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# **The Power of (Re)Contextualization: An Essential Tool for Work-Life Balance**

Skye K. Innerarity, LMFT #104388 (She/Her)

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Skye is a Licensed Marriage and Family Therapist with an established private practice in Sacramento, CA, where she utilizes a genuinely warm, humorous, and direct approach to gently challenge clients and invite them to step out of their current comfort zone and step into authentic living. She advocates for culturally conscious and meaningful practices and ways of being (e.g. language revitalization, basketweaving, ceremonial practices, song and dance, traditional tattooing and piercing, etc.) as a way to actively address mental health concerns in Indigenous communities. As a Northern Sierra Miwok woman and citizen of the Lone Band of Miwok Indians, Skye intimately understands the impact of intergenerational trauma and she also understands the profound impact of clinically holding and protecting space for others to name, process, and explore their own survivance in order to further facilitate healing and growth. It is through this intersection of academic, personal, and professional experiences that Skye strives to strategically and insightfully contribute her learned and lived knowledges to her community and the individual and collective healing work ahead.



# Learning Objectives

1. Define the concept of (Re)Contextualization as a life-long practice that applies across areas of life.
  2. Identify key components of (Re)Contextualization- specifically learning to see what options are available to us and learning to widen our perspective to “see the big picture”.
  3. Review tips for how to practice (Re)Contextualization and engage in a brief prompt to highlight how you can immediately apply this practice to enhance your Work-Life Balance.
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## **(Re)Contextualization is:**

... a lifelong practice where we receive information about our context (at the intersection of reflexive environments) and practice integration of information into knowledges/practices

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# Key Components of (Re)Contextualization

- **Psychological flexibility**
    - **Openness**
    - **Willingness**
  - **Gather information about your context (at the intersection of reflexive environments)**
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# Key Components of (Re)Contextualization

- Integrate information gathered
    - This can help us learn to see what options are available to us in terms of how to respond to/with our environment... adding to our ever-growing repertoire!
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# Tips for how to practice (Re)Contextualization

- **Practice psychological flexibility**
  - Ask yourself, “Am I open and willing right now?”
- **Notice!**
  - Everything is information to work with (e.g. feelings, experiences, somatic responses, etc.)
  - Ask yourself, “What did I notice?”
- **Integrate information and respond accordingly**
  - Ask yourself, “What can I do with this information and how can it inform how I move within my context?”
- **Repeat!**

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**Think of a difficult experience that you have had at work recently that has had an impact on you... think of the qualities of that difficult experience. What was the context?  
What contributing factors were in your power/control?  
What contributing factors were out of your power/control?  
How have you been holding space with that information?  
How will you hold space with that information moving forward?**

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