

Dyad Workshop
Calgary Kula, May 17, 2011
1:00 – 3:30 @ 2017 43rd Ave

AGENDA:

1. Q & A
2. "20 minute" fish bowl demonstration with Anne
3. Debrief the demo
4. 1-on-1 dyads (omitted for lack of time)
5. Group debrief

Questions from the Group:

1. How has your approach evolved in the past few years?
 - Still keep it simple; locate, feel describe.
 - added a piece about "you are the healer you have been looking for"...calling in the "Wise Self" to meet wounded (child) self.
 - I use the vijananmaya kosha (imagination to create "new" memories) a lot.
 - I REALLY trust what comes through me, but check it out with the client anyway.
2. How to approach desensitization with a person with trauma?
 - Use the 1st 3 steps of iRest (Sankalpa, Anamaya, Pranamaya) to establish an opening. I FEEL for the readiness and test.
3. How do you know when you're getting in over your head? Scope of practice?
 - You don't know what to do or you don't want to do it.
4. How do you handle a person who has had so much trauma that they can't find an Inner Resource?
 - Create one. Ask what is there "at best" feeling.
 - E.g.; take them to a time when they were just looking up at the sky, or how they feel just before falling asleep or waking up.
5. How to establish continuity over multiple sessions with one person?
 - I take notes and look at my notes before they arrive.
 - I always make a note of what I think we could work on next.
 - I always give homework to help integrate the insight (actually, it comes from them, I just lead them to it).
 - I pick up with this or go with what is pressing for attention.

6. What happens when there is lots of resistance?
- Welcoming of resistance...in you and/or the client. L.F.D.
 - Resistance is fear, and can be an inner resource.
 - It will dissolve when the client feels safe
 - Go gently. Let them set the pace. Keep creating safety by using the 1st 3 steps of iRest.
7. Do you have a team of resources that you refer clients on to?
- Yes, at the Gaia clinic we have a whole team.
 - Yes, acupuncture, physio, flower essence, cranio-sacral
8. How can we refine our sense of intuition without creating an imposition on the other?
- I ask them if they would be interested in my sharing it.
 - I might say something to the affect of "I keep hearing the words; "Thy Will Be Done"...does this resonate with you?
Or I keep seeing a dog at your side, does that resonate for you?
 - I always operate on the assumption that the client is "right" and leads the way and am ready to drop it like a hot potato.
9. Are there ways to make group deliveries more 'dyad-like'?
- Yes, but my sense is that you loose people.
 - My experience is that they LIKE the dyad experience.
 - Start with a simple variation like;
Locate a sensation in your body", "now imagine describing how it feels to someone", "notice what happens as you feel it, describe it and let it be there". "Now, imagine this sensation were a cartoon character...who or what would it be?", "Now, ask it why it is here or what it wants or needs". "Really feel the answer that arises". "Imagine giving it what it needs and see what happens."
10. Could we get a better sense of 'resonance'?
- There is no other. You ARE the one mind. ASK to know and you will. Always check it out with the client. For example, I am feeling tenderness in my chest that wasn't here a minute ago...how about you?
 - E.g.; client described her work as a School Principle and I immediately felt a constriction in my solar plexus that felt like I was holding responsibility for all the staff and some of the students. I asked her if this resonated with her and she said "Oh Yes"! This lead to an exploration of the tendency to be overly responsible and the inability to leave her work at the office.