

Embodied Social Justice in Counseling

A home for counselling, mindfulness, body-based practice
and social justice.

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What is Embodied Social Justice?

A framework that recognises how social systems shape the body — and how the body becomes a site of liberation, protest and resistance.

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The body is shaped by systems

Power, oppression and social structures are not only experienced in the mind — they live in the body. ESJ centres the embodied impact of systemic inequality on individuals and communities.



The body as liberation, protest and resistance

The body is also a source of wisdom, agency and collective power. ESJ honours the body as a site where communities reclaim identity, dignity and freedom from oppressive systems.



Notice, Sit With and Respond

ESJ equips practitioners with a three-part embodied framework: Notice what arises in the body; Sit With discomfort without bypassing; and Respond with intention, accountability and care.

EMBODIED SOCIAL
JUSTICE COUNSELING FOR
INDIAN COMMUNITIES
Integrating Theory and Practice



AARATHI SELVAN AND SHOBA NAYAR



BOOK RELEASE · JULY 2025

Embodied Social Justice Counseling for Indian Communities

“Radical and holistic. Aarathi Selvan and Shoba Nayar reveal the body as a pathway to agency, healing, liberation and resistance. Mending the harms caused by violence and ‘power-over’ social and economic systems, they show us how to rediscover interdependence and work for change that embodies freedom.”

Staci Haines, author of “The Politics of Trauma: Somatics, Healing and Social Justice” and the co-founder of generative somatics

“Embodied Social Justice Counseling for Indian Communities is an innovative contribution to counseling practice that redefines healing, power, and presence within and beyond the Indian diaspora. Rooted in contemplative and social justice traditions, Aarathi Selvan and Shoba Nayar skillfully weave together theory, ethics, and embodied practice to illuminate how liberation—both personal and collective—can be cultivated through the body. This text offers both depth and practicality by bridging academic insight with powerful tools for counselors, educators, and community practitioners.”

Rae Johnson, PhD, RSW, RSMT, BCC is a social worker, somatic movement therapist, and scholar/activist working at the intersections of embodiment and social justice

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BOOK LAUNCH EVENT

Book Launch Conversation

Embodied Social Justice in Mental Health Practice. Join us for a live conversation with the authors. Date: TBC | Time: TBC | Online / Hybrid | Access notes available on registration.

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04

Why This Book Now?

A conversation on the urgent need for embodied, culturally grounded approaches to social justice in mental health practice — and what this book offers to the field.



02

Body as Liberation, Protest and Resistance

Exploring how the body holds systemic harm and also carries the wisdom of resistance. Authors Aarathi Selvan and Shoba Nayar share key frameworks from the book.



03

Notice, Sit With, Respond — and Q&A

A live walkthrough of the ESJ practitioner framework: Notice, Sit With, Respond. Followed by an open Q&A with the authors and community conversation.

WORKSHOPS

Entering Embodied Social Justice

Introductory workshops exploring the foundations of ESJ practice. Join our interest list to be notified when workshops open.

Coming Soon | [Join interest list](#)

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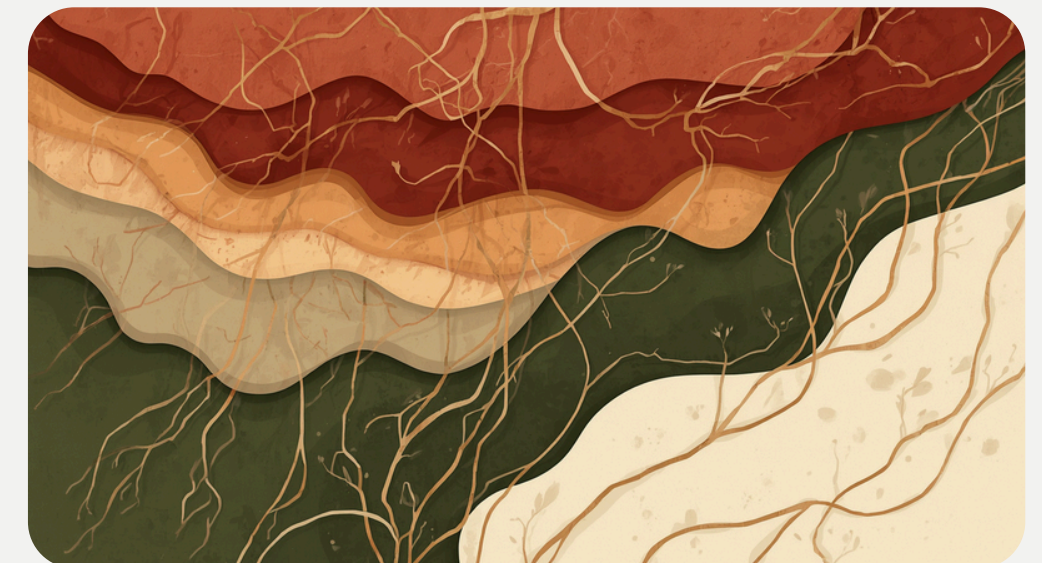
What is ESJ?



Body as Liberation, Protest & Resistance



Notice, Sit With, Respond



Discomfort, Shame, Guilt & Accountability

ADVANCED TRAINING

Advanced Training Programme in Embodied Social Justice

A 12-month advanced pathway for mental health practitioners. Applications opening later this year — first cohort planned for February.

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01

Teaching Intensives & Supervision

Deep-dive teaching intensives paired with reflective supervision. Build theoretical grounding and embodied practice in a supported learning community.



02

Practice Circles & Facilitator-Led Self-Practice

Regular practice circles and facilitator-led self-practice sessions to integrate Embodied Social Justice into your therapeutic and training work.



03

Capstone & Advanced Facilitation

Complete a capstone project demonstrating your ESJ practice. Develop the skills to facilitate Embodied Social Justice learning in your own professional context.