing for spontaneous and unfiltered expression. It helps release pent-up emotions and uncovers hidden thoughts.
- **Example:** Participants start with random scribbles and gradually see patterns and images emerge, revealing insights into their subconscious.
- **Instruction:** Think of a topic that is coming up for you and think of words associated to it. Bring into your awareness any sensations in your body. Start by drawing a circle freehand - the size of the circle is determined by how impactful this topic is in your life. Close your eyes and scribble freely onto your paper.

- *The "scribble technique" described in [Florence Cane's](#) book, *The Artist in Each of Us*, (1983)*
- *Neurographia® Academy - [here](#)*
- *[Neurographics for beginners You Tube Video](#). (6.11min)*
- *[Using Scribbles to Release Subconscious Thoughts and the Benefits of Neurographia](#)*

notes

Module 1H - What is a Scribbledeedo®?

The 5 core elements:

Scribbledeedo® integrates multiple elements to create a holistic and transformative journey of sharing of knowledge. Let's explore the Scribbledeedo® core elements:

- **2. Doodles: A Visual Language of the Mind**
- **Explanation:** Doodling serves as a form of visual communication, expressing ideas and emotions that may be difficult to articulate verbally. It engages the mind in a relaxed and imaginative way.
- **Example:** Through building on their scribbles with doodling - creating shapes, symbols, figures participants can explore themes like gratitude, stress, or personal goals, creating visual representations of their thoughts.
- **Instruction:** Using your scribbles as guiding lines create doodles out of your scribbles. Become aware of body sensations, the pressure you are applying, your thoughts,
- [The Thinking Benefits of Doodling](#)
- [The Benefits of Doodling: Enhancing Health and Creativity](#)
- [Recent Research Studies on benefit of doodling](#)

notes

Module 1H - What is a Scribbledeedo®?

The 5 core elements:

Scribbledeedo® integrates multiple elements to create a holistic and transformative journey of sharing of knowledge. Let's explore the Scribbledeedo® core elements:

- **3. Colouring: Therapeutic Artistry**
- **Explanation:** The act of coloring is meditative and therapeutic, promoting relaxation and focus. It engages both the creative and logical parts of the brain.
- **Instruction:** Using your scribbles and doodles begin colouring/shading your creation. Do not spend too much time thinking about the colours when you choose them initially. Once completed spend some time on the significance the colours have for you and what thoughts/ sensations they bring up for you.
- [The Benefits of Colouring](#)
- [Colour Activities to Explore Subconscious Thoughts'](#)
- [The Manchester Colour Wheel](#)
- [Research on the Impact of Colour on Mental Health](#)
- [Integrating Colour Accessibility into Scribbledeedo® for a Holistic and Transformative Experience](#)
- [Considerations for Using Colour with Individuals Who Have Trouble Seeing Colour - Types of Colour Differences](#)

notes

Module 1H – What is a Scribbledeedo®?

The 5 core elements:

Scribbledeedo® integrates multiple elements to create a holistic and transformative journey of sharing of knowledge. Let's explore the Scribbledeedo® core elements:

- **4. Shimmies : Incorporating Movement**
- **Explanation:** Shimmies: Integrating Movement into Reflection. Shimmies involve gentle, rhythmic movements that complement the creative process. They help release physical tension and enhance the mind-body connection. The physical movement can also be used as a metaphor for moving energy, home, life transitions,
-
- **Example:** During a workshop, participants might take breaks to engage in simple movements like shoulder rolls or hip sways, which help them stay grounded and connected.

[Shimmies: Integrating Movement into Reflection](#)

[How Shakes Close the Stress Cycle in Animals: An Explanation and Research Overview](#)

[Shimmies and Cultural Movements](#)

[The Benefits of TRE Therapy: Shakes, Movement for Physical and Mental Wellbeing, and Somatic Therapy](#)

[The Benefits of Adding Music to Activities Such as Shaking and Shimmers](#)

notes

Module 1H – What is a Scribbledeedo®?

The 5 core elements:

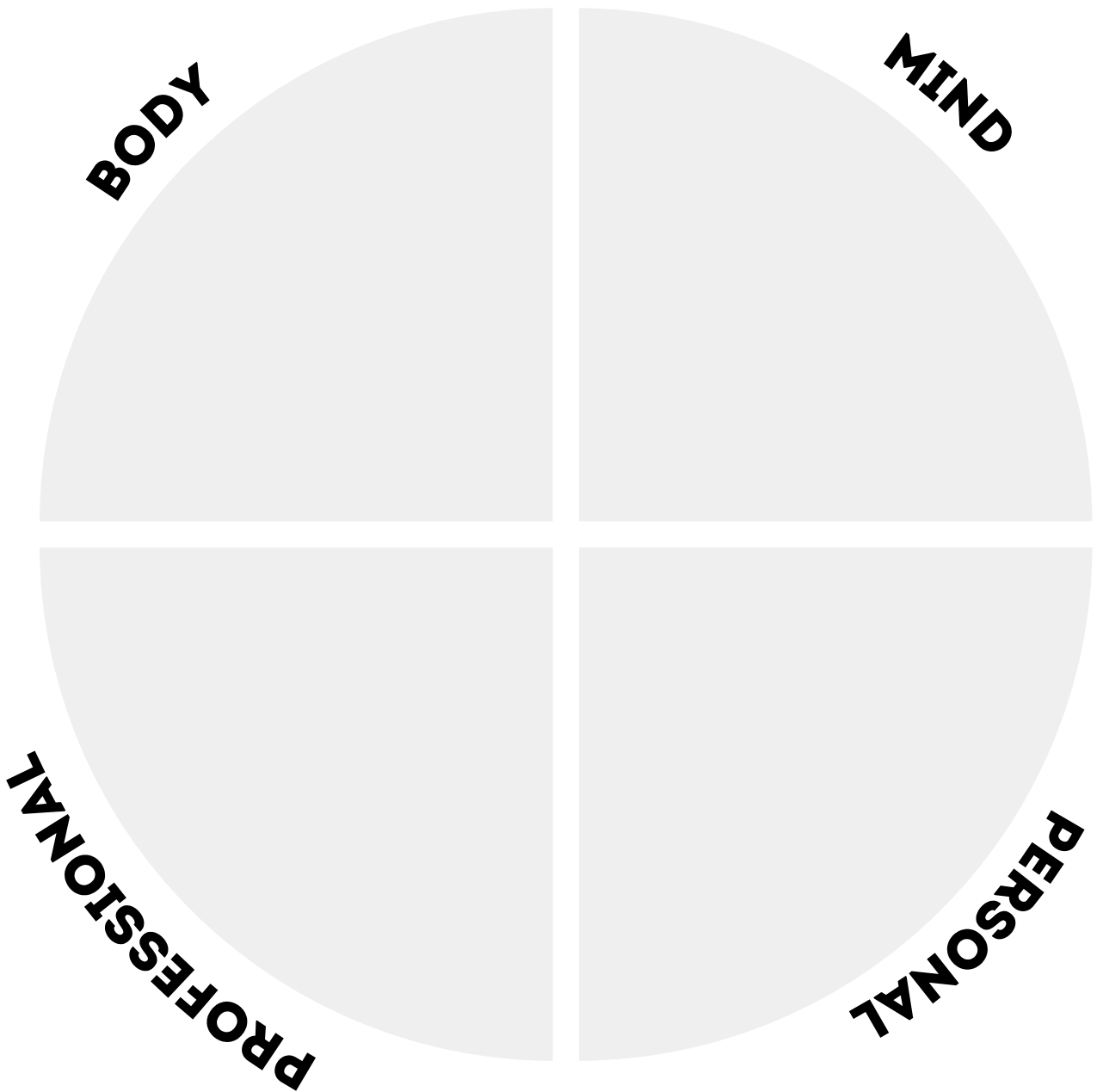
Scribbledeedo® integrates multiple elements to create a holistic and transformative journey of sharing of knowledge. Let's explore the Scribbledeedo® core elements:

5. Shimmers

- **Instruction:** Shimmers: Illuminating Joy through the Mind-Body Connection
- **Explanation:** Shimmers are moments of joy and lightness that arise from the integration of creativity and movement.
- They are a combination of glimmers (term coined by Deb Dana) and shimmies, they represent the spark of life and energy that comes from holistic engagement.
- Example: Activities that combine playful movements with creative tasks, like dancing while doodling, can create moments of sheer joy and vitality.

notes

Module 1H – Reflective Exercise’s scribble – doodle – colour “the now,,



notes

Shimmies and Doodles Dance

Materials:** Music, paper, markers.

Instructions:

- Play rhythmic music and encourage participants to engage in gentle shimmies, shuffles and shakes.
- After a few minutes, switch to doodling on paper, letting the movements inspire the doodles.
- Alternate between shimmies and doodles, allowing the energy of the dance to flow into the artwork.
- Objective: Integrate physical movement and creativity, promoting relaxation and joy.

notes

Group Energy Release

****Materials:**** Music (preferably upbeat and rhythmic).

****Instructions:****

- Stand in a circle and start with gentle shimmies, gradually increasing the intensity.
- Introduce different movements like arm waves, shoulder rolls, and hip sways.
- Allow each participant to lead a movement, which the group follows.
- Conclude with a group discussion on how the movements affected their energy and mood.
- **Objective:** Release group tension and build a sense of community through shared movement.

notes

Reflections

notes
