
Joy and vitality
Or: the sensed knowing of life
愉悦与活力：对生命的感知

8th International Psychology and Health Conference

Ulrich Sollmann

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ANNE GEDDES

Agenda

议题

- Joy and vitality 愉悦与活力
- (body-) self-experience, personal developement and growth (身体的) 自我体验, 个人发展与成长
- Self-awareness and self-efficacy 自我意识和自我效能感
- Energy and expression 能量与表达
- Bioenergetic concept 生物能量学的概念
- Flow and resilience 能量流动和心理弹性
- Tools and practical aspects 工具与实践

Health is....

健康是.....

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

健康是完整的身体,心理和社会适应良好,而不只是没有疾病或不
虚弱.

World Health Organisation
世界卫生组织

Joy and vitality

愉悦与活力

Joy



Vitality



(body-) self-experience,

personal development and growth

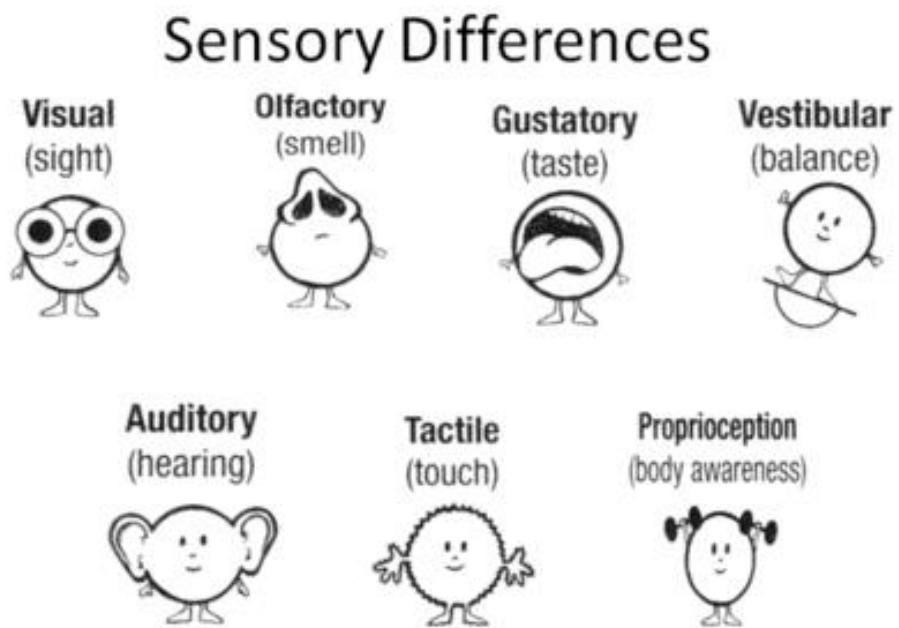
(身体) 自我体验，个人发展与成长

Senses

感觉

- Vision
- Hearing
- Smell
- Taste
- Touch
- Proprioception
- Vestibular

- 视觉
- 听觉
- 嗅觉
- 味觉
- 触觉
- 本体感觉
- 前庭



Smith-Myles, B; Cook, KT; Miller, N; Rinner, L; and Robins L. (2000) *Asperger Syndrome and sensory issues: Practical solutions for making sense of the world*. Shawnee Mission, KS: Autism Asperger Publishing Company. Used with permission by Autism Asperger Publishing Company.

Proprioception 1 / 2

本体感受

Sense of position

位置觉

- Knowledge about how and where the body is moving is gained through the proprioceptors, the sensory receptors in the muscles, tendons, and joints.

对身体如何以及往哪儿运动的认识是通过肌肉、肌腱及关节中的感觉器官——自动感知器得来的

Movement produces information

运动产生信息

means:

Movement as doing,

这是指：

awareness and

运动是行动，

perception

意识和

at the same time.

知觉

三者同时的

Proprioception 1 / 2 (video)

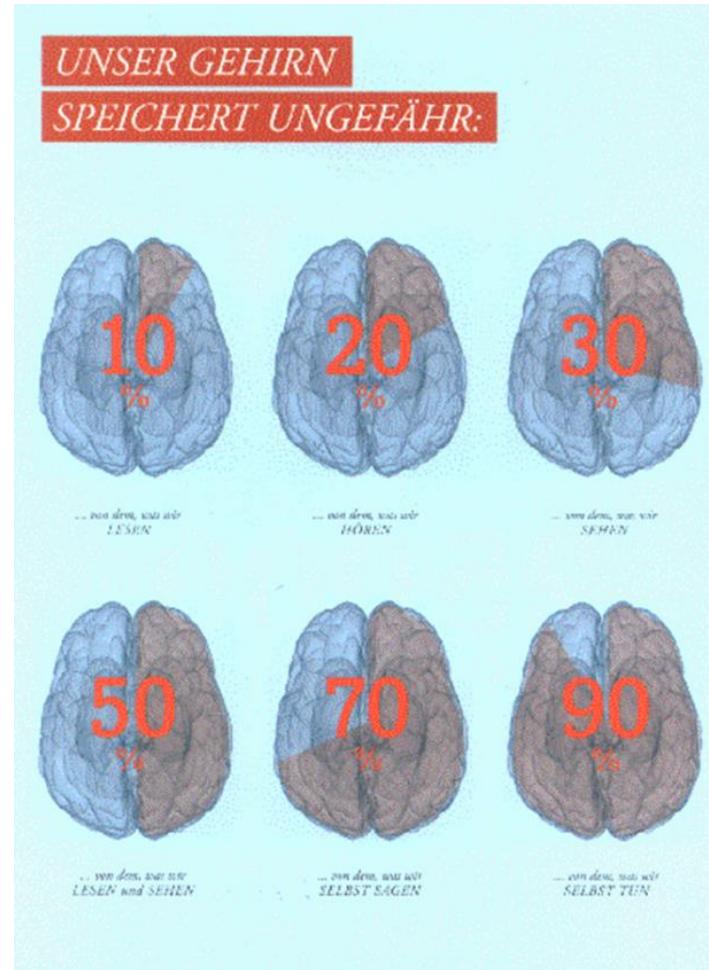


Proprioception 2 / 2 (video)



Brain capacity 大脑的能力

- 10% Reading 阅读
- 20% Listening 倾听
- 30% Watching 观察
- 50% Reading and watching
阅读和观察
- 70% Saying 说话
- 90% Doing 做事



Self-experience

- Have a good body-self-experience
- Be trained in this
- Be strained and experienced in this under stress
- Become familiar with your own energy, with charging and discharging of energy
- Know about your own patterns of reaction and behavior
- Be aware of your strength, potential and blind spots related to the body experience

自我体验

- 做一次良好的身体-自我-体验。
- 在这方面进行训练。
- 尝试高压心态，在应激时体验它。
- 在储存和释放能量过程中，熟悉您自身的能量。
- 了解您的应对和行为方式。
- 了解您的与身体体验有关的长处，潜能和盲点。

Emergence

产生/出现

...is this what comes into your awareness and finds relevance

.....是进入你的意识、有所相关的东西

Active exploration

积极探索

Early experiences lay the groundwork for complex sensory perceptions that integrate sights and sounds with the feelings that come from the body.

早期体验为复杂的感觉知觉奠定了基础，它整合了躯体对光和声音的感觉。

Body Awareness

躯体意识

Beginning very early in life the senses of touch, movement and gravity provide information about one's body and its relationship to the environment and others.

发生于生命早期，触觉、运动觉和重力觉能够提供关于自我躯体及其与环境和他人关系的信息。

Achieving success

获得成功

Fun and success motivate children to join in with others and attempt more complex tasks that eventually shape our habits, routines, and lifestyles

This improves self-motivation.

趣味性和成就感推动孩子们加入他人并尝试更为复杂的任务，从而最终形成我们的习惯，常规和生活模式

这提高了自我动机。

Learning through play

通过游戏学习

- Play is the natural context for activating and observing a child's inner drive~
- play makes learning fun
- Playing with others allows children to learn to take turns, and master social rules essential in navigating the world of people
- meaningful playful experiences are the building blocks for spontaneous creative interactions

- 游戏是激发和观察儿童内在驱力的自然背景
- 游戏使得学习更加有趣
- 与他人一起游戏使得孩子学会承担责任，掌握人际互动中重要的社交规则
- 有意义的游戏体验是自发的创造性交互的塑材

Novelty

求新性

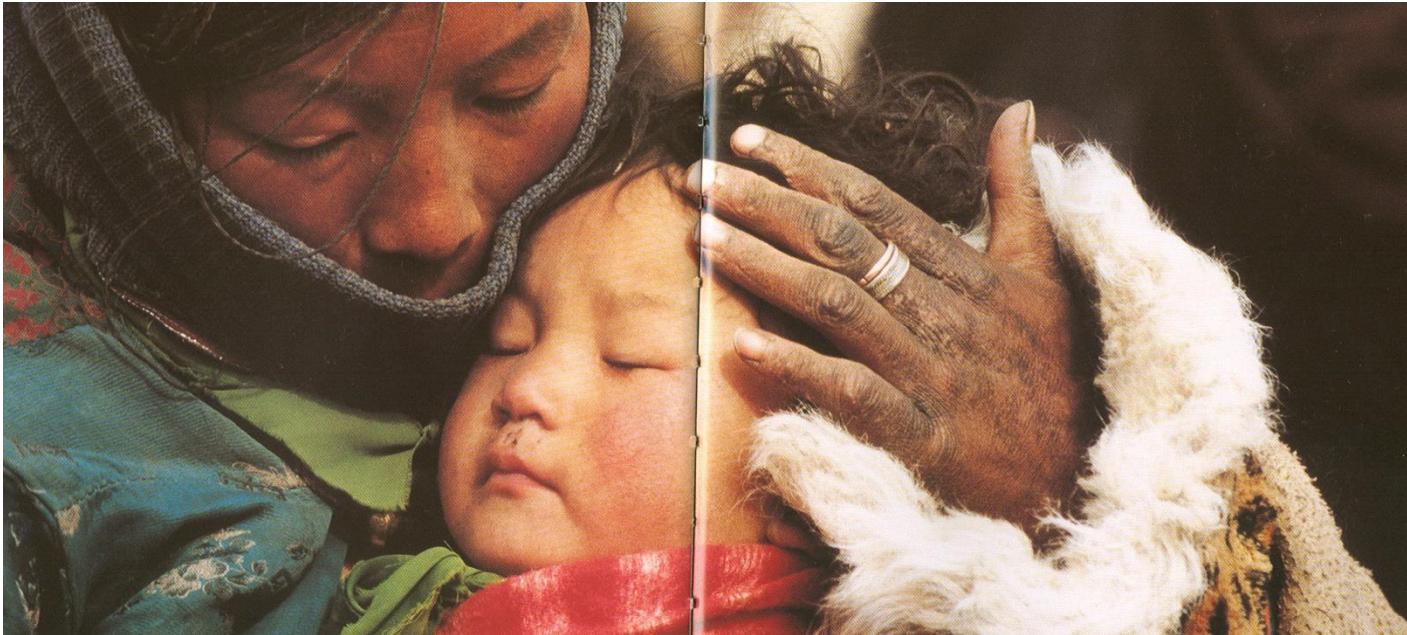
Doing something new and doing
familiar things in new ways are
essential for successful
interactions.....

...adapting to challenges leads
to new skills and success

做一些新的事情并
且以新的方式做熟
悉的事情是成功交
往的本质.....
对挑战的适应带来
新技术和成功

Self-awareness and self-efficacy

自我意识和自我效能感





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Adaption of information

信息适应

about 1% of sensory information
coming in reaches our awareness

大约1%的传入感
觉信息能获得觉察

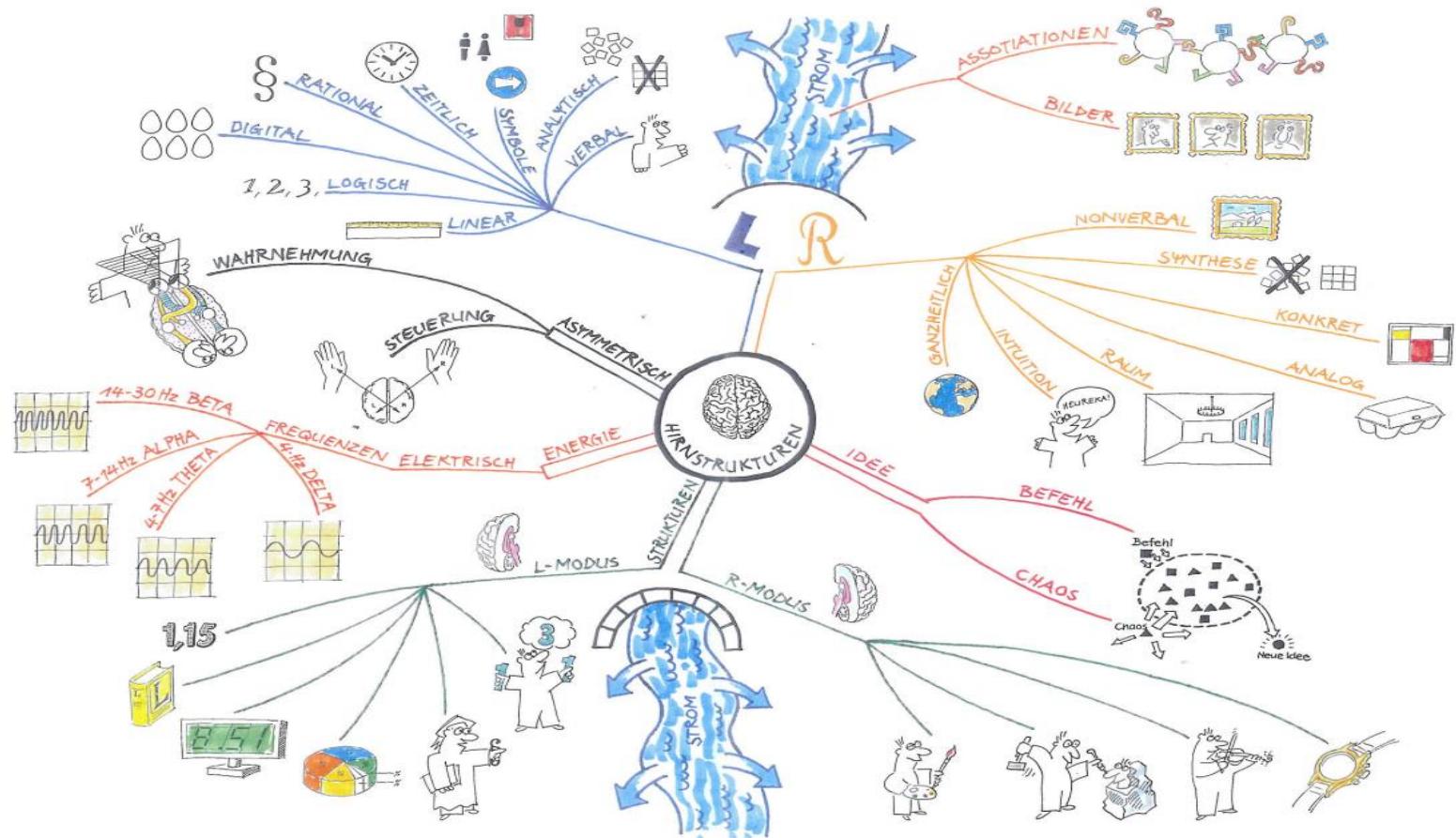
Awareness happens within a *window of awareness*.

This window opens for no longer than 3 seconds.

The process of awareness is
a succession, series of such windows.

意识发生在识窗开启的时候
往往不超过3秒。

意识是一个接一个类似意识开启的过程中。



Perception, insight, cognition (and learning)

start with

Astonishment

在好奇心的引领下 去感受、洞悉 认识 并学习

Self- consciousness

Self-consciousness is the conviction of the value of one's own personality

instead of

To be dependent on approval/consent of the others

自我-意识

自我-意识是坚信个体自身的
人格价值

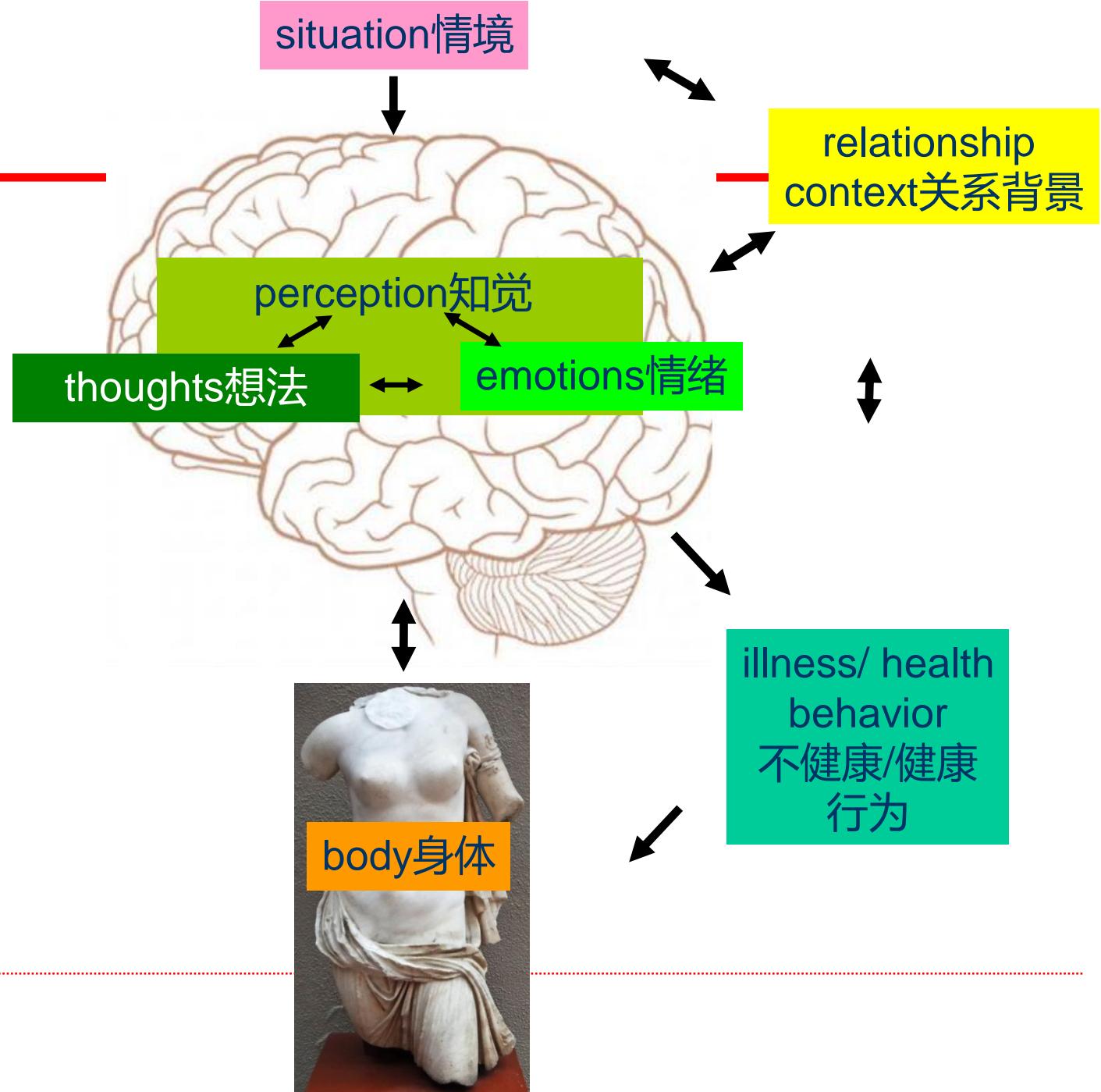
而不是

依赖于别人的
批准/同意

Energy and expression

能量与表达

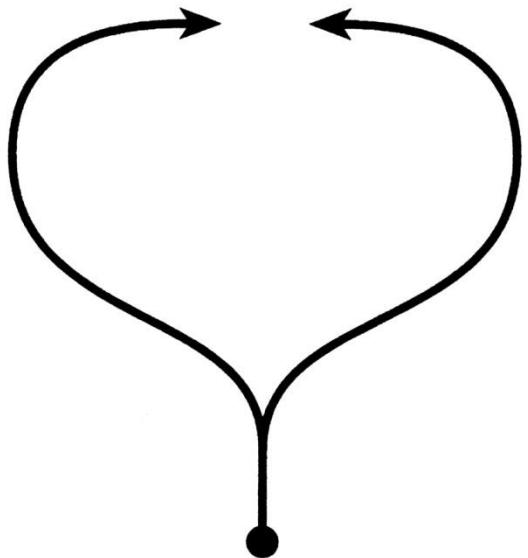
**brain-
body-
interactions**
**大脑-身体的
交互作用**



Energetical Process 能量过程

spiritual field, 精神领域
psyche, 心灵 精神
me 自我

pictures, 图像
thoughts 思想

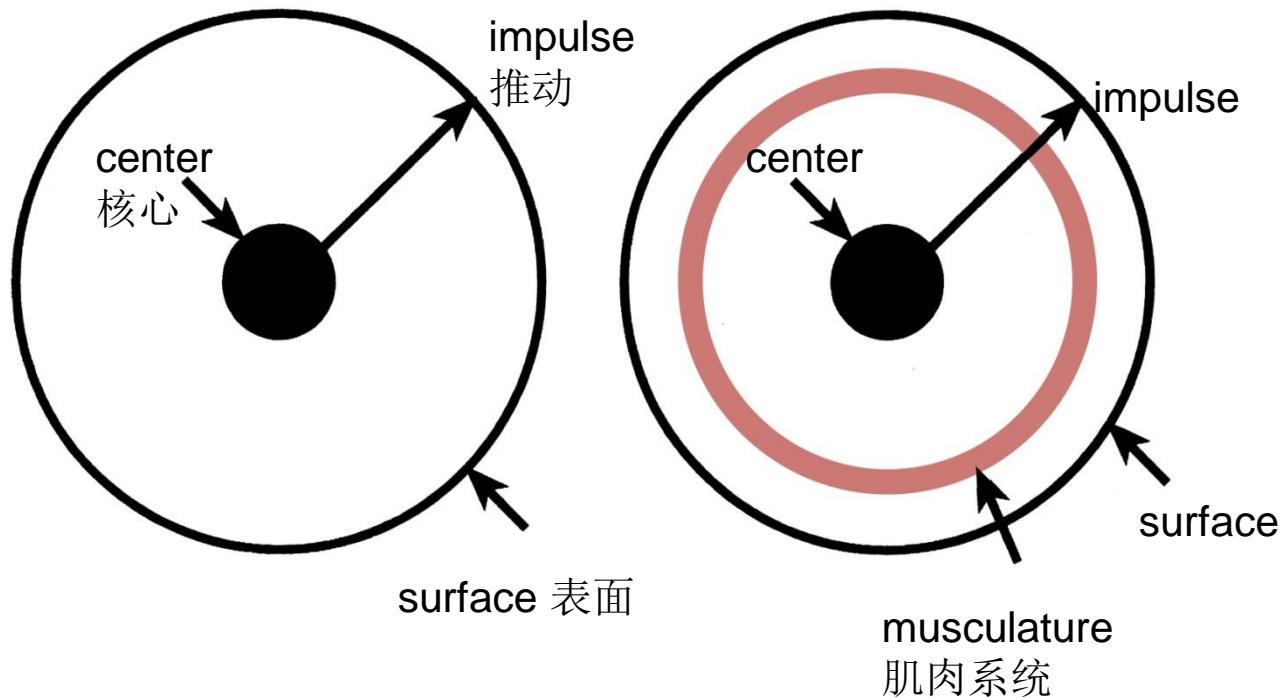


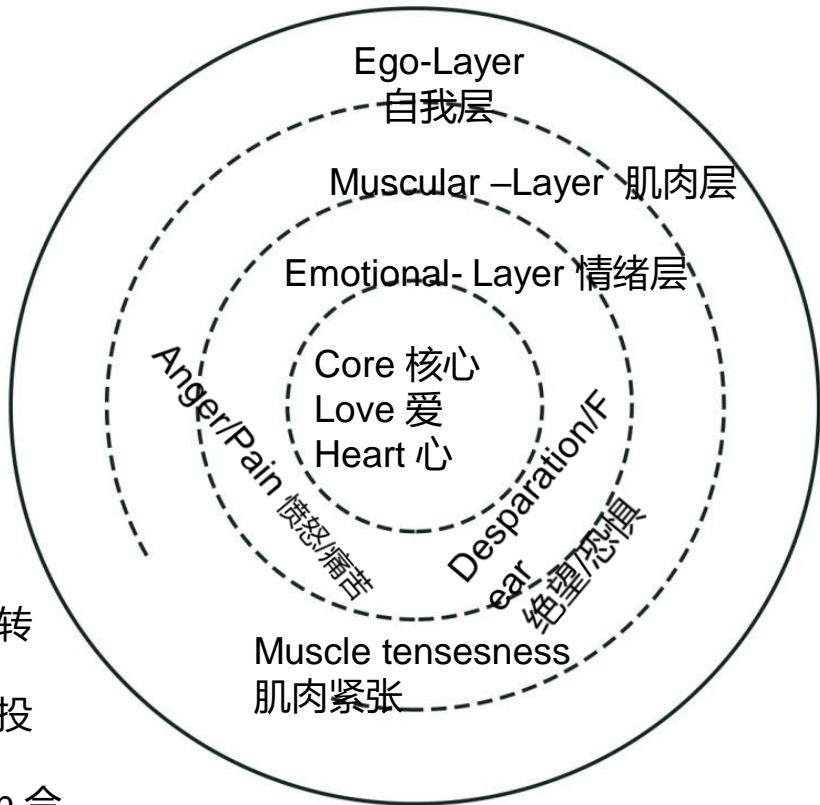
Energy /
charge / discharge
excitement

physical field, 生理范畴
soma, 躯体
body 身体

movement, 运动
feeling 感受

能量/
充电/放电
兴奋





Working with energy 与能量工作

- Charging and discharging • 充电和放电
- Flow of energy • 能量流动
- Containment • 接纳
- Drifting • 偏离
- Flow of energy and resistance to this • 能量流动和阻抗
- Feeling, expression and relating • 感受，表达和联系

Bioenergetic concept

生物能量学的概念

Cycle of tension and relaxation 张力的循环和放松

deep emotional expression / “explosion” 深度的情感表达/“迸发”

vibration / trembling /
shaking 振动/颤抖/摇晃

more stress
更多的压力

emotion
情绪

Deaper breathing 深呼吸

increased tension 更紧张

tension 紧张

sound
声音



softer vibration 柔和的振动

softer feelings 柔和的感觉

softer sound 柔和的声音

relaxation 放松

being present 活在当下

Neuronal oscillation...神经震荡.....

... is necessary to integrate inner and outer
stimuli/impulses

.....有必要将内部和外部刺激/冲动相结合

Cycle of emotions (problem solving)

情绪的循环 (问题解决)

Crisis 危机

experience 体验

acting 行为



Body-psychotherapy 身体-心理治疗

... is a voyage of self-discovery towards:

.....是一个自我发现的旅程，它通向：

- Self-awareness 自我意识
- Self-expression 自我表达
- Self-possession 自我拥有
- Richness of relationship 关系的丰富
- Touching the passion of life 触摸生命的激情

Relevant perspectives

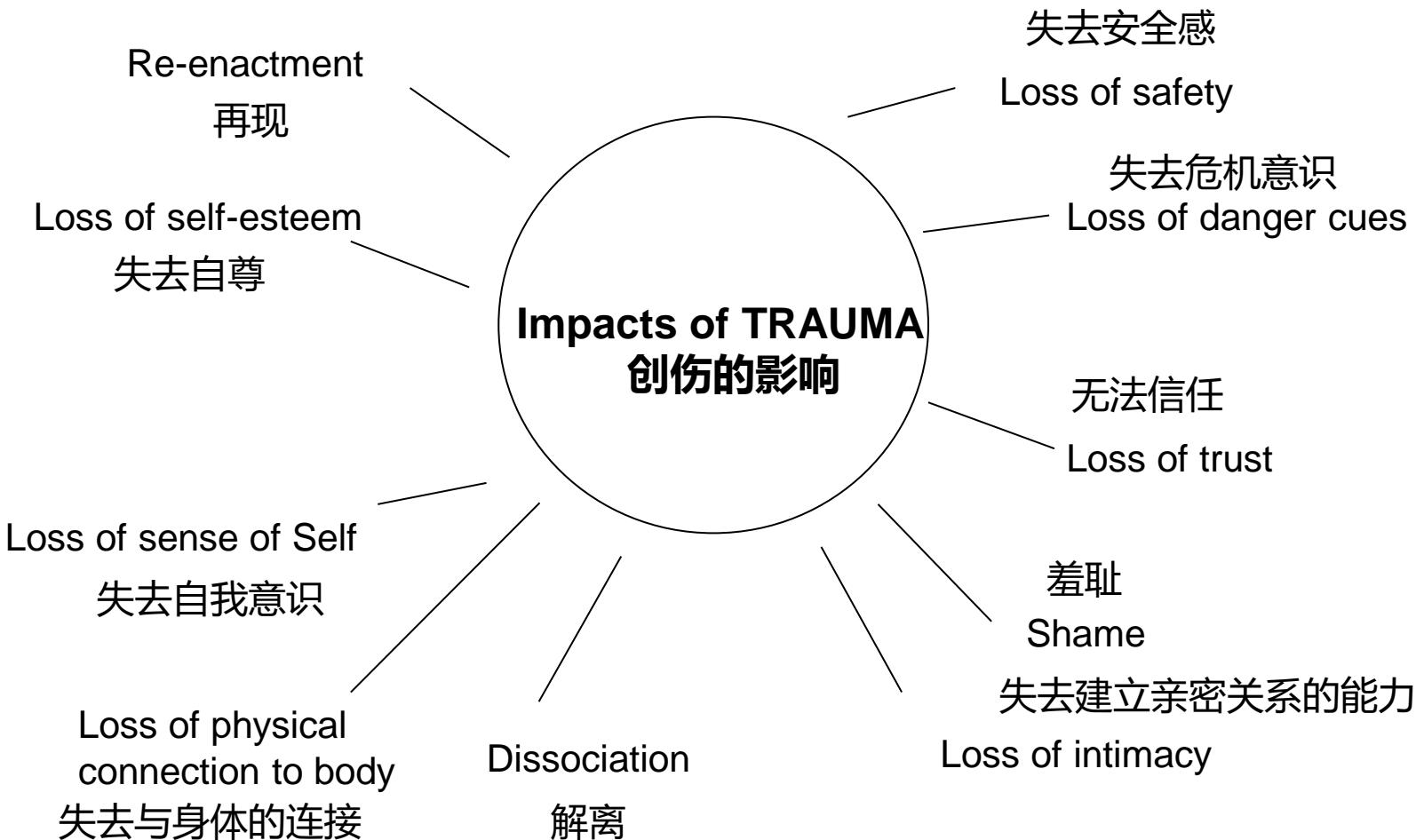
相关观点

- Grounding 扎根
- Breathing/Sounding 呼吸/声音
- Energy/Excitement vs. tension 能量/兴奋 vs. 张力
- All phenomena are one process 所有的现象是一个过程
- Early life structures the body 早年的生命建构了身体

The person is his body

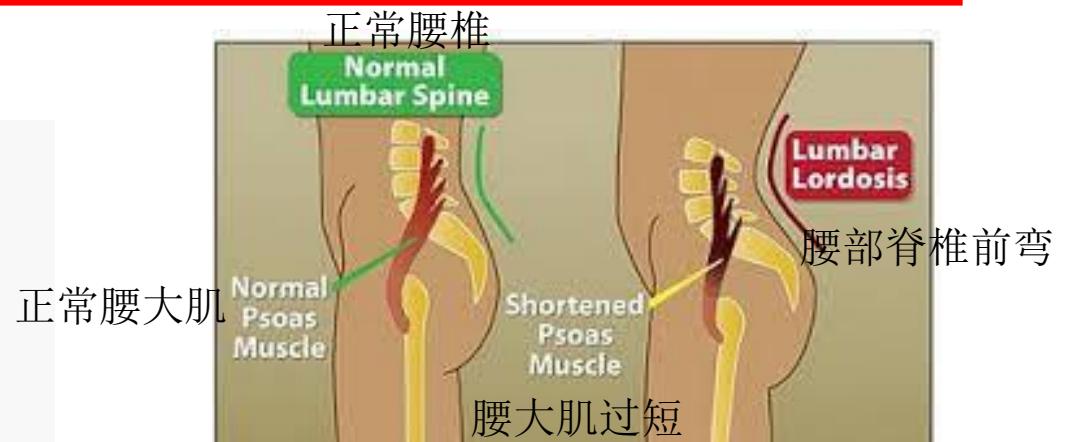
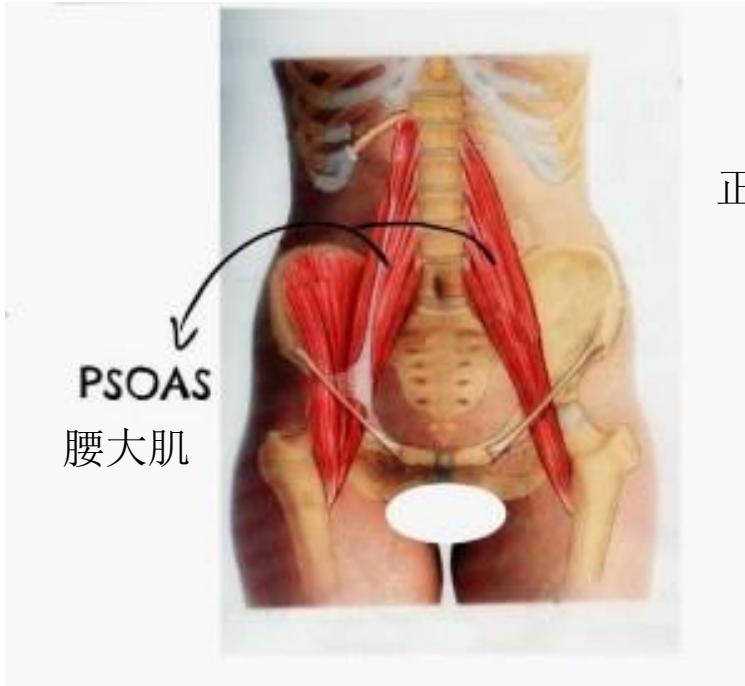
身体即是个人

Impacts of trauma 创伤的影响



Polyvagal nerve 多层迷走神经

- Part of the Autonomic Nervous System 自主神经系统的一部分
- Neuroception – the subconscious detection of safety or threat 神经感知-对安全或危险的潜意识感知
- Stimulates the autonomous reaction or systems of reaction in the body 刺激身体的自主反应或反应系统
- Functional connection to muscles, nerves, fascial expression, voice and so on 与肌肉、神经、表情、声音的功能性连接
- Supports the positive self-regulation within the body 支持身体的积极的自我调节
- Insofar it is an unconscious system of sensed knowing 就此而言，它是一种无意识的感知觉系统
- Complex influence on the whole personality 对人格的复杂影响
- Mirrors the psycho-somatic health of a person 反映出一个人的身心健康



Neurogenic tremor (video)



Healing tremor 治愈性震颤

- Analogously to the **shaking of wild animals** to pass through the immobility response and become fully mobile and functional again

- If this tremoring process is **suppressed** there is a **reduced resilience** to subsequent life threatening experiences

- This indicates that these **tremors are somehow involved in the survival process in nature** (survival advantage)

- 类似于**野生动物的摇晃**, 通过固定反应, 重新获得完全的活力和功能

- 如果这种震颤过程被**抑制**, 对随后危及生命的经历的**适应力**就会降低。

-

- 这表明这些**震动在某种程度上参与了自然界的生存过程** (生存优势)

Neurogenic Tremors 神经性震颤

- Neurogenic tremors are **part of an instinctual procedural memory** in the human animal.
- Are a **reflexogenic pattern**
- **Genetic composition** of the human organism.
- **No trauma specific cues**
- **Natural discharge of the human organism**
- The body elicits them to **complete the process of discharge** of the aborted intrinsic movement pattern of flight/defense.
- 神经源性震颤是人类动物**本能程序记忆的一部分。**
- 是一种**反射性模式**
- 人类有机体的**遗传组成**。
- **没有创伤特定线索**
- **是人类组织的自然释放**
- 身体引导他们完成释放内在逃跑/防御运动模式的过程。

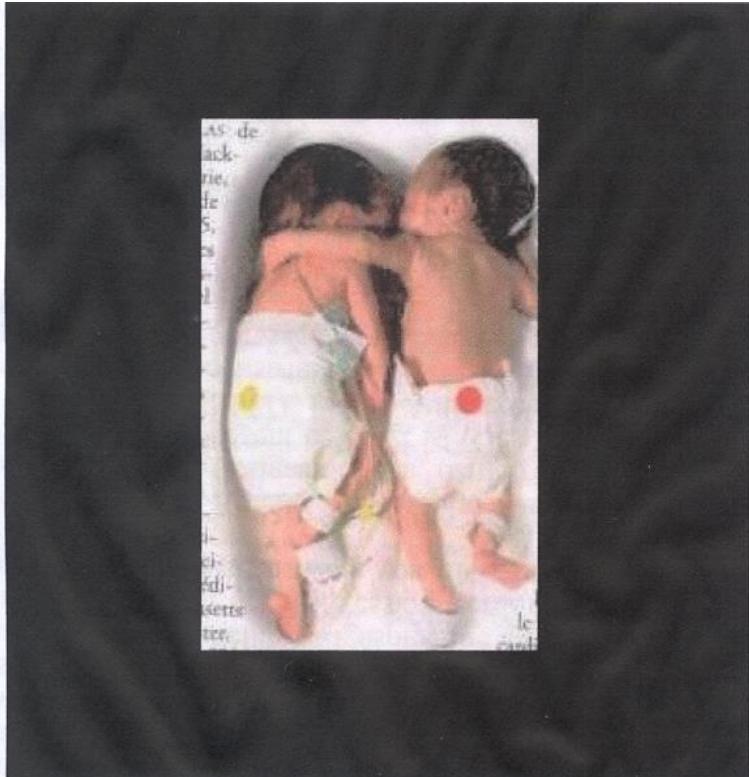
Flow and resilience

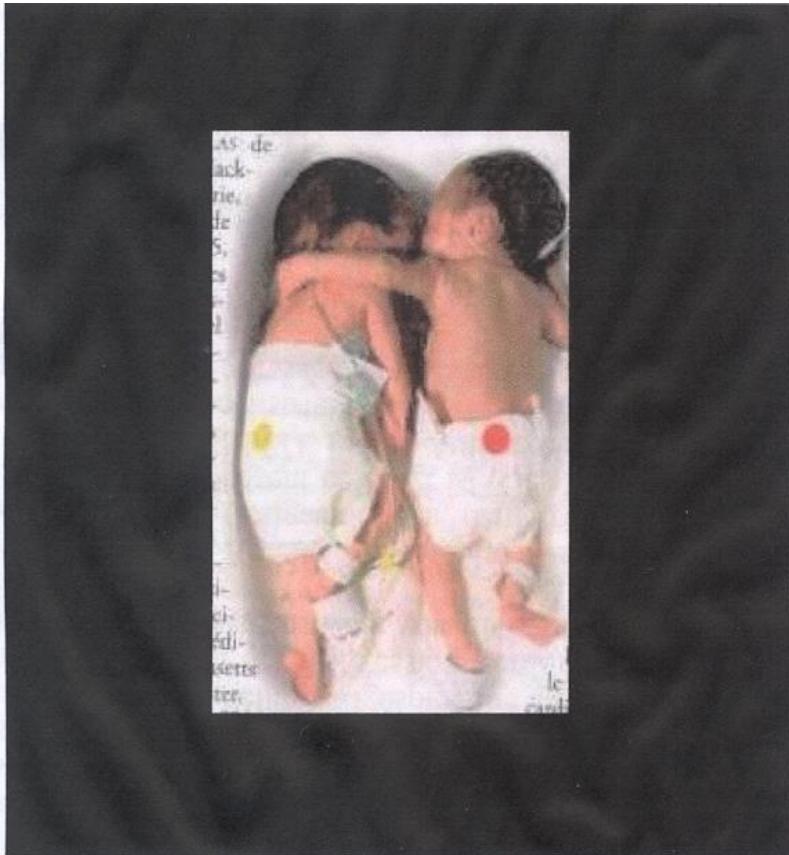
能量流动和心理弹性

Rescuing Hug

This is a picture from an article called "The Rescuing Hug". The article details the first week of life of a set of twins. Apparently, each were in their respective incubators, and one was not expected to live. A hospital nurse fought against the hospital rules and placed the babies in one incubator. When they were placed together, the healthier of the two threw an arm over her sister in an endearing embrace. The smaller baby's heart rate stabilized and her temperature rose to normal..

[Http://www.daurelia.com/spirit/rescue.htm](http://www.daurelia.com/spirit/rescue.htm)





拯救的拥抱

这张图片来自一篇名为“拯救的拥抱”的文章。这篇文章详细地记录了一对双胞胎出生后第一个星期的生活。显然，两个婴儿被分别放置在各自的温箱里，其中的妹妹被判定无法存活了。一名护士违反了医院的规定将姐姐俩放到了同一个温箱中。当她们被放在一起的时候，相对健康的姐姐勾起了胳膊将她的妹妹怜爱地拥入怀中。这时，妹妹的心率变得平稳了，她的体温也升至正常范围。

[Http://www.daurelia.com/spirit/rescue.htm](http://www.daurelia.com/spirit/rescue.htm)

Global aspects of resilience 心理弹性的全局层面

- (self-) control
 - Assertiveness / Predictability
 - Affiliation in social community
 - sense of coherence
 - (自我) 控制
 - 自信/可预测
 - 社会团体中的归属关系
 - 一致的感受

-
- **I HAVE:** "I have people who like me and people who help me" (secure basis)
 - **I AM:** "I am a lovable person and respectful of myself and others" (self-esteem).
 - **I CAN:** "I can find ways to solve problems and control myself" (Self-efficacy).
 - 我有：“我有喜欢我的人和帮助我的人”（安全基础）
 - 我是：“我是一个可爱的人，尊重自己和他人”（自尊）。
 - 我能：“我能找到解决问题和控制自己的方法”（自我效能感）。
-

7 Flow conditions

- Knowing what to do
 - 知道要做什么
 - Knowing how to do it
 - 知道怎么去做
 - Knowing how well you are doing
 - 知道自己做的如何
 - Knowing where to go (if navigation is involved)
 - 知道自己的方向 (如果有带领的情况下)
 - High perceived challenges
 - 感知挑战
 - High perceived skills
 - 感知自己的技巧
 - Freedom from distractions
 - 不受干扰
-

Experience of flow 体验流动

1. Focused concentration – completely involved in what we are doing
 1. 集中注意力：全身心的投入到我们所做的事情中来。
 2. A sense of ecstasy – of being outside everyday reality
 2. 入迷的状态：感受到在现实之外的感觉
 3. Great inner clarity – knowing what needs to be done, and how well we are doing
 3. 非常明晰的内心：知晓需要做什么并且知道我们现在做的很好
 4. Knowing the activity is doable – that our skills are adequate to the task
 4. 知道这个活动是你可以做的：知晓你有足够的技能是可以把这个任务做好的。
 5. A sense of serenity – no worries about oneself and a feeling of growing beyond the boundaries of the ego
 5. 内心安定，平静：不要担心或忧虑，成长并突破自我的边界。
 6. Timelessness – thoroughly focused on the present, hours seem to pass by in minutes
 6. 不受时间所影响：把注意力放到当下，度年如日。
 7. Intrinsic motivation – whatever produces flow becomes its own reward
 7. 本质内心有推动力：无论在体验流动时我们获得来什么它就是我们的奖励
-

Still face experience



Tools and practical aspects
工具与实践

Self-experience

- Have a good body-self-experience
- Be trained in this
- Be strained and experienced in this under stress
- Become familiar with your own energy, with charging and discharging of energy
- Know about your own patterns of reaction and behavior
- Be aware of your strength, potential and blind spots related to the body experience

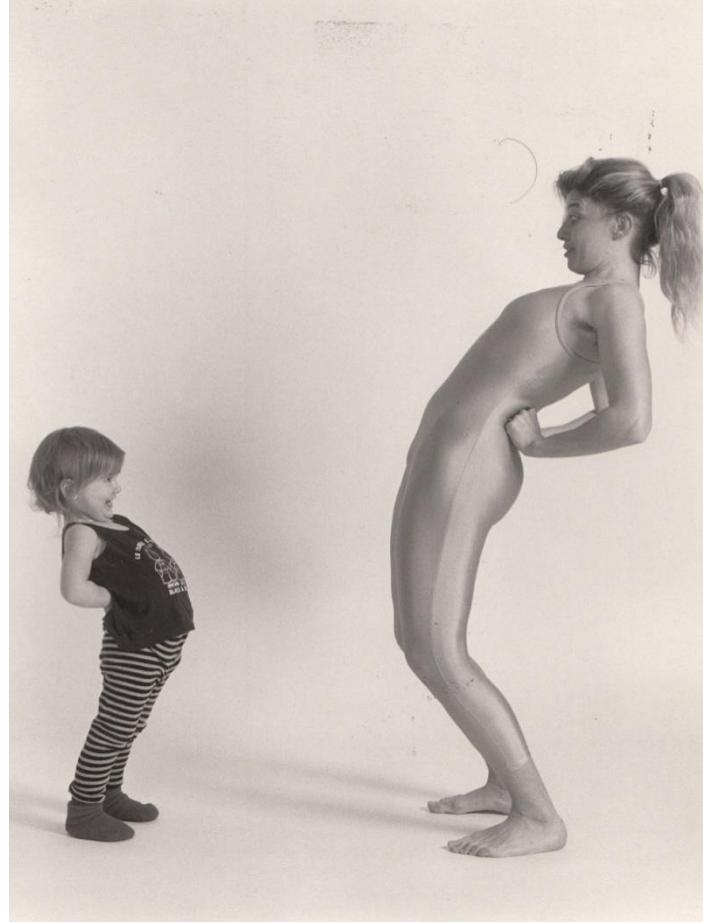
自我体验

- 做一次良好的身体-自我-体验。
- 在这方面进行训练。
- 尝试高压心态，在应激时体验它。
- 在储存和释放能量过程中，熟悉您自身的能量。
- 了解您的应对和行为方式。
- 了解您的与身体体验有关的长处，潜能和盲点。

Function of exercises

练习的功能

- Loosening and stretching 放松和伸展
- Charging and discharging 充电和释放
- Grounding 扎根
- Emotional expression 情绪表达
- Relaxation 放松
- Containment 包容











Approach on the body level

在身体层面的方法

- Where do you look first?
- Where does your look remain or not remain?
- How is the look of the other?
- How does the other move? What is your association/connotation? How does the voice sound? What obviously at first sight came into your look? Into your mind? What do you experience/What do you feel while you're looking?

- 你首先看哪里?
- 你的注视停留在哪里或没有停留在哪里?
- 其他人是怎么看的?
- 其他人是如何运动的?
- 你的联想/含意是什么?
- 那个声音听起来怎么样?
- 什么东西第一眼明显地进了你眼里?
- 进了你心里?
- 当你在看的时候，你体验到了什么? 你感受到了什么?

Logbook 日志

Specific psoas- exercises 1 / 3



Specific psoas- exercises 2 / 3



Specific psoas- exercises 3 / 3



A good **video** to demonstrate the exercises:

https://www.youtube.com/watch?time_continue=447&v=Y3x_ITdzKbl

Coping questions and encouragement

- How did you manage to deal with all these things?
 - Where did you get the strength to do that?
 - What made it possible for you to hold on to your desire for change for so long?
 - How did you manage not to make it worse?
 - Others would have given up hope long ago. Where do you always get hope from?
 - It is hard to believe, you have managed this, how could you?
 - What can I do without taking the task for you?
 - Take a few breath and try again another way
 - You have done it once, I know you can do it again
-

Which experience brings you to this question?

什么体验把你带到这个问题？

Which new experiences can be possibly be the answers?

什么新的体验有可能成为答案？

Dare to be different

敢于不同

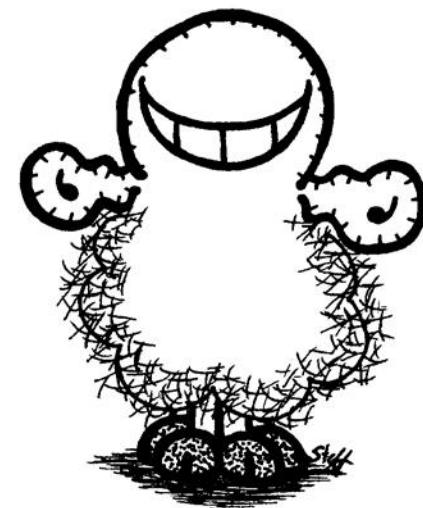
„Imagination is mightier than knowledge“

Albert Einstein

“想像比知识更有力量”

阿尔伯特 爱因斯坦

Be happy

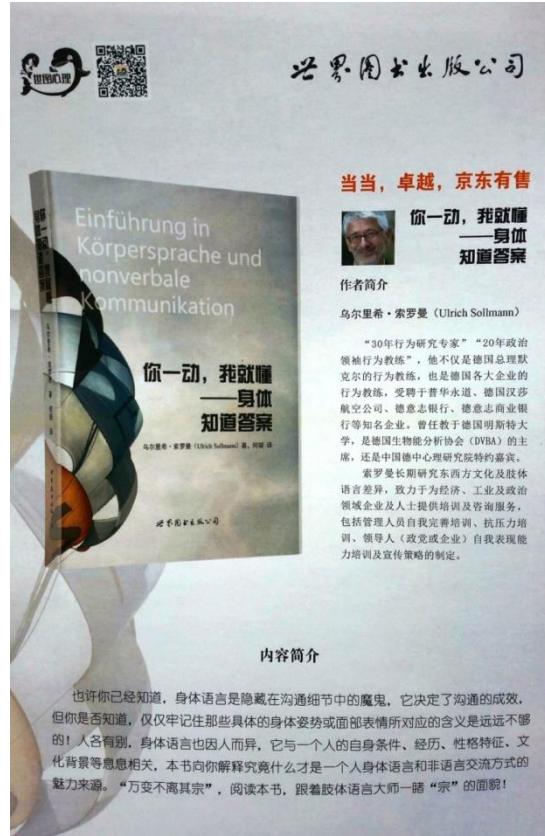


be happy!



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My book on body language is translated
and published in China already



“心之源”丛书

心理治疗经典与前沿译丛（陈向一主编）

《人类沟通的语用学》

《一项关于互动模式、病理学与悖论的研究》

《大师的手艺与绝活：米纽秦家庭治疗精髓》

《青少年家庭治疗：发展与叙事的方法》

《米兰系统式家庭治疗：理论与实践中的对话》

《系统式心理治疗工作手册》

七彩虹心理成长系列（孟複主编）

《食物瘾君子：经历并战胜贪食症》

李维榕作品集

《家庭舞蹈1——从家庭系统看个人行为》

《家庭舞蹈2——从童话世界开始》

《家庭舞蹈3——家的万花筒》

《家庭舞蹈4——“亲子”不如“远子”》

《家庭舞蹈5——窗外窗内》

《家庭舞蹈6——家庭生病了》

《家庭舞蹈7——故事从家开始》

《家庭舞蹈8——孩子不离家》

《家庭舞蹈9——婚恋》

华人心理治疗与咨询精粹丛书（王浩威主编）

《关系的评估与修复》

《培养家庭治疗师必备的核心能力》

《助人专业伦理》



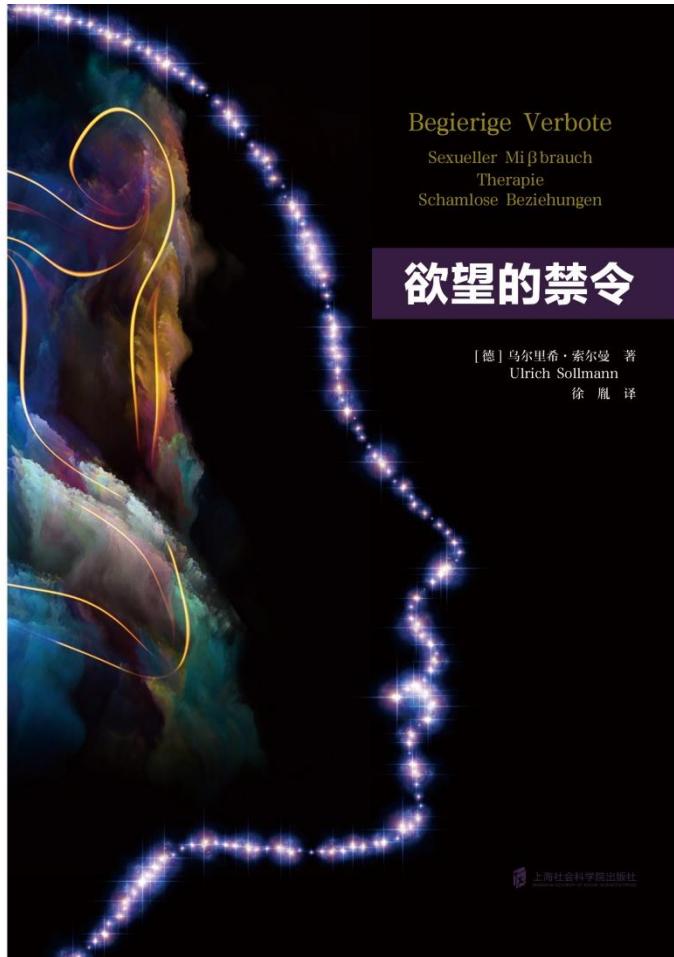
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