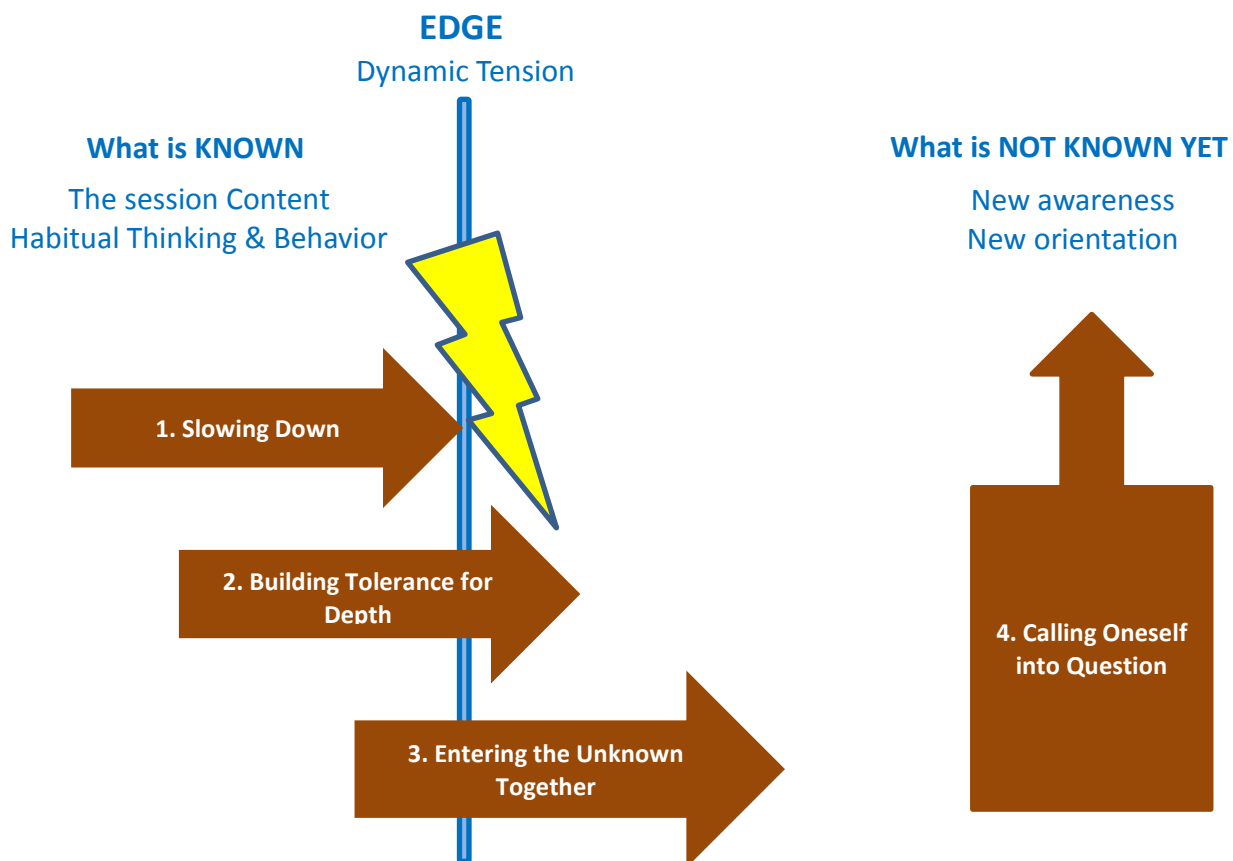




PSYCHOENERGETICS

A BODY-MIND APPROACH TO DEPTH WORK AND PROCESS FACILITATION

Four Tools for Deepening a Process



1. Slowing Down

This is a fundamental skill that must be embodied by the practitioner in order to step beyond the content presented by the client. Habitual thinking and behavior happen very fast, and it requires very little conscious attention. Slowing down allows us to access new pathways and new possibilities.

It also allows the practitioner to feel the nuances of his/her own experience as he/she is sitting with the client. These subtle impressions will become clearer as the session unfolds, and can potentially constitute relevant information about the client's struggles and basic orientation about the particular issue being presented.



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The practitioner slows down a process through his/her own embodied presence, the ability to wait, and supporting the client to shift from content to felt experience. Verbal skills here typically entail an economy of words and *process observations* adequately linked to the content (e.g. “I notice your lack of breathing as you speak about your relationship”.)

2. Building Tolerance for Depth

As the session slows down, typically the client, and sometimes the practitioner, will feel some level of anxiety, and the need for “something” to happen. *Slowing Down* will bring the session and the client to an *edge*, a boundary between the *known* and the *not yet known*.

This will be felt as a dynamic tension in the body, and between client and facilitator. At the *edge* it is key to *slow down* even more, to tolerate the discomfort of not knowing, and to resist the urge to make something happen to find relief. Otherwise, the client (or the practitioner) will revert to known territory and nothing *new* will happen.

Paradoxically, *slowing down* will create more tension which will create a doorway to more *depth*. Eventually, and often after many visits to the *edge of the unknown*, the client will be able to step over the edge. This usually comes with emotional release, a new insight, or a new orientation in some aspect of the client’s life.

3. Entering the Unknown Together

The practitioner accompanies the client in this journey with *attunement* and *differentiation*. The client will experience as supportive the presence of another who is comfortable in the *unknown*, who is attuned with them where they are, and who is also able to think in a different way. The practitioner can then point into a new direction, a new way of making meaning other than what the client would do on his/her own.

4. Calling Oneself into Question

The client can then examine fixed assumption, positions, patterns and habits. They can begin to question, over and over again, these habitual ways that have been acquired early in life, and that have become a significant limitation. Eventually a new orientation beyond these fixed patterns will take seed, and the client will have more freedom of choice in a particular aspect of his/her life.