

**The Tuesday 10-17-23 discussion included this and more:**

1. Highlights of the video
2. You Tube video of immune system did not play, video info is on your dashboard
3. Discussion on the concept that inflammation is the ability to recognize self from others.
4. Stress can exacerbate the immune system.
5. We shared personal experiences of our immune systems.
6. How stress can be positive in our lives. Growth needs something to be up against. Discussion of how we modulate our touch with different treatment situations. Remember a therapist wants to be 5 grams at the point of restriction
7. You Tube video on HPA axis, video info is on your dashboard.
8. Treatment suggestions for clients who are in a chronic state of stress and may not even know it.
9. Anxiety as autoimmune of the psyche and ideas of SER process. Many treatment suggestions to become aware of this maladaptive system. One idea explained in detail is getting client to be aware of opposite experiences.
10. Using 'Cell Talk' dialogue as well as an expansive imagination
11. Frequencies in the body as cell and organ communication. We discussed absorbing frequencies and resonating with frequencies.
12. Compensatory patterns of the body to balance a maladaptive immune system
13. Hypnotherapy apps
14. Asking client what health is to them

**The Thursday 10-19-23 discussion included this and more:**

1. We mentioned our highlights from the video
2. We watched the 2 minute video explaining the immune system, which is included on this recording
3. Immune system differentiates between "us and them".
4. Discussed how the gut is involved.

5. Importance of learning the different cells of immune system and their 'jobs'
6. Using SD and ask immune system if it is involved with the client's condition
7. There are many layers that make up the intestine lining, and different layers can be inflamed, verses the organ as a whole
8. Importance of mentioning to clients to support their immune system
9. Stories around growing pains
10. Stress can trigger inflammatory response and if you look at it as growing pains, then there are tools to cope. Autoimmune disease generally originates from some major stressor in one's life
11. Susan shares a descriptive way of comparing health to stress in relationship to illness.
12. Our health is an investment
13. Anxiety is a wake up call - a maladaptive response to the psyche. "Listen, something is wrong somewhere."
14. When a client talks about the past, their body creates the same hormones and proteins of that experience. Ask the client to feel that and is that what they want?
15. Interesting discussion on a case of a woman with anxiety for years
16. Susan shares how she facilitated a 'Love SER'.
17. Susan said after doing the foundational CST/SER, she likes to dialogue with the client about what they know the least about themselves.
18. Dialogue suggestions for exploring overreactive immune system symptoms