

INTIMACY FROM THE INSIDE OUT

GETTING STARTED, TRACKING SEQUENCES

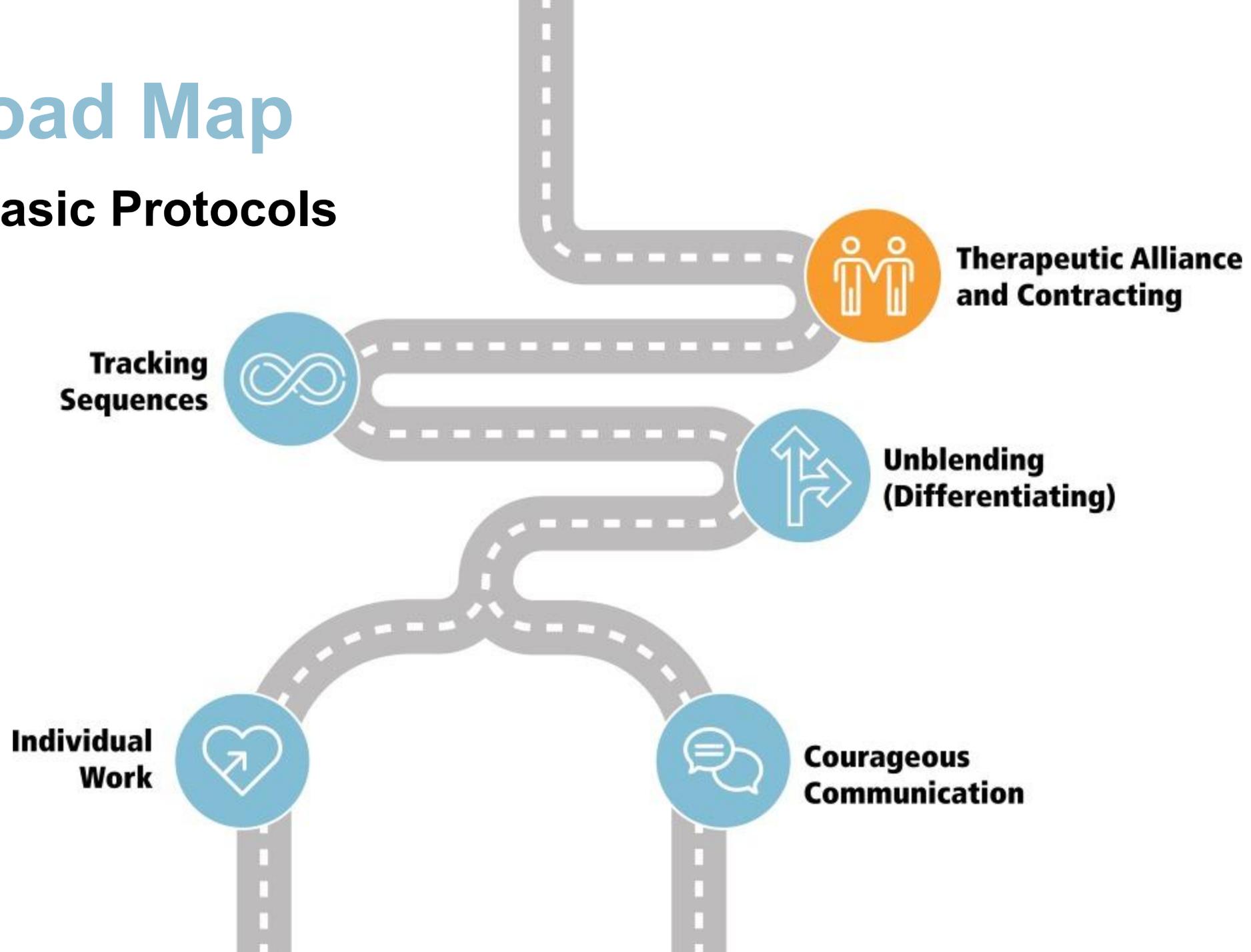
Toni Herbine-Blank

BASIC TRAINING: MODULE 2



Road Map

5 Basic Protocols





Therapeutic Alliance

What does this mean?

- Self-Leadership
- Safe mirroring
- Honoring the people. Their struggle and their perspective.
- Listening and tracking carefully with a high level of attunement.



Getting Started

Listen to their Parts

- > Stories, needs, struggle etc.

- > Past or present trauma?

- > Legacy or cultural burdens from:
 - their family of origin
 - the community to which they belong
 - racism

Contract for outcome

- > What outcome do you want?

Invite questions and concerns

- > *What's it like to be starting therapy?*
- > *Do you have questions about how I work?*
- > *What's it like to be here with me?*
- > *What differences between us or between you might make therapy challenging?*

More questions

- *Is sexuality something you are interested in exploring in therapy?*
- *Is there a history of addiction? Chronic illness?*
- *Do you have specific questions for me about how I work?*
- *Have you been in therapy before?*
 - > *What worked?*
 - > *What didn't?*



What are the beliefs you hold about relationship based on:

> Culture

> Family values

> Legacy Burdens

> What is your style of communicating?

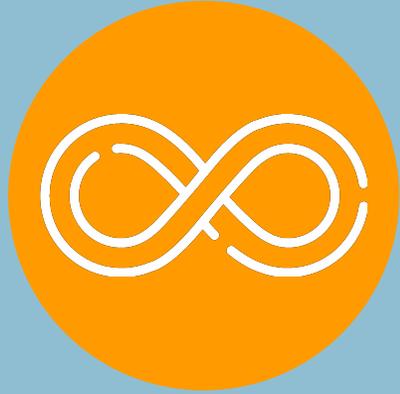
> What works well in your communication?

> What doesn't work well in your communication?



- > **Contracts** are for **safety** but are also for the **work of therapy**

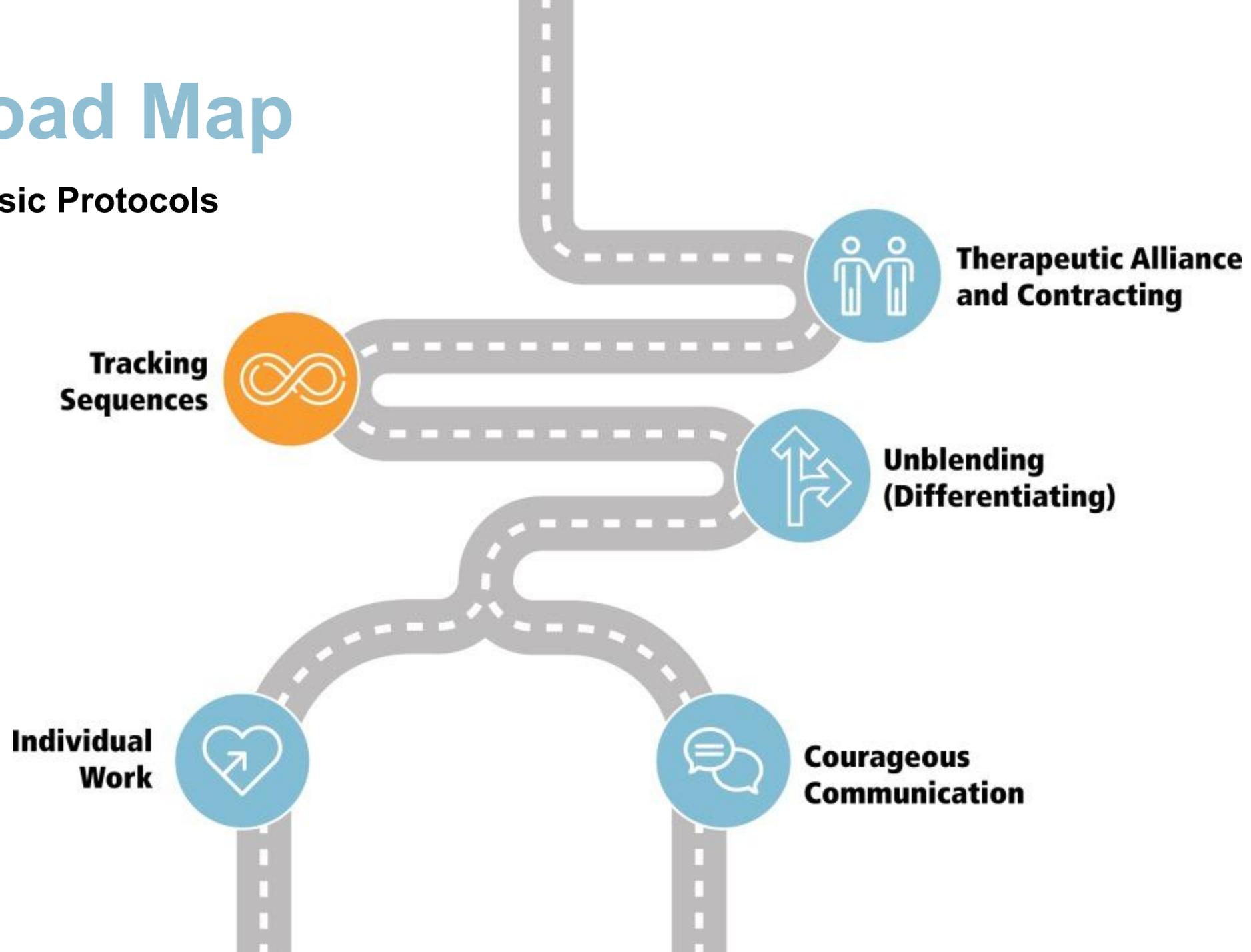
- > **Present the model by teaching or showing**
 - What is universal
 - Parts and Self
 - Why you love the model
 - What is possible for them based on your initial interview

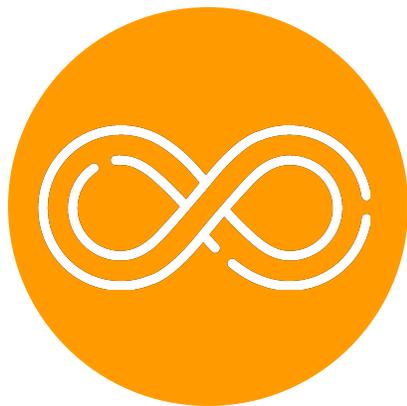


Tracking Sequences

Road Map

5 Basic Protocols



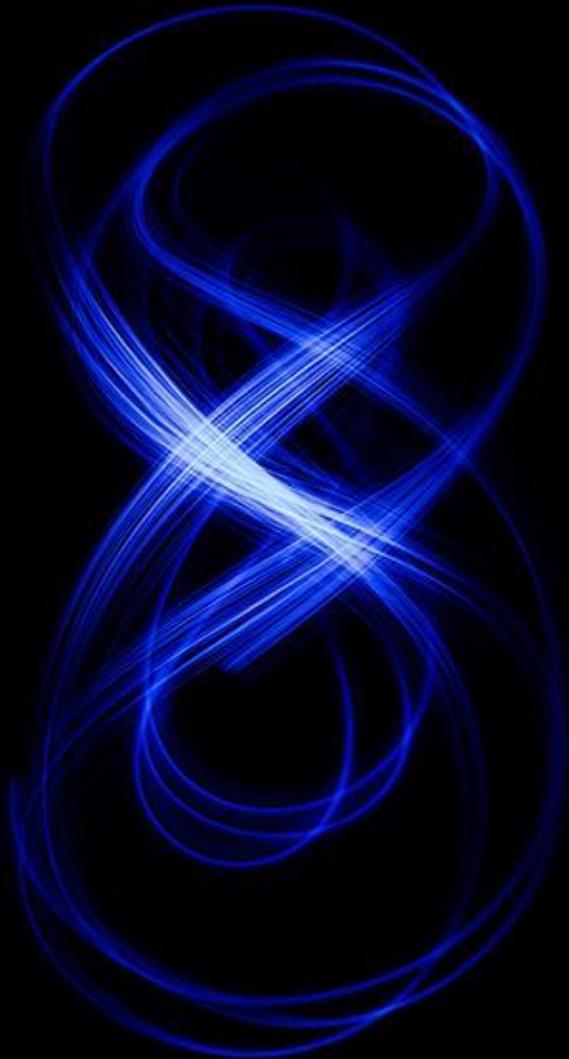


Tracking Sequences:

UNDERSTANDING PATTERNS

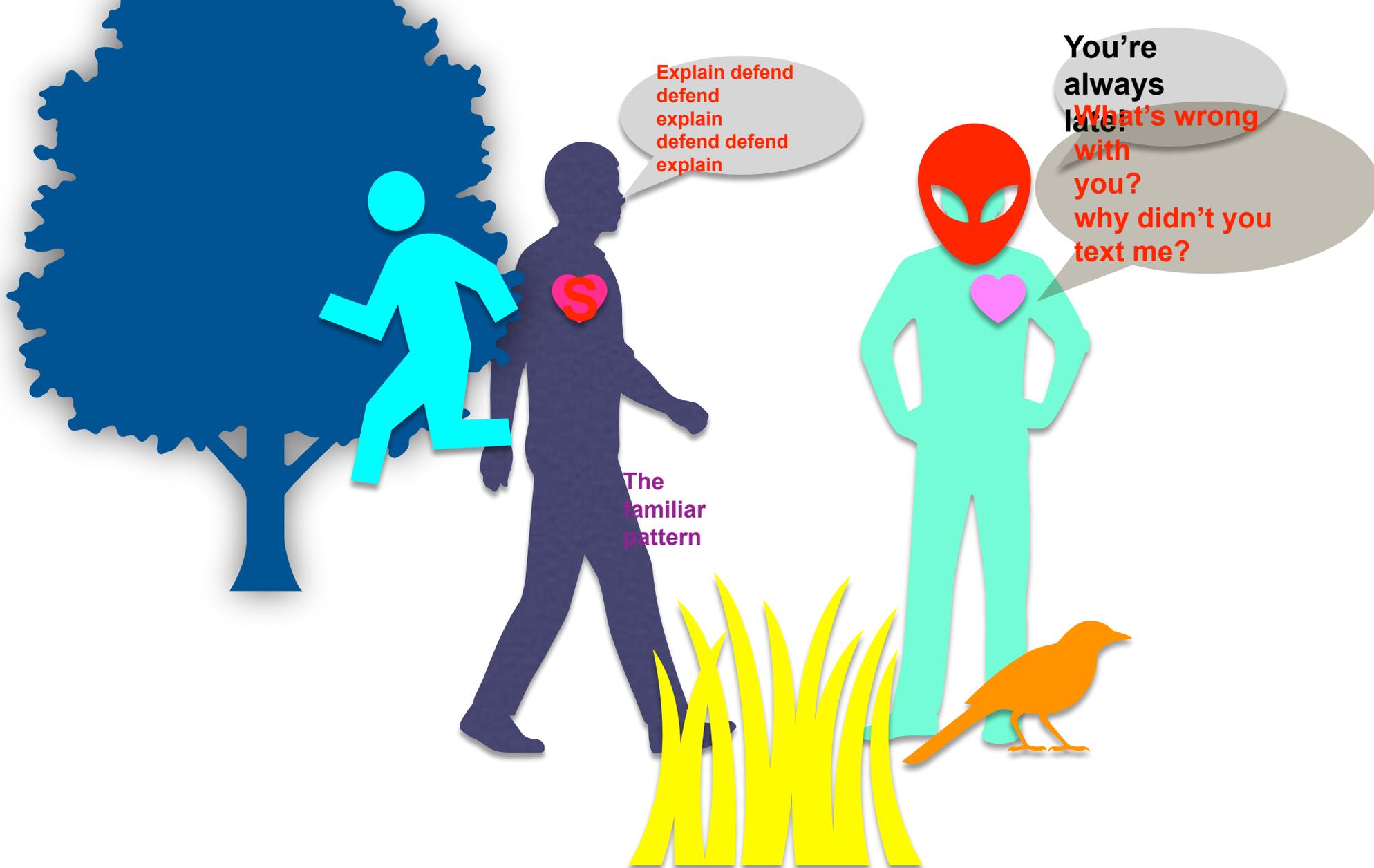
Sequences are:

- Predictable and repeating patterns of behavior between protective Parts.
- Protectors acting in response to the deeper feelings and needs of Exiles.
- Painful interactions that are maladaptive attempts at restoring connection.
 - > They keep people feeling hopeless and disconnected.



The Purpose of Tracking

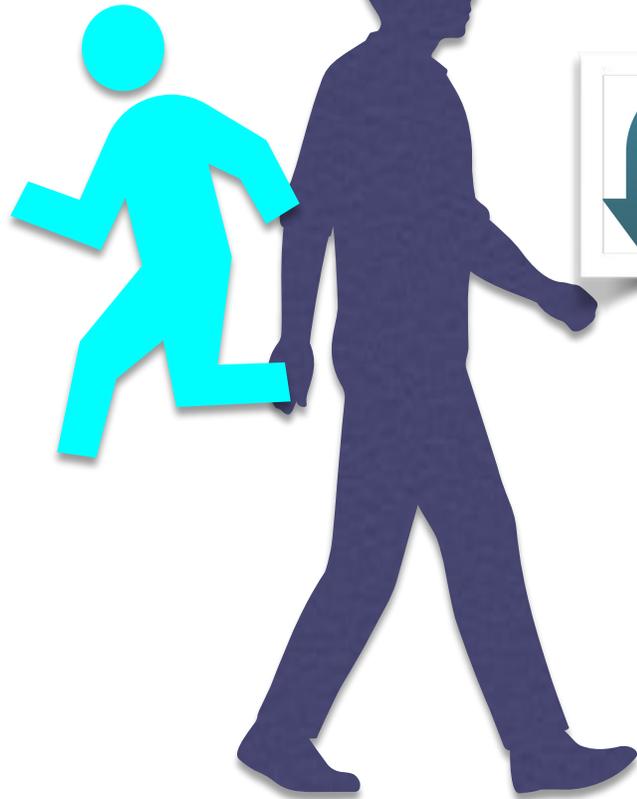
- Bring awareness to the dance of protectors
- Name the repetitive cycle
- Offer a U-turn
- Begin a drop to vulnerability



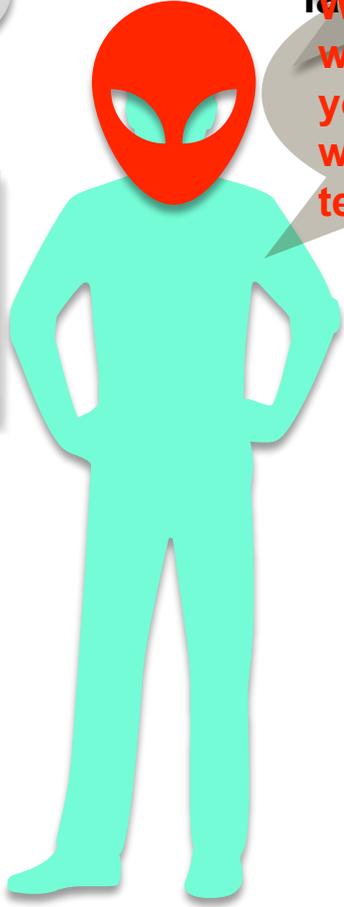
Explain defend
defend
explain
defend defend
explain

You're
always
late!
What's wrong
with
you?
why didn't you
text me?

The
familiar
pattern



Explain defend
defend
explain
defend defend
explain



You're
always
late!
What's wrong
with
you?
why didn't you
text me?

what drives the protective
response?





The Process

Reflect and name the cycle using parts language, if appropriate

Begin a U-turn

- *What happens inside you?*
- *What happens in your body?*
- *What do you hear yourself saying to yourself?*
- *Are you aware of any emotions?*
- *What is your protector's first instinct? (even if you don't react this way)*

What action do you take?

- *What do you do or say in relationship to them?*



- Continue to work horizontally until you (and they) **recognize the cycle**

- Flesh out the **hopes and fears** of Protectors

- Name **Exiles**, if possible



The Invitation

*What if when they did that you were able to **be more present with yourself** and have **more choice** in how to respond?*

*What if when they did or said that your **vulnerable or defensive** feelings **didn't flood** you?*

*What is the invitation you can **authentically** give to your clients?*



Reminders

Keep moving horizontally

Don't get hung up in content

Vulnerability drives protection

Are you feeling friendly toward their Protectors?



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