

CASE STUDY



OVERVIEW

Athena is a pediatric doctor dedicated to medicine with a love of children and a passion for nature. She came to Chen looking for more confidence and assertiveness, and to heal childhood trauma that was keeping her from reaching a higher level of success she knew was possible. Through her work with Chen over a 6-month period, she was able to heal her trauma, set clear boundaries, voice what she needs, become more assertive and effective in leading her team, embody her femininity, and she became more confident, also as a leader, and more comfortable in her own skin.

WHAT SHE DESIRED

Athena had many creative projects that she wanted to start but was never able to focus on them. Also, her social anxiety was creating tension in her relationship. She wanted to feel

more present, more in control, more confident, and more feminine. Most of all, she wanted to feel more connected to and lighter in her body.

Athena loved Chen's focus on bodywork and feminine wisdom. She knew her childhood trauma was holding her back from doing all the things she wanted, and she was ready to let it go.

EXPECTATIONS BEFORE WORKING WITH CHEN

Athena was excited to release the pain and trauma embedded in her body. She felt stiff and awkward in her body a lot of the time and was ready to feel more at ease and more comfortable in her skin.

She wanted to perform at a level she knew she was capable of. She needed to be more assertive at work. With dreams of creating a global health sustainability project, she knew she needed to heal herself first.

Athena Hall Pediatric Doctor Skagit Valley Hospital

"I knew I had confidence inside me; it was just buried under a lot of trauma that was holding me back. Now I'm able to exude a level of boldness and determination that is more aligned with the true me."

- Athena Hall



Courage is achieved through small deeds over time.

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Contact us

 Power of Somatic Intelligence

 www.powerofsomaticintelligence.com

 Chen Lizra

About working with Chen

Chen would hold space for me for things that were big that I couldn't move through on my own. She was able to hold space and support my nervous system as it moved through my body and was processed. She gently guided me through the process without judgment or expectation. I had suppressed my feminine to feel safe in our society, and Chen helped me unravel all the conditioning I've learned over the years.

CHEN'S APPROACH

Through her Somatic Intelligence assessment process, I uncovered Athena's trauma coming from her mom's mental illness (she was manic-depressive). Her mother was not fully received emotionally, and her nervous system was overloaded with various traumas. She got mentally sick and could not take care of Athena. The men in the family were distant and intentional but lacked sabrosura (love and softness). Her father was an important anchor in her life. There was a pattern in the family of escaping to substances and shutting down emotionally.

Athena had a hard time tapping into her emotions and processing some of the things that happened to her. The things that she went through as a child were so hard for her to integrate back that she went silent voluntarily. She was suffering from low self-esteem and confidence. She had a hard time using her voice. This was hurting her ability to go after what she wanted - she would start, stop, start, stop.

Atheba is an ideal client for Somatic Intelligence because she needed to process her frozen emotions and shift her embodiment by using the 5 Somatic Elements. The combination of working somatically on her somatic imprint and through the body to heal and shift what was holding her back was very powerful for her.

THE PROCESS

Based on Athena's Somatic Intelligence Assessment, we focused first on bringing her emotions back to the surface. Then she learned how to release what was frozen in her body, and at the same time to bring somatically to her body what was missing, for example, the sabrosura - the feminine divine embodied that is linked to motherly love.

When I work with clients, I let the Somatic Intelligence Assessment bring to the surface what needs to be met and start healing it through a felt experience. I then let whatever comes through the

Every
Challenge is a
Gift, Without
Challenges,
We will Not
Grow.



door dictate what we focus on, so we dance in the moment. I also intuit the client, and if I feel, for example, that the body needs bodywork, I will suggest it. Since we define what the client wants initially, it's easy to focus each session on what would move them towards their goal so there isn't any guessing or wasting time.

With Athena, things came to the surface quickly and what she needed wasn't just guidance but support. It was scary to feel all she repressed. Her body quickly learned how to use the felt experience to release and heal.

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Final thoughts from Chen

When I work with clients, I can see their true selves - the best version of themselves. I keep listening to them and treating them this way. Then it's beautiful to see them peel the layers off and get there. She did the 1-on-1 coaching package with me for 3 months, then attended the Wisdom of Embodied Femininity virtual retreat and joined the support group for three months. By the end of this 6-month process, it felt like things have truly landed for her, and things clicked. She is doing amazingly well now. I am so proud of her.

Does Athena's Story resonate with you?

Are you ready to come back home to yourself in the most profound way and have phenomenal impact? **Click below** to learn more about the Somatic Intelligence assessment and coaching process. Learn how you can work privately with Chen.

THE PROGRESS

After working with Chen for a few weeks, Athena started feeling like she had more space and could concentrate on more things at once. Before, her mind was so occupied with traumas and other things that happened that she couldn't finish anything she started and couldn't start anything she wanted to do.

After a few sessions, she found herself saying things that she didn't expect. She set new boundaries and asked for what she needed in a much more assertive way than in the past.

Athena had a lot of social anxiety because she was emotionally reactive. It took a while to be able not to get so overwhelmed by her emotions. She had to learn how to stop being overwhelmed through somatic practices and build her emotional resilience. She started feeling more confident in social situations and not so

THE TRANSFORMATION

Athena can easily set and hold boundaries and ask for what she wants now. She is more capable of standing up for herself and no longer feels like her partner is trying to fix her or take over her projects, compensating for her, so she sees herself as stronger and more assertive.

She's more useful and dynamic like she's expressing a lot more sides to herself. And she would say that she is more confident and more comfortable in her body.

Before working with Chen, she was having a really hard time speaking up and using her voice. She always felt like she blocked her desires and had a difficult time connecting to others which would get in the way during social situations. Within two months of working with Chen, she was able to speak with clarity and power; words just flowed. Her intense jaw pain also disappeared because she was no longer holding so much tension in her jaw.

I'm ready for more!

At work, she was more confident in her abilities and saw herself as a strong leader. She was more assertive and ran her team more effectively. Her ability to connect more authentically and compassionately with patients makes it easier to hold space for their healing.

IN ATHENA'S WORDS

When I first started this, I knew that I had this crazy potential and that I could do a lot in my life. And I knew I wanted to do a lot with my career. But then I was just stuck, and I knew it was probably stuff from my past that I just had to move through. Once I started moving through it and letting it go, I started doing more things - like I already knew that my potential was great, and now it's just proving it to myself. I think I knew things were possible before, but now I feel like I'm more able to do the things I've always wanted but wasn't able to start or complete.