

Healing Steps

Guideline for Practice Groups

1. Unblend = creating a critical mass of Self, part to Self connection, asking parts to step back and checking for how open the heart is toward the part

2. Build Trusting Relationship between Exile and Self (slow the tempo and check)

- how close is the part? can you get closer? How does part respond?
- Send caring, compassion, curiosity, open heartedness (whatever Self quality shows up) Does the part know who you are? Update if necessary

3. Witnessing

- Ask part to show/tell you anything it needs you to know about the past
 - watch scenes, feelings, sensations
 - Check with client (for parts): Is this level of emotion ok?
 - Ask, Is there more?

a) Retrieval and Do Over/Corrective Experience

- ask if a part is stuck in the past
- if yes, ask part if it would like to come with you to the present
- if no, find out why (fears and concerns of leaving)
- Have Self be with part in the way the part needed someone when it happened (corrective experience/"do over")

5. Unburdening

- ask part if it is ready to unload emotions/beliefs took on from its' experiences
- if yes, ask to take burden out of body and give to element (earth, fire water, light ect)
- if no, find out why? (fears and concerns) What needs to happen first?

6. Invitation

- Ask part what qualities it would like to invite in, may need in the future, or that got pushed out by the burden

7. Integration

- Invite protective parts in (the ones who stepped back) to see unburdened part now
- What would they like to do now? New job? Where would parts like to stay?

8. Intention

- ask unburdened part what it would like from the client going forward, make a Commitment to check in with the part to anchor the change in the system. Only commit to what you will follow through with. Or commit to work with parts that blocks you following through.

9. Appreciation

- Thank all parts