

INTERVIEW MARCIA BONATO WARREN, MA, MA, LPC

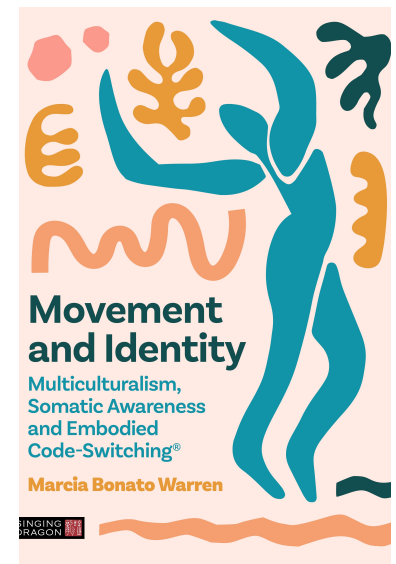
Movement and Identity: Multiculturalism, Somatic Awareness, and Embodied Code-Switching®

"Marcia Bonato Warren has brilliantly highlighted the exquisitely dynamic ways multicultural people navigate the world by introducing the concept of Embodied Code Switching(R). Through the essential cultural art of storytelling as a tool of knowledge seeking and wisdom sharing, she has opened a pathway to multi-layered ways of knowing and ways of being. Movement and Identity offers the reader a blueprint for checking in with our mind, emotions and body from a cultural perspective with mindful embodied practices to support the varied experiences of moving through the world. This seminal work will be a resource for students and professionals alike for many years to come." —Angela M Grayson, PhD, President of the American Dance Therapy Association

In ***Movement and Identity: Multiculturalism, Somatic Awareness, and Embodied Code-Switching®*** (March 21st, 2025, Singing Dragon), trauma-informed somatic counselor and interculturalist Marcia Bonato Warren introduces a new approach to counselling and bodywork that explores the ways varying facets of identity and culture manifest in the body, allowing for a much more nuanced, person-centered approach to client care. Marcia describes how our bodies interpret our identities, often informed by cultural norms, communication styles, trauma, and systems of power and oppression. This process is a journey, however, that starts within each of us first - for if we cannot accept difference and diversity within ourselves, how can we do so for others?

Therapists and bodyworkers reading this book will have the opportunity to engage both personally and professionally, learning to build on their own somatic awareness in order to engage with compassionate curiosity rather than resistance when confronted with identity-based differences. Each section uses the SIA Loop, a mechanism representing three entry-points we use to process information: Sensation, Interpretation, Action, which supports the deeper work offered by the Identity Expression Infinity Loop, where identities are invited to move with strength and skill.

These insightful tools allow readers to examine their own somatic experiences, beliefs, behaviors, and choices, all of which is supplemented with journal prompts and questions. In guiding readers in how to interpret the body's expression of identity, this unique guide maximizes the potential of therapists to foster



change, increase empathy, and nurture connection through trauma-informed, somatically aware therapy and bodywork.

Movement and Identity will be released on March 21st, 2025, and is available now for pre-order directly from Singing Dragon Publishers and at bookstores nationwide and online retailers including Amazon and Barnes & Noble.

About Marcia Bonato Warren, MA, MA, LPC

Licensed Professional Counselor | Registered Somatic Movement Trainer and Educator | Interculturalist | Author | Speaker



Marcia (MAR-see-uh) Bonato Warren (she/her) is a trauma-informed Body Psychotherapist/Somatic Counselor, Interculturalist and author with over thirty years of cross-cultural and mental health experience. She is a Licensed Professional Counselor (LPC) in the state of Colorado and holds a Master of Arts in International Relations from John's Hopkins University (SAIS), a Master of Arts in Somatic Counseling/Body Psychotherapy from Naropa University, as well as certificates in Clinical Supervision (I and II), Intercultural Foundations, Sensorimotor Psychotherapy Trauma Training (I and II), and Indigenous Psychology.

Marcia's therapy practice, Embodied Code-Switching®, focuses on developing the resilience and unique expression of multicultural identities through Somatic awareness. Her work has been featured in journals and publications over the past decade.

Marcia is proud of her heritage and the gifts of her ancestors and identifies as an enrolled member of Santa Clara Pueblo in New Mexico and as Brazilian-Italian. She is passionate about developing the potential in human beings to embrace diversity through multicultural embodiment. Her first book, *Movement and Identity: Multiculturalism, Somatic Awareness, and Embodied Code-Switching*® will be available March 2025.

CONNECT WITH MARCIA

www.marciabonatowarren.com

[LinkedIn](#)

[Facebook](#)

[Instagram](#)

Marcia is available for interviews, Q&A, guest articles, expert commentary, and speaking engagements on:

- The intersection of health, wellness and multicultural identity: A comprehensive look at how cultural identities weave into aspects of health and wellness, and the importance of culturally informed healthcare professionals
- Moving between cultures: Innovative approaches to cultural education that can be incorporated into work with culturally diverse populations and oneself
- Multiculturalism defined for the modern world: How the concept has evolved to include additional affiliations such as socio-economic status, gender, and sexual identity.
- How Marcia's experiences as an Indigenous and Brazilian-Italian woman has impacted her work and role as a Somatic Counselor/Body Psychotherapist
- 5 practical tools and practices to begin bridging the mind-emotion-body gap: Cultivating the Pause, the Breathing Body, Mind-Emotion-Body Scan, Oscillation, and the Sensation-Interpretation-Action (SIA) Loop
- Finding culture in our bodies: Exercises to explore and affirm how culture is both observed and experienced through our senses and environment
- The Presence of Power: How power and oppression can be expressed in the body, and the ways we can shift that power in our work and in ourselves
- Trauma and healing in multicultural bodies: The impact of trauma on the nervous system, and the specific ways trauma responses develop for multicultural individuals
- Bridging cultural gaps: How being multicultural can unlock our ability to foster change, increase empathy, and bridge division into connection
- New and future developments in multicultural psychology such as Embodied Code-Switching®, which takes code-switching from a reactive, unconscious behavior to a proactive, embodied skill