

Harmonizing Healing: Trauma Processing & Attachment Repair using the Chakras and Vagus Nerve

ACEP 2024 Conference

Intuitive Presence Practicum

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When you match up with your practicum partner, you will take turns being the counselor and the client. No modalities will be employed (ie. EP, EMDR, IFS). This is an exercise intended to deepen awareness around yours and your practicum partner's energy. The intention is to get you to listen deeper (middle ear work with polyvagal theory) to the experience of yours and your partner's vagus nervous system and chakra messages.

The counselor will employ only facilitative, Rogerian techniques (remember those?!) of unconditional regard.

Counselor:

- Notice the energy in your system as you begin your processing with client. Be curious. Where is it constricted? Where does it move?
- How did you experience your personal energy as the session progressed?
- How did you experience the energy in your client as you started your "session".
- How was the energy different toward the end of the session? In you? Between the both of you?
- No direct reference to where you see the energy, how it is moving or what it might be saying. Make the space for client to discern for self.

Client:

- Where did you notice energy in your body as you began the practicum session?
- How were these energies tie to your thoughts?
- How did that energy drive your ability to share?
- Did you experience a change as your session with your counselor deepened?

How did you both experience co-regulation?

