

Individual Sessies Flow Chart

1. Contact: Greeting, welcome, eye contact, comfortable

2. Check in: history, how have you been, details in life situation.

3. Today's issue: What it is. Where it is in body. The felt sense (feeling) in this issue. Explore with touch, onderzoeken etc.

4. Going Deeper: touch, onderzoeking, talk, bodywork, movement, etc.

5. Discovering: New grounding in body, new understanding of situation, insights for future living and action

6. Conclusion: follow-up work, homework, next appointment, good-bye

Flow Chart 10 Sessie Series

1) Contact

- a) Agree on the nature and style of the sessions
- b) Goals of the sessions
- c) Define the issues
- d) Discover each other as people
- e) Begin a sense of trusting

2) Relaxation:

- a) Letting go
- b) Body work
- c) Turning In...being with the self and its issues

3) Self Understanding:

- a) Meer contact with the body
- b) Meer contact with the self
- c) Going deeper...what is underneath? What happens thru focusing?
- d) What happens through touch?
- e) What happens thru movement?

4) New Light Arising:

- a) New understanding of old issues
- b) New sense of self
- c) New sense of self in relation to others—relationship, work, etc.
- d) New sense of the body—finding the strength and maturity and emotional energy inside
- e) New sense of place and purpose in life

5) Creating a New Future:

- a) What is the true movement of the person I am finding myself to be?
- b) What is the longing of my heart?
- c) What is my truth in daily living?
- d) How does my love want to manifest in daily living?