

## **Highlights**

### **3-26-24 Discussion**

1. The importance of staying connected to the person, their words and the tissue when treating a client during a session.
2. Discussion of situations when clients want to tell their entire story in the first session
3. Importance of lowering sympathetic tone with the client.
4. The significance of dialogue in exploring deeper emotions and memories.
5. The importance of synchronizing energies and finding heart coherence in practice.
6. The need to be compassionate and match the energy and tone of voice of the client.
7. The importance of 'filling clients up' and building their inner strength before or parallel to delving into their trauma.
8. The use of dialogue and imagery to stay curious and explore what the client doesn't know about themselves or the event
9. The importance of active listening and repeating what the client says with compassion. Google 'Active Listening' to learn more about neutrality in conversations.
10. The power of offering the possibility of letting go/transmute energy/ask for more information from the archetypes for healing.
11. Successful sessions are shared, including a client finding peace and relief through visualization.
12. The role of glial cells and neuroplasticity in the brain's healing process.
13. The ability of individuals to heal themselves and the power of the human spirit. The amazing recovery of a man in a car accident who healed his own brain through visualization is highlighted.

### **3-28-24 Discussion**

1. The importance of getting details when dialoguing with someone, using patience and perseverance in letting someone tell their story without leading them.
2. The significance of allowing clients to speak more in a session, to do their own self-discovery and finding their own answers.

3. Creating a safe and comfortable space for clients to explore their own experiences.
4. Inner child work as a way for individuals to feel more whole and complete. We discussed the concept of inner child work and its psychological basis.
5. The role of the therapist's intention and energy in the session.
6. The importance of follow-up and support after a powerful session.
7. The core intent of dialoguing is to release stored energy that is in the body.
8. Matching the client's energy, emotions, and voice during a session.
9. The next meeting will focus on inner child archetypes.