

Discussion 2-27-24

This discussion focuses on the components of an SER session, including dialoguing, imagery, and the importance of the therapeutic relationship and safe space. The role of the therapist in guiding the session and asking open-ended questions is explained, along with the concept of active and inactive energy cysts. The option of replacing energy cysts with positive intentions is discussed, emphasizing the importance of being present and in tune with the client's body and energy. The therapist's ability to expand the field and be present in the client's experiences is highlighted, as well as the healing process involving a change in field and frequency. The therapist's frequency can positively impact healing, and principles of quantum healing are incorporated for quicker healing and change. Shamanic practices and earth-based techniques are also mentioned in the context of SER. Deep somatic experiencing is described as connecting to something beyond the present, and appreciation is expressed for the therapist's unique approach and positive outcomes. The next zoom calls are March 26 & 28.

Discussion 2-29-24

The purpose of the program is to review tutorial videos and discuss techniques and experiences. The Components of a SER Session breaks down the components of an SER session, including the significance detector and engaging in conversation with clients. The importance of curiosity, neutrality, and allowing clients to share their experiences is emphasized. Approaches to discerning between one's own thoughts and the client's experiences are discussed, as well as the challenges of working with complex clients and the importance of boundaries and breaks. The layered palpation technique and the importance of checking in with oneself are mentioned. The participant shares an experience of feeling sick during a session with a client with rheumatoid arthritis. The importance of involving the client and asking for feedback is highlighted, along with the need to respect the client's journey and not impose one's own insights or agenda. Clear communication and setting boundaries are emphasized, as well as being aware of limitations and preferences when working with different client populations. The discussion also covers session durations. Shorter sessions for children and babies are mentioned. The conversation ends with gratitude and farewells.

