



# What is Integrative Inquiry and Why would I want to Participate?

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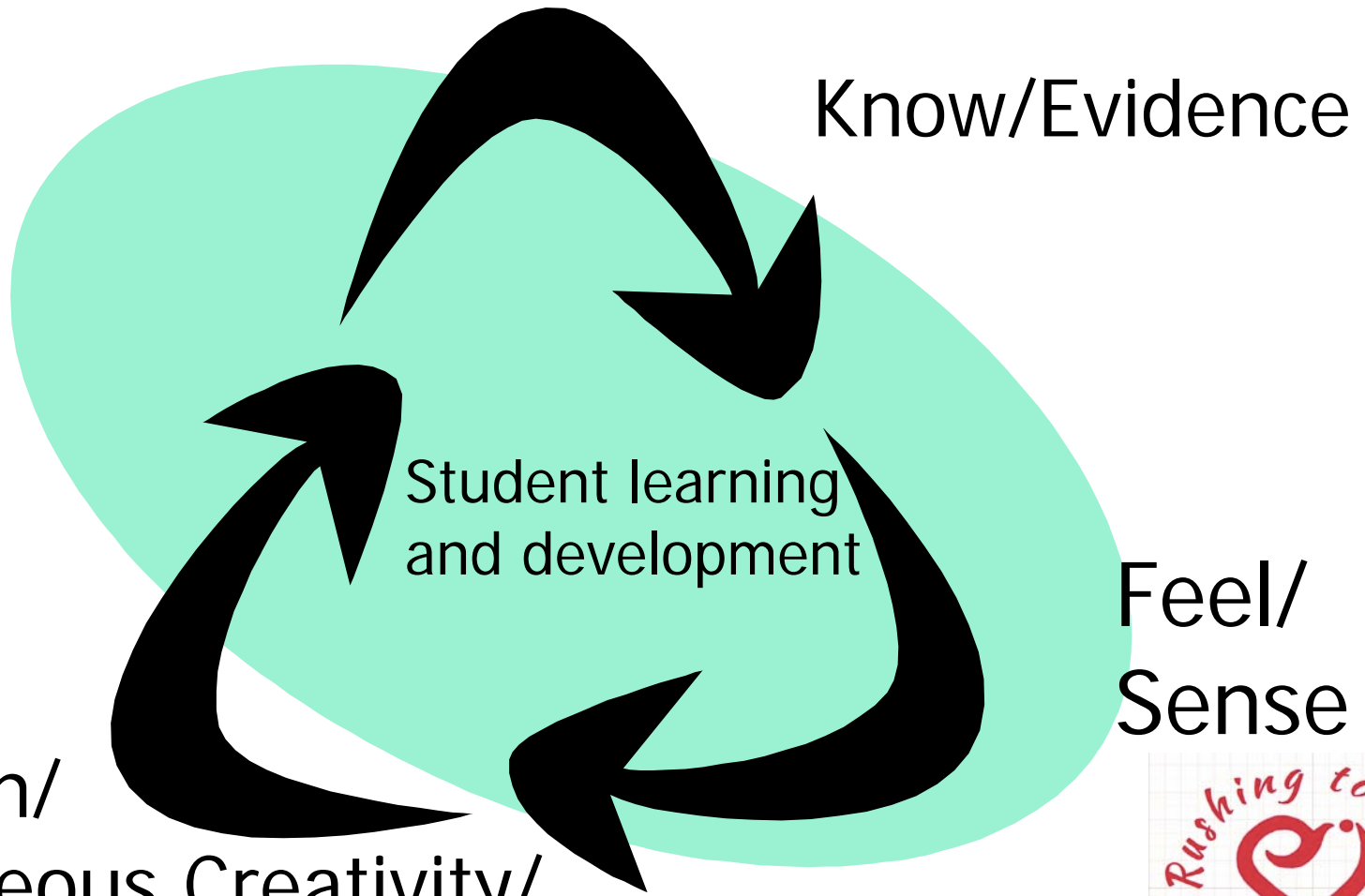
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# This is not like Anything You Have Ever Experienced Before...

- There are no “right” answers
- There is no prescriptive “to do” list
- Rather, we present several facilitated exercises to get you engaged in integrative inquiry
- We will not ask you to stop thinking or to stop feeling – rather, we will coach you into thinking, feeling, and observing without judgment



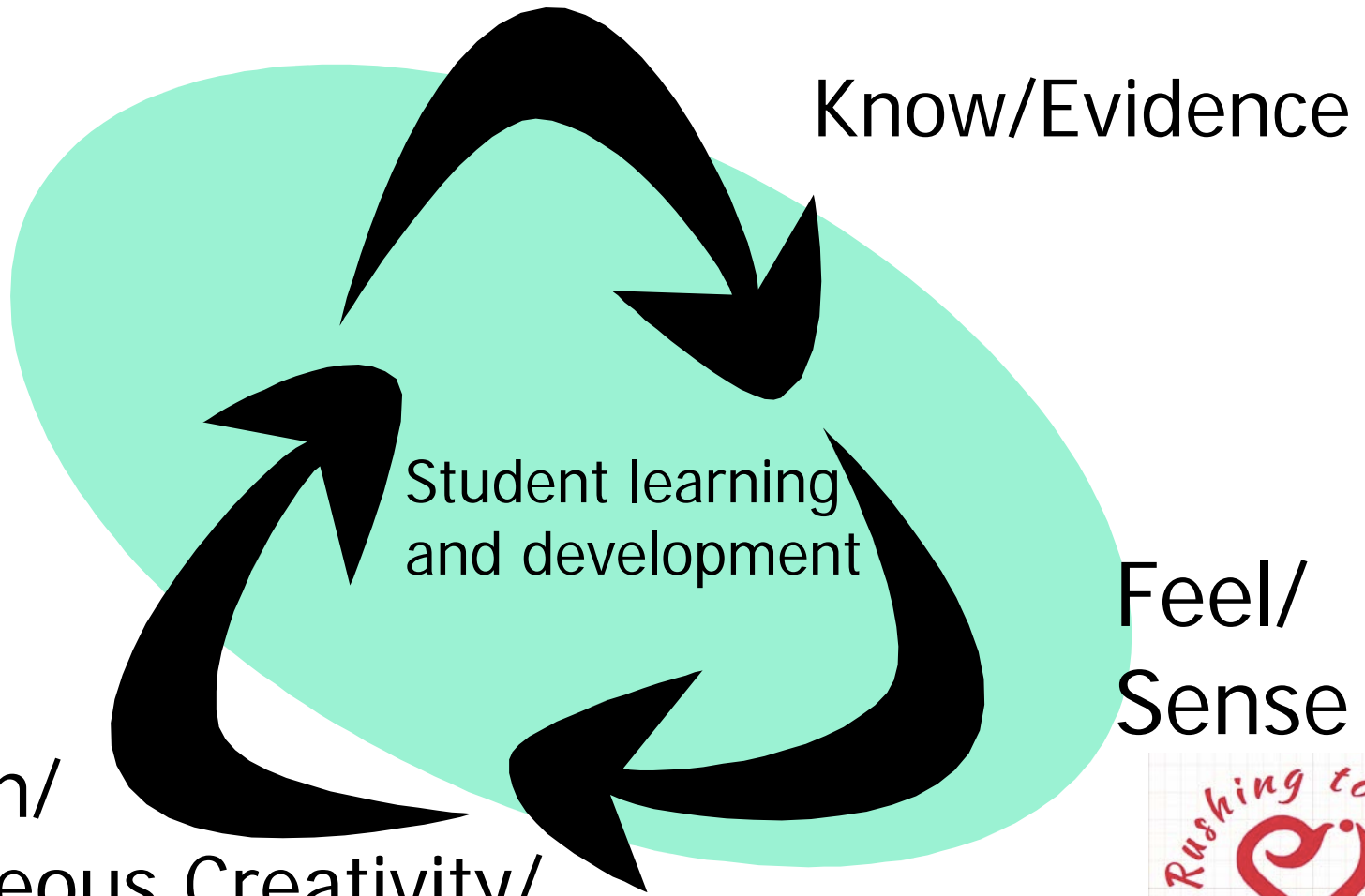
# This is not like Anything You Have Ever Experienced Before...

- We will not ask you to change any of your values or beliefs
- Rather, we will coach you into becoming aware of what you value and what you believe and observing for yourself how your values and beliefs influence your decision-making
- We will ask you to engage in a kind of inquiry that you may not have tried for a while
- It is not dangerous at all
- It is ambiguous



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# Exercises We Use

- Researched training tools:
  - Mindfulness-based stress reduction as the foundation
  - Mindfulness-based self-compassion training tools
  - Emotional intelligence training tools
  - Self-authorship training tools
  - Facilitated reflection and inquiry



# Today's World Messages have Created a Need for Integrative Inquiry

- Do more with less
- More productivity is better
- There is not “enough” of whatever it is you need or desire
  
- Value doing, rather than being
- Value activity over reflection
- Too busy to take care of myself, let alone anyone else
- Too busy to even think



# Thus, we have Co-Created a World

- Increased stress
- Increased fatigue
- Increased uncertainty
- Want “quick fixes”
- Decreased problem solving, analytical reasoning, critical thinking, creativity
- Decreased self-compassion and compassion for others
- Decreased sense of safety
- No ownership of decisions or their consequences





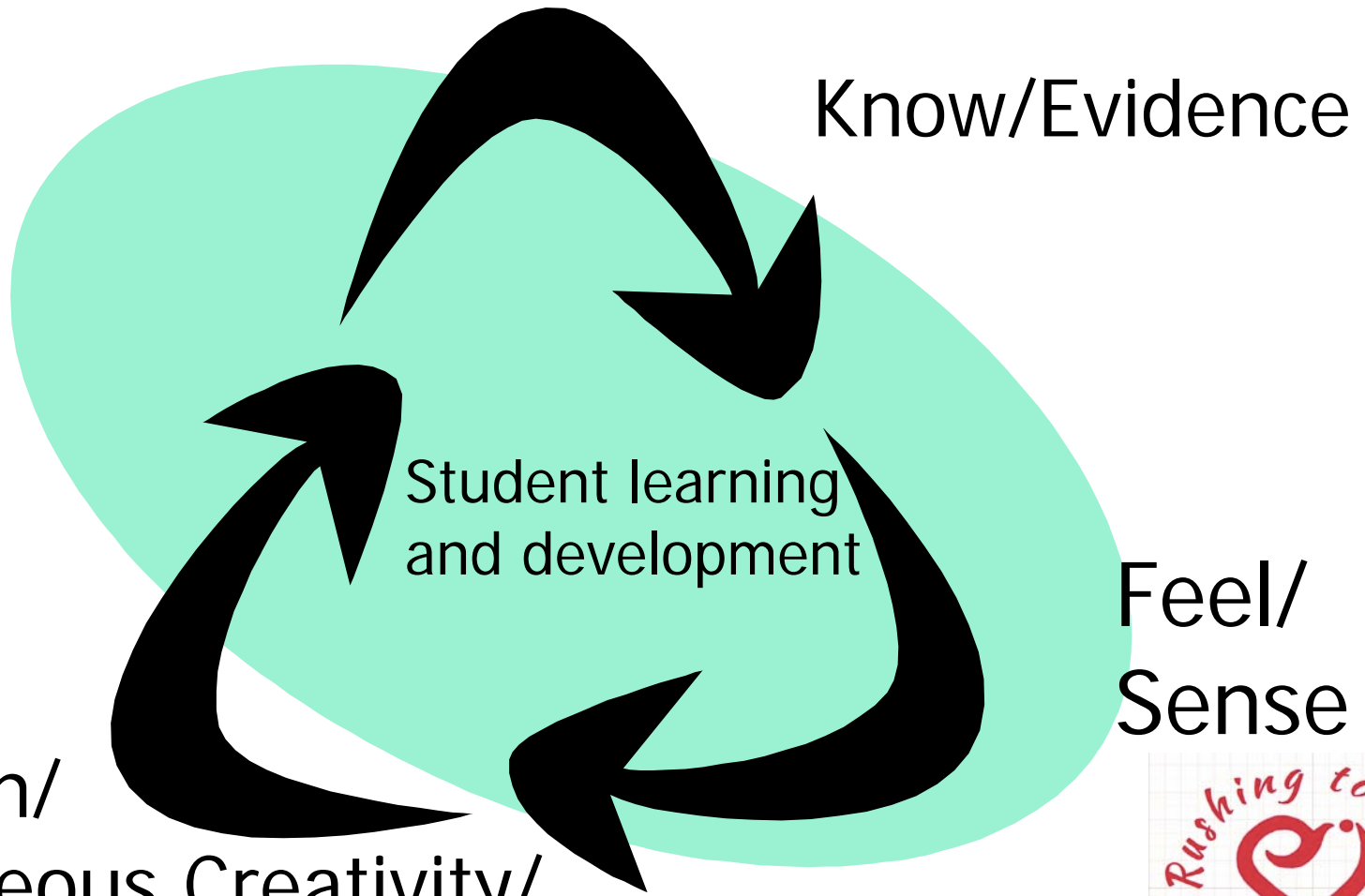
# Integrative Inquiry Creates

- Increased overall well-being
- Decreased stress
- Increased self-awareness
- Increased self compassion and compassion for others
- Increased critical thinking, analytical reasoning, creative problem solving
- Increased ability to be with ambiguity
- Increased responsibility for choices and their consequences



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# Resources

- Mindfulness - <http://www-psych.stanford.edu/~pgoldin/Mindfulness.html>
- UCSD - <http://health.ucsd.edu/specialties/mindfulness/Pages/default.aspx>
- SILI - <http://www.siyli.org/take-the-course/siy-curriculum/>
- Rushing to Yoga Foundation – [www.rushingtoyoga.org](http://www.rushingtoyoga.org)





# Questions?

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