

Are you:
**burnt out?
stressed?
depressed?
anxious?
struggling?**



If any of these are you,
and you're hesitant to
talk to someone and/or
unable to afford
counseling...

**INTUITIVE
VOCALIZING
THERAPY**
could help!

What is Intuitive Vocalizing Therapy (IVT)?

Simply put, IVT is a way to use self-talk as a therapeutic technique.

What can I get out of this?

IVT is a tool that will help you consistently look at yourself through a more intentional and compassionate lens. Positive outcomes of this include:

- Strengthening your sense of self, which will reduce the power of outside opinions and personal challenges
- Building trust in your own intuition
- Acknowledging your right to be the full and naturally complex being you are
- Decreasing reliance on the acceptance of others (i.e., developing self-acceptance)
- Creating the ability to hold space for others who are on their own unique path

How do I do it?

① **Grab a recording device**, such as a smartphone with a memo function.

② **Speak aloud and record yourself**, keeping in mind whether what you are saying is aligned with the following three tenets:

- 1. You are speaking your truth.**
- 2. Your truth is aligned with your core values,* and**
- 3. You are moving in the direction you desire for your life.**

When recording, talk about whatever is weighing on your mind. You might start by saying, "I'm thinking about..." and then talk as if you were speaking to a friend.

TIPS:

- Be as honest and authentic as you can—nobody else will hear this!
- Write down your *core values (e.g., faith, family, honesty, education, etc.) and the direction you'd like to take in life. Review your list before and after a talk session; notice if anything changes.
- Be non-judgmental and compassionate.



③ **Listen to your recording** *with your undivided attention.*

- Note any feelings in your body (somatic sensations) that suggest something is "off"—for example, a sense that you're not being entirely honest with yourself. When/where do you notice these sensations, changes, tensions, etc.?
- Trust any sensations that are telling you that you're on the *right* path. When/where is this occurring? What does it feel like in your body?
- See if you can physically relax into these positive internal sensations. What do you notice? Stay curious about these feelings/sensations and "process" (keep talking) in that direction next time.

There is no right or wrong way to do this. The important thing is that you commit to your process in an unconditionally supportive way. *There is no end goal. The path is the goal.*

TROUBLESHOOTING

If you find yourself returning to critical self-talk, try recording a grounding session: focus on your gifts, resiliency, achievements, how far you've come, etc. Listen to this session and strive to develop appreciation for the voice and uniqueness of the person speaking: *YOU!* Continue this approach until you've found a respect for your own process and feel genuine compassion for yourself on your path.

If you realize that the three tenets are hard for you to adhere to, be curious about that. What are the barriers you sense? Talk about that. How might these barriers be worked with and addressed? Stay compassionate with yourself as these internal barriers were likely self-imposed at some point in an effort to safely be in the world with others.

If something difficult arises and you need to speak with someone about it or if IVT isn't sufficient, schedule a time to meet with me.

Dr. C'MA



**Feeling the
feels.
Rewriting
the story.
Healing the
collective.**



Corine Brown (aka Dr. C'MA) (she/her/they/them) has a Doctorate in Social Work (DSW) and is a Licensed Clinical Social Worker and Board Approved Clinical Supervisor (LCSW-BACS) in the state of Louisiana. Dr. C'MA offers supportive counseling, individual & group therapeutic opportunities, and LMSW Clinical Supervision in addition to continuing education training and consultation.

Visit
<https://tssw.tulane.edu/news/alumni-spotlight-dr-corine-brown>
to learn more.

Dr. C'MA is committed to a vast paradigm-shift in the field of mental health and wellness using a Social Work Embodied approach (Dr. C'MA, 2019). This orientation utilizes a strengths-focused lens grounded in radical compassion and social work's core values in an effort to re-imagine what healing can look like in light of one's own unique circumstances and the oft-oppressive systems we have learned to navigate throughout our lives. Dr. C'MA is interested in exploring the ways we are collectively implicated in the creation and maintenance of conditions that lead to suffering and in the Great UnLearning that is required as we forge new pathways to discovering our own inherent healing potential and the community-enhancing rituals that will sustain us in these unprecedented times.

Now taking participants for:

Heart Visits with Dr. C'MA
individual & couples
therapeutic opportunities

Collaborative Mentorship
LMSW Clinical Supervision
(BACS #11179)

“Ask Dr. C'MA”
pop-up therapeutic
opportunities

Social Work Embodied
training/consultation &
continuing education

Contact for scheduling availability:

(504) 338-6927

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TheMindBodyService
Collective.com

“I believe this is the path to the cultivation of a sense of empowerment: When we know the ways we are empowered, our life finally becomes our own.”

—Corine Brown
(Dr. C'MA),
DSW, LCSW-BACS

