

INTIMACY FROM THE INSIDE OUT

UNBLENDING, INDIVIDUAL WORK

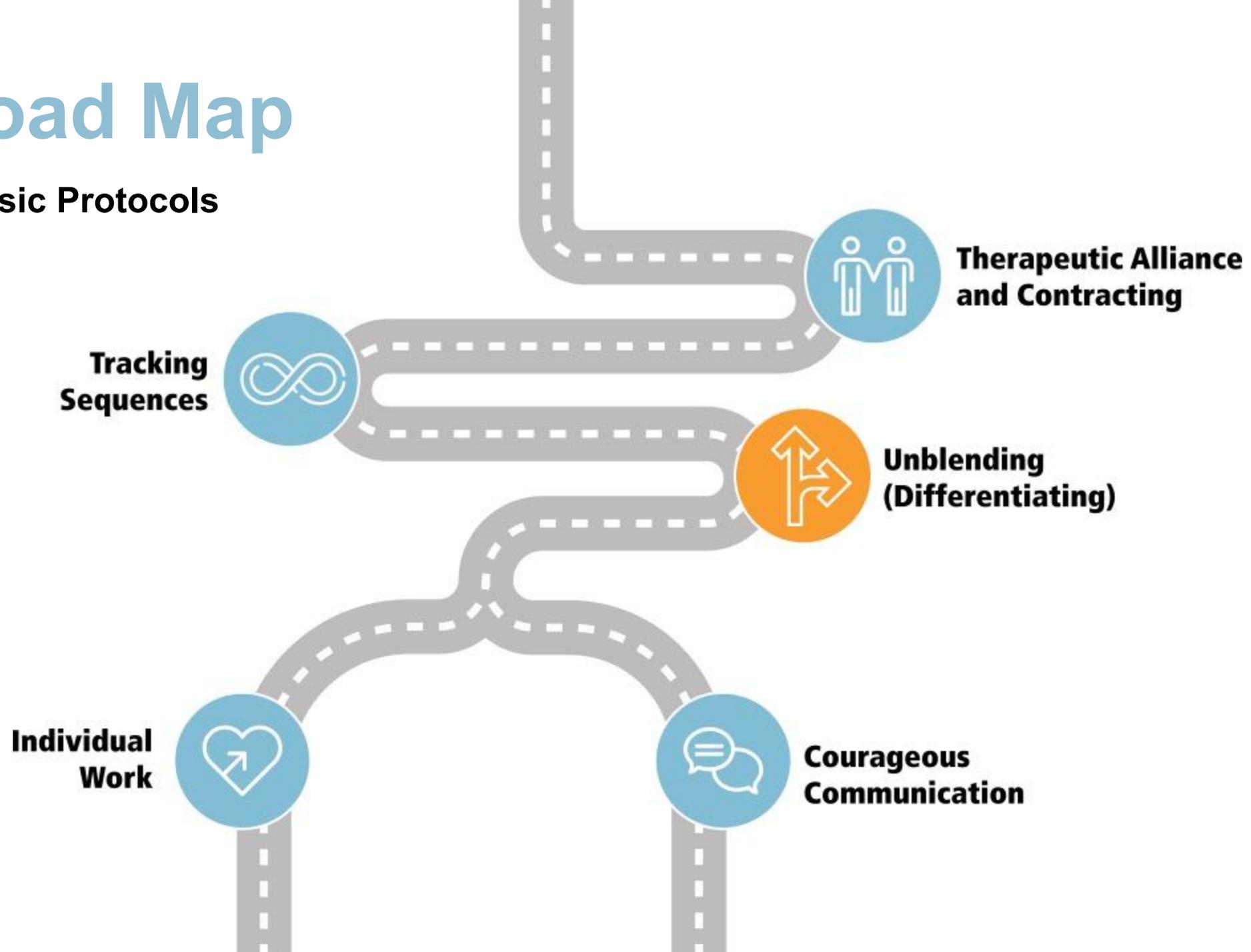
Toni Herbine-Blank

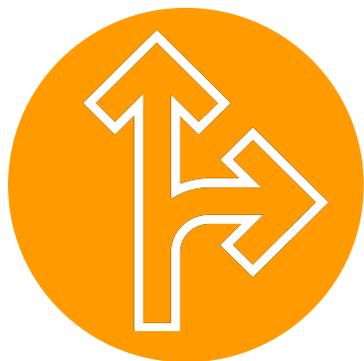
BASIC TRAINING: MODULE 3



Road Map

5 Basic Protocols

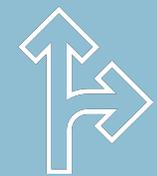




Unblending is:

INTERNAL DIFFERENTIATION: SELF FROM PARTS

- Increases internal attachment and connection
- Protectors are less likely to act impulsively
- Builds trust in the system
- Keeps relationship therapy safe
- Affect regulating
- Helps us to relax and be curious



What it is NOT:



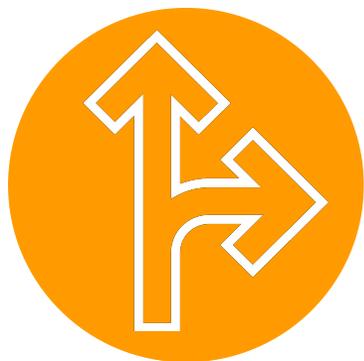
**Shutting down
or numbing**



**An absence
of affect**



**Re-exiling reactive
Protectors or
overwhelmed
Exiles
(Shaming)**



The Importance of Unblending:

AFFECT REGULATION

- Self to Part connection
- Calm not numb
- More available to work
- Able to self-soothe if distressed

Unblending Continuum



Adapted from: Sykes, C. (2017) *IFS Lens in Addiction: Compassion for Extreme Parts* in "Innovations and Elaborations in Internal Family Systems Therapy". Sweezy & Ziskind, Eds., London, Routledge Publishing.

Being unblended adds a resource to challenging situations.

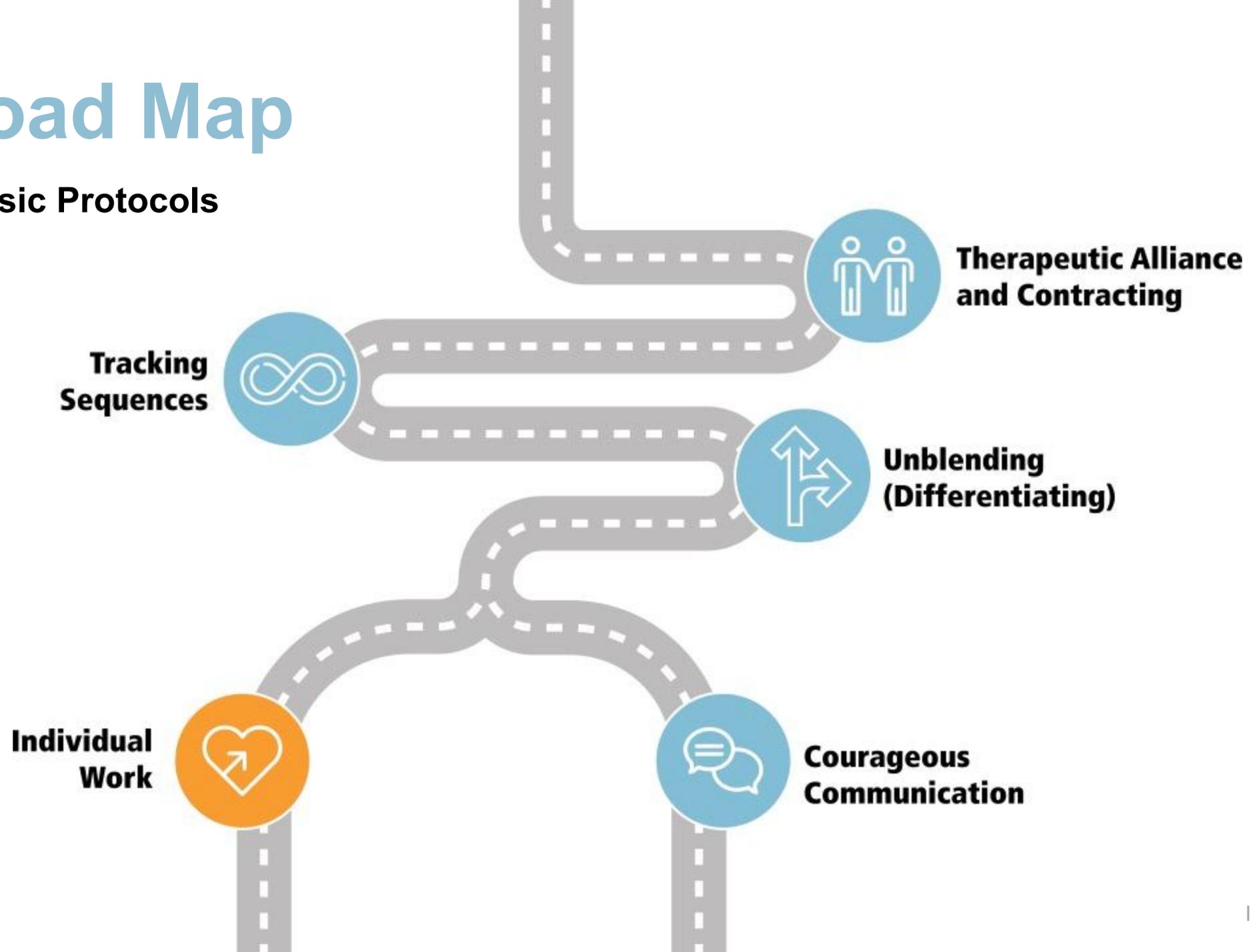




Individual Work

Road Map

5 Basic Protocols





Internal Attachment

Love and attunement is what it's all about.

– ALLAN SCHORE



Attachment and the Autonomic Nervous System (ANS)

Caregivers help infants and toddlers develop emotional regulation through behaviors such as safe touch, eye contact, and staying regulated themselves.

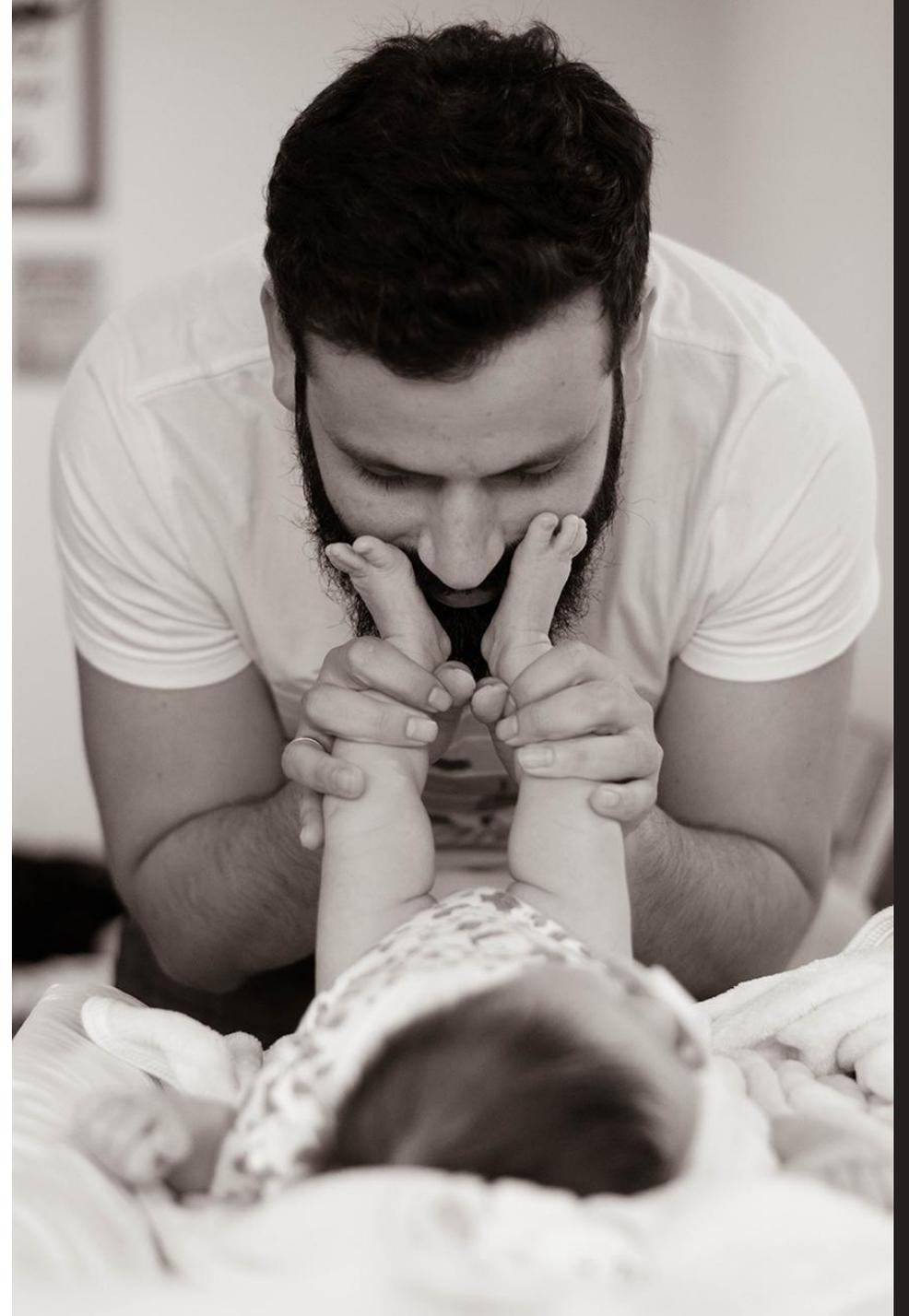




Negative states such as fear, anger, depression can be soothed and ...

Positive states such as happiness and joy can be mirrored and encouraged.

Intuitive attunement to an infant helps a child learn to attune to and soothe themselves.





Safe interactions in childhood may affect:

- > How able we are to depend on others later in life
- > Our ability to self-regulate and attune to our partners.
- > Our ability to be vulnerable with ourselves and partners.
- > Our ability to accept our imperfect partners.



Parts Perspective

- > Exiles carry burdens from repeated misattuned interactions with caregivers
- > Protectors develop relational strategies in an attempt to get exiles' needs met and to prevent painful exile energy from emerging
- > These protector relational strategies are carried forward and activated in adult primary relationships

The Protective System

**Operates under (what it believes) are
life or death circumstances**

**Expression of vulnerable feelings becomes more difficult
when Protectors lead in relationship**



Self-Energy

Healing exiles leads to a systemic increase in Self-energy in the internal system of each person

Self-leadership is a key to successful adult relational functioning



Witnessing Exiles is an Example of Inner Attachment Work

Mirroring

Emotional Communication

Presence

Resonance

Attention to Needs

Emotional Connection

Empathy and Compassion

Why We Go Inside with Each Partner

BENEFITS FOR THE PARTNER GOING INSIDE:

Foster internal attachment through Self to Part bonding

Heal childhood wounding that is impacting adult relational functioning

BENEFITS FOR THE WITNESSING PARTNER:

Feels empathy, compassion, and support for their partner's dilemmas

Takes an active role in partner's healing

BENEFITS FOR THE RELATIONSHIP:

Partners become aware of how childhood experiences play a critical role in adult relationships

Strengthens potential for co-regulation to occur based on the open heart and availability of individuals



When We Go Inside with One Partner

One partner is flooded and needs help

Both triggered, take turns unblending, speaking for protectors and naming the exiles

Protector's relational schemas learned in childhood are present in the relationship

- > Family-of-origin issues
- > Shame and shame protectors

Uncovering assigned meaning to partner's troubling behavior—Why does that bother you in that way?



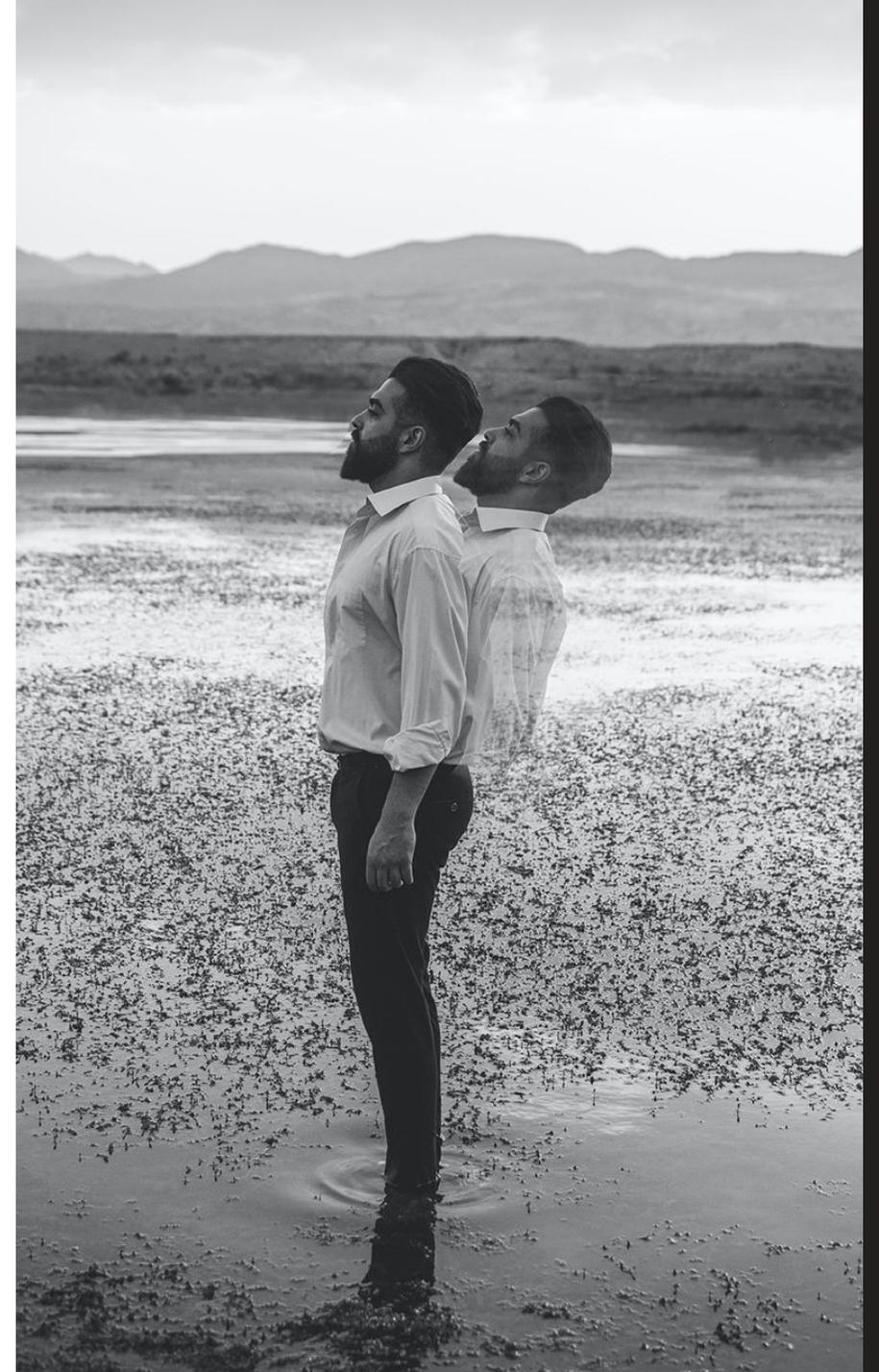
How We Go Inside with One Partner

- ① Contract with the clients
- ② Support Witnessing Partner
 - > Witnessing is an active process
- ③ Begin Intrapsychic Work
 - > Standard IFS protocol
 - > Maintain safe triangle
 - > Pause if witnessing partner(s) are unable to stay with process
- ④

Foster and support interpersonal connection, co-regulation, and relational healing

Notice:

- > Your own body and body language. Are you unblended?
- > Have you dropped the listener(s) from your awareness and lost attunement?
- > Are the witnessing partner(s) connected with both you and their partner(s)?





Considerations:

How deep do you go with the individual work?

> *Incremental changes vs. unburdening process*

When do you separate partners to do the individual work?

Exiles and their protectors tend to be youngsters. They aren't equipped to manage adult relationships. Help Self be responsible for the relationship with the partner(s).

> *Primary vs. secondary caregivers for exiles*



 **Intimacy**
from the
Inside Out®

ToniHerbineBlank.com