

Copyright Notice:

All materials and videos on this website remain the intellectual property of Quest Education and ARPT™ Canada. Unauthorized copying, reproduction, or distribution of this manual is strictly prohibited without the express written consent of both Quest Education and ARPT™ Canada. All rights reserved.

Section 1 - ABP Incident

00:11

Ken

Remember when I sent you the intake package, there was also a list of trauma events that it asked you to identifying. So, that's kind of, going to be very handy today. And so, you have a really good memory, I think, good. You can remember what some of them were, otherwise, I still have the worksheet here. So, I can lend you the copy that I have, so just let me know if you need it. So, so if you need that one, I still have the copy. I'm just going to put that. So shortly, I will be guiding you, so that we can identify this attachment blueprint or blueprints. Okay, and usually, there are multiple, but one of them is very significant. So, as I guide you, in some of the memories going to pop up more vivid than the other one. So please just share with me all of them. All I need to know in the beginning, just with one sentence, just what those memories are. So that, so that I can write them down. Okay, and then we will pick one of them, talk about them. And with one of them, we will start off processing. So, because of those blueprint incidents, we keep applying them to everything else.

01:39

Julie

So that's why, that's why you wanted me to make that list.

01:43

Ken

That list was connected to this intervention, yes.

01:47

Julie

Okay, so, so like, thank you. I, I do remember, I do remember, because I mean, those are all things that, that, I, those are all my experiences. Now, I know. Okay, I'm going to need, I know that I'm learning. I'm learning in order to be able to, to do some of what you're asking me to do. Do I need to close my eyes. So, is it okay, if I close my eyes?

02:12

Ken

Absolutely, you can do that now, it's very different. For some people, they want to close their eyes to just focus for some people it's about just breathing. For some people, they can choose something in the room and just look at that point. Okay, whichever way feels comfortable for you, and some people just want to close their eyes, because they want to just focus on what I'm asking them. So, it's really

different. Just feel free to do what's comfortable for you and what feels right for you. Okay, so if you're ready, let's look for that attachment blueprint incident.

02:47

Julie

I'm going to close my eyes. Because if I have my eyes open, I get too distracted. I know when it all

02:53

Ken

All good, all good, so, absolutely. So, you're just looking for a very specific situation. So, when is the very first time ever in your life you felt very scared, and very hurt, abandoned, rejected, disconnected, maybe felt humiliation or shame that you were just, had the feeling as if you're all alone on the planet, as if you don't have anybody who has your back. There is no attachment figure you can turn to where you can connect, feels just being completely cut off and all isolated when you have those situations. Just please let me know what the incident is with one word. That's really one sentence. And how old are you roughly those situations? They may be something already on the list you write down sometimes, there might be something that wasn't on the list, and that's okay, as well. Just when you're ready, let me know what came up.

04:06

Julie

Okay, well, first one, the first one that keeps coming up is when, when Dad called us a thief.

04:15

Julie

That's when I was, that's when I was, I was about eight years old, and that involves my, my sister Louise.

04:25

Ken

Thank you for sharing. So that's the incident with your sister. And then did anything else come up?

04:32

Julie

Well, another one that came up, when I was, when I was a teenager was about going to a school dance, I got, I got asked out on a date. I didn't want to go. My mom said I had to go. So, I was, I had no support. I had to go. I had to go on this date.

04:55

Ken

Is there anything else that you remember?

04:58

Julie

There's another one that showed up, probably a little bit younger. I would have been about probably 12, 13, I don't know how old I was around there. I went to, I used to go for piano lessons, and um

05:13

Ken

So, we have piano lessons. So now just, just scan the body. So, we are just looking for the level of activation. So, when you think about three incidents, zero, zero is not active at all, but they came up there with some activation. It is extremely active train theory that is kind of like unsettling and disturbing. Which incident would you say is 10 out of 10 right now?

05:50

Julie

Right now, well, it'll be right now, it'll be when I was the when I was the eight year old. Dad called me a thief.

05:56

Ken

yeah, so that's 10 out of 10

5:59

Julie

That is 10 out of 10.

06:02

Ken

And how active is that second one? The one that when you were a teenager dating situation.

06:09

Julie

Oh, that might have been, it might be about a four out 10.

06:14

Ken

that's four out of 10. And then we have this piano lessons.

06:19

Julie

The piano lessons, probably somewhere in between there. Maybe six?

06:24

Ken

That six out of ten. Sounds like this incident, dad calling you guys a thief is very active.

06:34

Julie

Oh, yes, I can. I can. I can feel like it's like it's right here.

06:41

Ken

It's strange to hear, so can you give some more details about what is happening in that incident. Where is it happening? What's happening? Who is present? Is mom present. So, I know that your sister is present because you mentioned her. So, dad is present, what else and who, if you could just explain a little bit better. That will be that will be great.

07:10

Julie

Okay, so you want me to go back, and you want me to go back and describe the situation?

07:18

Ken

So just focus on that incident, what's happening

07:21

Julie

Okay, so, the car wasn't working. Mom needed cigarettes. So, they asked me and Louise. They asked me to go, they asked me to go get the stuff and they said, take Louise with you because they'll be there, she'd be in, she'd be in their hair. They needed me to babysit her. So, I took her with me. And it was, it was a beautiful day. I remember I was I was a little ticked off that I had to take her with me. But I was used to it, I was the oldest, so I was used to looking after. So, we went to that store and we got the cigarettes, and then we realized, I realized we had some extra money. So, we bought a toy watch. We bought some candies, and, we didn't spend all the money. We just spent some of it because, you know, I figured, we did this for them. We went all this way; they sent us on this mission. We deserve to get a little treat as a deal. Like what do you think we are slaves. So, I remember, I remember is we had these toy necklaces. I remember way back then, they had these candy necklaces that had all these candies, you could chew the candies. And I remember, we each had our own necklaces. And we had some candies in our pockets. And we had a new toy watch each of us had one. We were just we were laughing and playing and sort of running all the way home. We were just we were, we were just having so much fun, we were having so much fun. And when we came back to the house, we saw dad, and we were laughing because we could see dad, he was in a bad mood, he was in a bad mood. His car was causing him trouble and I would, I didn't know enough about cars. We just said okay fine. And we came in the house and we you, mum was downstairs in the basement doing the laundry and I just said hey mom, we're home. She said okay good, thank you for doing that. She said just go put all the stuff on the dresser in the bedroom and, and I'll never forget the dresser. The dresser was one of those. It was like a dressing table. So, there was a two side things that went down in the middle and I remember, we were so proud of those watches.

09:37

Julie

And then, then, then, then all of a sudden, where are those thieves? Where are those thieves? Where are you guys? You stole money from us. Where did you use, stole money? I'm going to call the cops. How could you do that? I have two thieves and yelled at mom. Told mom, I'm calling the cops. These kids are thieves. I'm going to go lock them in their room, I want to call the cops or thieves.

10:16

Ken

Just take a deep breath, and let it go. So, Greg is yelling at you and Louise, and calling you thieves.

10:29

Ken

When you're ready please keep sharing,

10:34

Julie

and I know that in that moment I froze, I froze, I froze. I got scared. I turned around, I could see, I could just, turn and see Louise. I'll never forget that look of terror on her face. I'll never forget that look of terror on her. She was so scared, she was so scared, and she, she stood frozen, she, she froze. We are in our room, and we had bunk beds and we just neither of us knew what to do. And eventually she had the bottom bunk, so she went to the bottom bunk and I climbed to the top bunk and we, we've heard him yelling up calling the cops, and calling the cops. They're going to come and get yo, they're going to take you to jail. You thieves, your bad, you, you have **your, two, oh**, I can't even remember. He was furious. He was. He was so angry. You could, Louise, she went to her bed and slowly I could hear, she, she started to whimper. She started to, when, she cried she couldn't cry out loud, she cried. She knew he'd yell at us for just crying. She was just crying, crying very softly she was just whimpering you he was crying she was so scared it was so hard to see her being so scared I was on the top bunk I was crying. I did lots of crying too.

12:30

Julie

What I noticed, what I noticed, he that he kept yelling, what else I notice was mom wasn't there, I was all alone.

12:49

Ken

Louis was crying, you were all alone.

12:58

Julie

and then somehow I got angry. I think I started to get angry. Angry I got, angry at mom because she wasn't there. Where was my mom? Where was my mom? Where was my mom? My mom wasn't there and then I was angry because he was yelling at me

13:35

Julie

I just wanted to run away. I just wanted to hide,

13:42

Ken

Take a deep breath, let it go.

13:50

Ken

Take a deep breath, let it go.

14:04

Ken

You just wanted to hide, and Louise was very, very sad and terrorized. Mom is not coming and helping anyone, and dad is kind of making it very difficult for those two kids

14:27

Julie

I realized that, I realized I started to blame myself, it was all my fault, it was all my fault. If I hadn't spent the money, I was the older one, Louise just went along with what I said it was it was all my fault.

15:04

Julie

So, now I, I felt like I had to protect Louise I had to, I had to make it up to her somehow, I had to make it up to her. I had gotten her into trouble, so what was I going to do.

15:39

Ken

Just take a deep breath, let it go. So then you made the agreement, the agreement that you had to protect Louise.

15:56

Ken

So that's where that agreement came from.

16:02

Julie

Yeah, I see now.

16:03

Ken

Yeah, I have to protect Louise and I cannot be close to her. Just again, take a deep breath, let it go.

16:18

Ken

So, if it is okay with you, I would love to invite dad, just imagine dad has couple of people in his attachment circle, loving, caring people or animals or spiritual beings or nature related elements, or religious figures, because he is, he is identifying himself as Jewish and we want to include the cultural component, what's significant to him. So, let's invite somebody from this attachment circle, or someone from his attachments circle, and his secure self just as you see that image, if you could visualize them taking care of dad

17:10

Julie

So just so, so. So, so just like,

17:17

Ken

Just like your attachments. Just like your secure yourself.

17:24

Julie

So, I can, I can just imagine someone coming. I can see them. Yes, I can see. I can see them, I see them. I see them, he is so full of rage, but I see them coming in there. They're coming to help him to settle him. They're coming to help settle him. And they're coming to take him to his own secure place. They're coming. So, somebody's coming to look after him. So, I don't need to worry about him anymore. He's gone and being looked after that what you're saying?

18:07

Ken

Absolutely. Just like in your secure self, people in his attachment circle such as maybe he's Rabbi or somebody like that, that he trust, right. Because he is very committed to his religion, Okay, just let's invite them to take care of him, as he's taken care of just invite people in mom's attachment circle, and her secure self to take care of her.

18:50

Julie

So, you mean she has one too?

18:54

Ken

Everyone has.

18:55

Julie

She has one too. So, so, so. So, I don't have to look after them, she has one, my dad has one, and my mom has one.

19:07

Ken

So, everybody has their attachment circle, their secure self. So, I just want you to visualize if that's okay. Mom's getting the help she needs, just what comes up who would be the most appropriate person to take care of mom. Her Attachment figures, people from her circle, just visualize

19:39

Julie

Okay. She had a neighbor, she had a neighbor she was really close to

19:46

Ken

Absolutely, and her secure self is there, her neighbor is there, mom is cared for.

19:59

Ken

and then just, just visualize, Louise, has her secure self, it could be her adult self today, because you are still in touch with Louise, right? So, she has turned things around, just like you did in life. So, her secure self, and people in her attachment circle can show up for Louise, she was very terrorized by Greg. So, everybody is cared for in their attachment circle. Everybody's with their secure self. And

20:47

Julie

I realize, I am so glad, I'm so glad Louise had someone so but she was just so little. She didn't deserve what happened to her.

21:00

Ken

Absolutely, so just take a deep breath, let it go. take a deep breath, and let it go. As you visualize, as you see everybody having their attachments and their secure self. What do you notice in your body right now?

21:26

Julie

Woah, my body relaxing.

21:29

Ken

And just, notice that.

21:32

Julie

My body feels like it can just relax it's like it's calmer.

21:37

Ken

Now, just noticed, now everybody is cared for. So watch, focus on that eight-year-old, just look into her eyes, your secure self is there, and people from your attachment circle can show up, your dogs can show up.

22:00

Ken

And what is that? The eight-year-old, the eight-year-old, what is it that she needs?

22:11

Julie

She's so scared, she just want, she wants somebody, she just want somebody to hold her, she just wants somebody to hold her, she's so scared

22:26

Ken

She's really scared. She wants somebody to just hold her

22:32

Julie

She's, I see her looking she wants mom, she wants her mommy she, she

23:45

Ken

She want a mommy

23:47

She wants somebody to hold her.

23:54

Ken

Just take a deep breath, and let it go, she wants somebody to hold her

23:05

Ken

And who does she want to pick? Does she want to pick you, does she want to pick her secure self. Is there anyone from the circle?

23:16

No. I think, I think she wants me to hold her, oh.

23:24

Julie

She wants me to hold her. Yeah. Wait when I came in you have the doll sitting here can I, can I, can I, can I can

23:32

Ken

Absolutely, Absolutely, you can hold her if you like to.

23:44

Ken

So, the eight-year-old want to be hold, like how you're holding the doll.

23:48

Julie

The eight-year-old just wants to be held.

24:52

Ken

The eight-year-old just wants to be held, like how you're holding the doll

24:54

Julie

Just like how I'm holding the doll. She just, she wants just to know that she wants to be held she's so scared she, she wants to know she's not alone anymore.

24:07

Ken

Absolutely, She wants to know she's not alone anymore. And as you are holding her, how was that for her to see that? You have you secure self to turn as a resource and you have your attachment circle. How was that for her to know that you have your support.

24:32

Well , she, she, she, she, just takes her minute. I'm holding her, and she, I she her just moving her head, it's like, she just, like just peeking out, she's like so scared, but she's starting to get a little not so scared. And, she looks around, and she sees everybody, she shes the trees, she sees the cypress trees I go to. She sees the cypress tree, she sees the secure self, she sees the dog, she sees the dog, ohh

25:22

Ken

Just notice, take a deep breath, let it go. Just, just notice that.

25:36

Julie

I can feel her, she's knowing, she's starting to feel safe. The dogs really help, the dogs, oh the dogs are really important to her. Because the dogs are always happy to see her.

26:11

Julie

The dogs are always happy to see her.

26:16

Ken

Just to notice that, notice what's happening in your body. And as you coordinate with her, just notice and how was that for her to know that moms safe, Louise is safe, dad is safe, and you are safe as an adult? Because you have your attachments circle, mom has her attachments circle, and her secure self, Louise has her attachment circle and secure self. Dad has attachment circle, his rabbi, and secure self.

26:53

Julie

Woah, it's like, it's like she can relax now. It's like she can, she can relax. She doesn't, I can get a sense, she's, she looks at me. And its like, I tell her, yes they're all safe now. Like I can tell her they're all safe now. She feels, she feels so glad that they're safe because I mean she's not having to feel responsible for them anymore.

27:30

Ken

Just notice that.

27:32

Julie

Oh, it so important to her

27:32

Ken

Just notice that.

27:34

Julie

That somebody is look after her.

37:38

Ken

Just notice that, just notice that. And then if it is okay with you, and just reassure her by using those attachment reassurance technique. I see you, I hear you, I got your back, and I am here. I am here to listen. Just notice what happens. Just reassuring her the way that your secure self reassures you, were going to use attachments reassurance, and go ahead and reassure her.

28:15

Julie

Can I say it out loud?

28:17

Ken

If you would like to, you can say them out loud, yes.

28:21

Julie

Oh my sweetie. I see you, I see you, I see how scared you were, I see you. I'm here now, I hear you, I hear you. I'm here to listen, I'm here to listen.

28:51

Julie

It's okay, you're safe now. It's okay I have your back, I have your back, it's okay, I have your back. We're safe, look around, you see we're safe. I'm safe, you're safe.

29:17

Julie

I love you, I love you.

29:39

Julie

You were so scared.

29:49

Ken

Just check in with her and what is that she needs from you right now, today as an adult. From you or from your secure self or from the circle. What is it she needs right now. Today

30:11

Julie

She wants to be held, she wants to be held, she wants to know that we see her

30:27

Julie

and that we see her goodness that we, like the dogs, like the dogs remind her she's good, she's lovable. She needs to know that she wants to know which lovable then we won't abandoned her, that we won't abandon her, that we will hold her for as long as she wants to be held. And, we'll stay with her.

31:02

Julie

And we'll go slow, we need to go slow. She needs she wants to know if it's okay for her to breathe now. She wants to know if it's okay for her to breathe and she's been holding on for so much so all these. She wants to know if it's okay for her to feel now. Can she, can she breathe can she, can she, she was so scared and she, she wants to know is she could

31:38

Ken

Just take a deep breath. Let it go. How was that for her to see that you are safe, and she can breathe

31:56

Ken

How was that for her, to know that she could be with you?

32:10

Julie

she feels me, she feels me, that she, it's like as I breathe, as I take a deep breath and connect with a secure self and I start to feel safe. She can feel that too. It's like she can feel my energy. Secure self is helping me to feel safe and as I feel safe, she feels safe. I can feel the calmness coming as I become calm, calm and secure. She, I can feel, I feel her body, I feel, I feel her little body.

33:06

Ken

Just notice, you're holding her, you're comforting her. Right, you have seen your kids sometimes in distress you're allowed to comfort kids. You know how to be a mom. How was that, for her to see you that a beautiful family, you have 4 kids.

33:33

Ken

and a beautiful house. How was that for her to see that? You survived all of it. You had a different life that she had. How was that for her to see that you are a doctor. How was that for her to see that you have a license, to see your car, your credit card, to see your phones?

34:13

Ken

Take a deep breath, let it go. How was that for her to see, that those attachment losses doesn't have to be, doesn't have to be forever because you can give her everything that she is missing. How was that? To have a choice, just like you have a choice with your secure self and your attachment circle. Use them as an anchor. How was that for her? She can hold onto you as an anchor.

34:50

Julie

so I can, I can be her mommy, I can. I can be her mommy, because I know how to be a mom I know how to be a mom

35:01

Ken

and how was that for her to know that a lot of practice to be a mom.

35:09

Julie

She's been waiting a long time to have a mom. So it feels good she, she's glad to know that I could be a mom she's, she's glad to know that somehow I was able to become a mom

35:29

Ken

So, take a deep breath, and let it go

35:44

Ken

So now that it feels right for her, let's create a beautiful room for her where she can connect with you. Where she can make attachments or where there is connection, where there is safety relationships or safety. If she were to be in a room with you, or close by, how would her attachment room look like. If you could decorate the room for her, what is that she wants? How does she want the room to look like. How does she want her attachment circle to look like? Just check in with her and see what comes up

36:48

Julie

she's got her own room. She has her own her own little room with a nice window. She wants a window she wants some trees outside the window. She wants to be able to look outside at the trees she wants to be able to open the window so she gets a breeze. And she wants her own little bed a single bed not a bunk bed, just a single bed on the ground she wants a single bed on the ground.

37:31

Julie

It's got a nice pink blanket on it, a pink blanket and couple of pillows for her to lay on. And she had a doll that she loved it's a big doll, she loved that doll so much. She's got that doll with her to keep her company.

38:02

Ken

Just notice that. Take a deep breath, let it go.

38:13

Ken

Just for a second. If it's okay, I would like to check in about the level of activation. The way that we checked in it was 10 out of 10. So right now, from 0 to 10, 0 not active at all, 10 being extremely active. How active is that incident to you?

38:34

Julie

The incident feels to me, oh, oh, right now, right now

38:41

Julie

Right now it almost feels like it didn't exist.

38:55

Ken

Just notice and where do you feel that in your body?

39:02

Julie

There's a calmness in my breathing. There's a, as I, as I, as I hold her, there's a warmth. There is a, kind of feels like a loving place, gentle. Very gentle and calm.

39:22

Ken

Just notice, where else do you feel that in your body? You feel that in your breathing and where else do you feel it.

39:34

Julie

I feel it in my muscles, my whole body feels relaxed, my whole body feels softer. My shoulders, my shoulders feel relaxed.

39:46

Just notice that. Let's just go back to that attachment room. What else does the eight-year-old want in that attachment room?

39:54

Julie

Oh, she wants a dresser, she wants a little, she wants a dresser. Oh my goodness, it's really weird she wants a dresser like mom, just like mom had. But this time she wants some really nice things on it, she wants to have a mirror and a brush, and a little chair. She wants to have her own little dressing table. She wants to have her own little dressing table so she can sit there and brush your hair.

40:28

Ken

Just notice that what she wants and how was that for her to see that in your home. And you can create that attachment room for where she can connect with herself with you in the attachment circle.

40:45

Julie

She's got her own room, like a bedroom, her own safe room. I guess the other thing is that

40:59

Julie

should I like the fact, she wants a door, on the door, she wants a door. She wants a door on the room so that she can so she can close the door when she wants it. She's in charge. She wants to be, she wants to be able to decide who she can let inside the room.

41:28

Ken

Absolutely. She wants she wants to be able to make that decision. That's her privacy and what would your tears tell her.

41:40

Julie

my tears would tell her, so glad she's home that I see her that she's got her own room that she, she was hiding, she was hiding. My tears tells her that im glad to see her and she decided not to hide anymore. She decided to let me see her.

42:06

Ken

Absolutely. So now she has her room, and she wants a door, she wants a door, she wants security and safety. So, if she made a new agreement with you, instead of that old attachment agreements, that we could frame them in her room. What kind of agreement does she want to make with you? What would be in that agreement? On a daily basis what is it she may need from you, that you would like to put in the agreement. So that she can have that in her attachment room. What would that attachment agreement look like now?

43:06

Julie

The attachment agreement would be that

43:14

Julie

She doesn't have to be alone anymore. She doesn't have to be alone anymore. She can. She can choose to have her privacy. She can choose to have her own space.

43:27

Ken

So that attachment agreement would be like, I would like to choose my own privacy, and when I want to connect. And what else would be in the agreement?

44:39

Julie

She wants to be able, well, she wants to be able to come to me. She wants to know that it's a she wants to know that it's okay for her to come to me and ask me if she needs help she she's feeling scared or lonely or she's feeling anything. She wants to know that I'm safe that she can come to me, so she wants to know that I'll be there for her.

44:09

Ken

If you're making an agreement, what would, if you were going reframe that. What would be the most respectful way to say that with her words.

44:24

Julie

oh, I want my mommy here for me.

44:28

Ken

That's why she would say, yeah

44:30

Julie

I want to know my mom is here for me. I want to know my mommy is here for me.

44:37

Ken

What else would be in the agreement.

44:42

Julie

I know what else, I know what else. I don't need to be scared anymore. I don't need to be scared anymore. I can ask for help.

44:54

Ken

So I can ask for help.

44:56

I guess the other one is. I don't need to hide anymore. I don't need to hide anymore. I can. I can allow. I can allow my mommy and other people see me? And I guess the other one is

44:22

Julie

it's okay. It's okay now for me to feel. It's okay for me to feel and if I if I'm feeling like I need help, I can go for help. So, it's not alone I, I can feel, and I know that. I know that there's someone who would hold me if I need to feel something.

45:49

Ken

Just notice that, go with that. And just check in if there are anything else you want to put in the agreement. And there is always room to add new thing to the agreement. If there is anything else we will put them in the agreement. And then we keep in open, right? Because we want to add them whenever we want, she always has that choice, then when is completely done with the agreement she can just put the agreement somewhere beautiful in her room, the attachment room. Because that is her new attachment agreement with you.

46:48

Julie

I guess there is another agreement she want to make, is that, the other agreement she wants to make is that it's okay for her to go and find her mommy, that it's okay for her to for and ask her mommy for help. She doesn't have to. She doesn't have to. She doesn't have to wait for mommy to come and ask her. She can, she can, it's okay for her to go to her mom, and just say, hey mom can you just hold me. Like she, oh my goodness, she's so caper. Her agreement is, is that it's okay for me to tell mommy or anybody to tell somebody if I need something. It's okay. It's okay to tell people I need something I don't need to pretend anymore.

48:04

Julie

So, I think what she's really saying

48:11

Julie

It's okay to be an eight-year-old girl.

48:16

It's finally okay to be an eight-year-old girl. She doesn't have to be responsible for the family. Take a deep breath, let it go. It okay, the eight-year-old girl, she doesn't have to be responsible for her mom, or for Louise. How was that for her to finally have a choice?

48:48

Just notice that in your body. How was that for her to have a choice?

58:57

She just gets to be a girl, she gets to be an eight year old.

49:03

Ken

Take a deep breath, let it go. And now just check in the level of activation, zero there is no activation in relation to that incident, 10 is extremely active. How active was that memory was to you?

49:20

Julie

Now there is no memory, there's no activation, there's no activation from that incident right now. She feels perfectly safe. She's seen and loved.

49:37

Ken

Notice that, take a deep breath, let it go. And just reassure her, let her know that she can always connect with you, and you'll be checking in on her, and everyone in your attachment circle to reassure you, to reassure her. Your secure self is reassuring you, reassuring her. And when you are ready open your eyes. And we make some planning for our next session.

50:13

Julie

Is it okay, is it okay for me to leave her there?

50:18

Ken

She is just with you, in your attachment room, you will be connecting with her. And how was that for her to know that?

50:31

Julie

Well, she's looking at me, and I'm reassuring her that I'm not abandoning her. I'm just giving her some space in her room, and I'll be there whenever she needs me. She's safe now.

50:45

Ken

Absolutely. We'll be connecting with her next time.

50:48

Julie,

Okay, I think, I get a sense to that she's very tired, I think I can sense that she's tired, so she needs to lay down on her bed for a while.

51:02

Ken

Absolutely, you can even tuck her in.

51:03

Julie

I'll tuck her in

51:05

Ken

Yes, you can tuck her in, so she's laying very beautifully, and just be with her. And when you are ready just let me know. And then you open your eyes let me know. And then we will make some planning for our next session.

51:42

Julie

She's okay now.

ARPT™

Canada