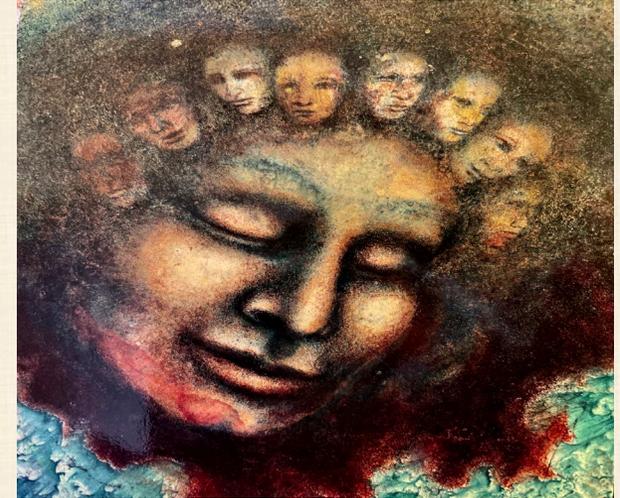


2 Levels of Working with Internal Systems

1. In-Sight = Self of Client in relationship with part(s) of the Client



2. Direct Access = The therapist is the Self in the system – in relationship with a part or parts of the client

Two Types of Direct Access

- **Explicit**

- A technique when a part will not unblend. Therapist asks, “Can I speak with that part”

- **Implicit**

- Talking and responding to a part directly without acknowledging you are addressing a part. Therapist holds awareness of the different parts they are attending to.



Other time to Use Direct Access

- When a part hijacks the system
- Distrustful Managers
- Angry or dangerous Firefighters
- When a part does not want to unblend
- When a part needs to develop trust in therapist
- When a part need to vent
- Frustration sets in from trying to unblend

Continuum of Direct Access to Insight

Direct access  Insight



The Healing Steps: Working with Exiles

- Create a Trusting Relationship
- Witnessing
 - Retrieval and Corrective Experience
- Unburdening
- Invitation
- Integration
- Intention
- Appreciation

