OBJECTIVES:
Upon completion of this workshop, participants will be able to:

• Name 5 clinical symptoms of fragmentation
• State two metaphors that help clients understand fragmentation
• List the 6 R’s of treatment

I wonder if they really know how to parent??
HEALING TRAUMA: HISTORICALLY

- Warriors & Shamans
- Similarities to western psychotherapy:
  - Parts therapy
  - Dissociation
  - Internal family systems

SUBJECTIVE INDICATIONS OF FRAGMENTATION

- Client feels empty, numb or dead inside
- Client feels not quite whole
- Client describes “hole in my chest” or stomach area
- Client can’t remember events, years
- Client unable to access an emotion
- Unexplainable body pain

OBJECTIVE INDICATIONS OF FRAGMENTATION:

- Client drinks to feel an emotion
- Client won’t own an emotion
- Memory gaps
- Chronic illness, especially as a child
- Client acts spacey & not in the body
- Client has a hard time moving on after a loss

OBJECTIVE INDICATIONS OF INCREASED DISSOCIATION:

- Client feels spacey & not in the body
- Therapist feels spacey
- Memory gaps
- Client doesn’t remember they said something in the session
- Eyes darting or blinking
- Often need a longer session to see this
- Clinically you feel something isn’t right
- Lots of trauma under age 7, during an intake becomes increasingly stressed or spacey
PARTS SPLIT OFF

AGE OF THE TRAUMA

ALL PARTS HAVE AN INITIAL POSITIVE ROLE/INTENTION

SOLDIER GOING UP A HILL
WHAT CRAYON AM I MISSING?

SOUL WEAVING PROCESS™

1. Remember: Client triggered
2. Return: to consciousness – stay with me in today – in this reality
4. Release: Help part of you that is left behind, use tapping & add: “For me and every part of me, especially the child part of me”
5. Reprogram: It is safe to cry (blue crayon), be angry (red crayon). Own & release.
6. Re-integrate: Bring part to today, separate time – you didn’t know you were going to live, that time is over, look out your eyes and see today.

DURING PROCESSING:

• Client gets triggered
• Like an air traffic controller, shows you the next part ready to come in...
• Important to stay in present time and connect with younger self
CRITICAL REPROGRAMMING:

- What do you wish for this child part to know now
- As much as possible allow the client to decide the new programming.
- Be grateful, thank the part for hiding
- Say anything that needs to be said
- That time is over, there is nothing wrong with you
- Move out of that space and forward in life, (skip over the lousy times), come to today.
- Look out your eyes and see today

ROLE OF THE HEALER:

- Historical & spiritual perspective
- Must stay calm and bring client to here
- Must be integrated yourself
- Must have healed the split off aspect of themselves first
- You cannot take someone further than you have gone!

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