

Unblending Review

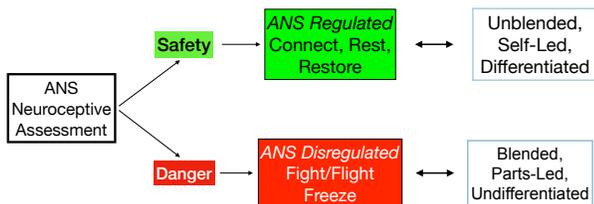
IFIO Basic Training #806
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Unblending

- Probably the “**Key**” to successful IFIO therapy
- Will use it in most **every session**
- When treatment progress feels **stalled or stuck**, assess for level of Self-leadership available in couple.
- A lot like **performance art**:
Guided by theory, but requires lots of creativity and flexibility

Simple Equation



Common Unblending Techniques

- Start with the Body
- Assess Level of ANS Activation
- Breathe
- Validation of Protectors (Intentions not Behaviors)
- Address Hopes and Fears (*Points to exiles)
- Explore relevant history
- Externalization
 - Parts Mapping
 - Props
 - Sand Tray/Art
 - Empty Chair
- Direct Access: Explicit vs Implicit
- Exercise on pg. 31 of the manual
