

# Direct Access/Embodiment Experiential

1. **Pair up**, one therapist, one client
2. **Client:** Choose a part that you would like to get to know better.
3. **Therapist:** let the client know they will not be asked to unblend from this part. Check for any fears or concerns about blending, address concerns.
4. **Therapist:** during the process ask yourself:
  - How do **I** feel toward this part? What parts of me am I aware of? Will they step back? (therapist parts)
  - Am I present in my body?
  - How much curiosity/compassion am I feeling? Am I sending it to the part?
5. **Therapist:** Ask client to embody the target part
  - a. Spend some time embodying. Notice thoughts, emotions, and sensations. Really allow yourself to be this part.
6. **Therapist:** Befriend and get to know part: (possible questions)
  - a. What's your job? How long have you been doing this job?
  - b. What are you afraid might happen if you didn't do your job? What would you rather do? (if you no longer needed to do this job?)
  - c. What does this part want me (the therapist) to know?
  - d. How well do you (the part) know the clients Self? What is it's relationship with \_\_\_\_\_'s Self? What might it need to trust more?
  - e. Ask part about any fears/concerns it may have about separating
7. **Therapist:** Ask client to make some level of commitment to the part, to come back to and get to know better. Anything it would like from the person?
8. **Thank part** and ask part to unblend, client return
9. **Debrief/process** – Client shares about experience of blending with the part.
  - Therapist shares about using direct access
10. **Switch roles** – repeat process