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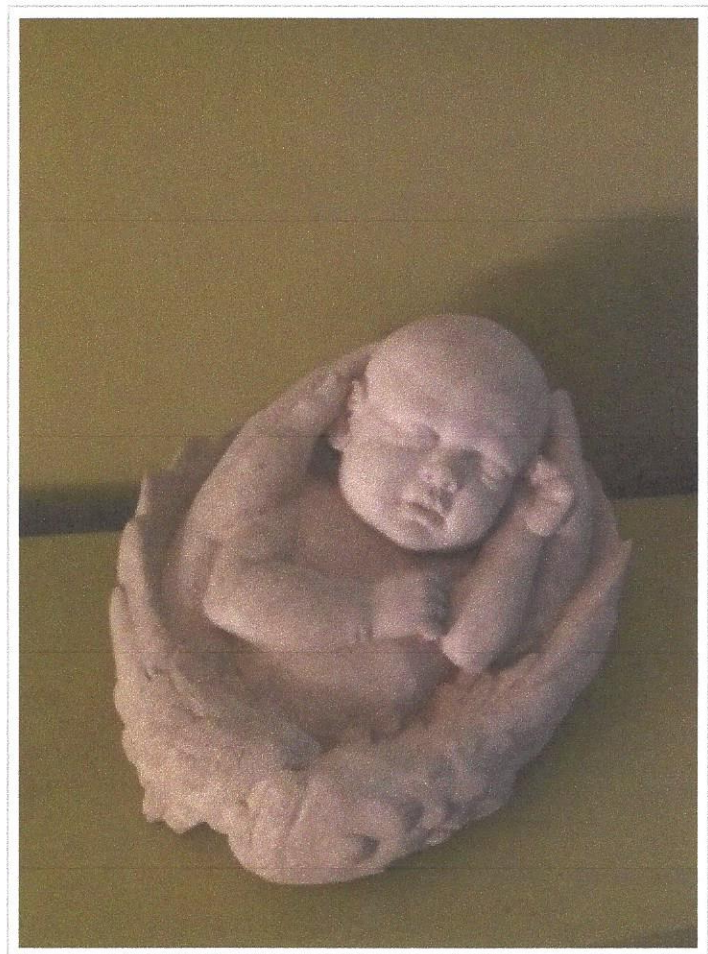
Therapy Training - The Infant

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The second weekend of training for first years at Integral Healing Centre of Toronto landed on its feet running. Friday began with a brief check-in and discussion of the body papers they had written. These were beautifully written, delving below the surface with some deep soul searching.

They then received intake forms that therapists use with new clients, divided up into pairs and began as therapists. They realized and appreciated the focus required for this first stage of therapy as they slipped into two-way conversations rather than a client focused, information seeking format. Early stages...

These pairings will continue for four months in the role of therapist/client and other pairings were chosen where therapists are now in client roles. They meet weekly as therapists and as clients with each other. The fun (and the hard work) begins.



Saturday was a day of exploring the schizoid character structure with a physical warm-up, some partner massage and a regression taking them back to early childhood. Recording time and sharing followed.

At 6 months of age there is no cognitive thought. We are all sensation in the body, living moment to moment. If we are fed and warm and comfortable we always have been and always will be. If we are cold, wet, hungry, lonely we always have been and always will be.

With too much distress the infant will shift into any number of coping mechanisms beginning with fussing or crying, which is a healthy response. With increased levels of stress, possibly neglect or abuse, the child may begin to shut down or disconnect.

Remnants of these early patterns can continue throughout one's life causing difficulties within personal and professional relationships and the ability to experience intimacy with others.

We teach respect and non-judgment in all that we do. We are often our own worst critics. Negative patterns towards the self need to come into the light and be softened into self-love and acceptance. These are two of the most critically important qualities in becoming a healer.

Sunday began with meditation. A review of dowsing the chakras with a pendulum preceded an introduction to basic body chelation. The therapist assesses the balance and flow within each of the client's seven chakras or energy centers of the body. This will give an overall picture and indicate areas of the body needing extra time and attention.

Dowsing again at the end of the treatment will assess the effects of the session on the client. Have we rebalanced the client's energy body?

Lots of listening and sharing occurs as we explore these profound practices of tuning into one another and ourselves on physical, emotional, energetic and spiritual levels. This is all taught with gentle respect and curiosity (and most importantly) no judgment!

The following poem was brought in for Sunday's alter honoring the child within.

Wendell Berry

I go among trees and sit still.

All my stirring becomes quiet

around me like circles on water.

My tasks lie in their places

where I left them, asleep like cattle.

Then what is afraid of me comes

and lives a while in my sight.

What it fears in me leaves me,

and the fear of me leaves it.

It sings, and I hear its song.

Then what I am afraid of comes.

I live for a while in its sight.

What I fear in it leaves it,

and the fear of it leaves me.

It sings, and I hear its song.

After days of labor,

mute in my consternations,

I hear my song at last,

and I sing it. As we sing,

the day turns, the trees move.

Next month we move into an exploration of the oral character structure. Stay tuned.