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Intake Dr Julie-1

00:04

Ken

So Dr Julie, welcome. So yeah we spoke on the phone a couple of weeks ago. I'm just wondering, what brings you here? How did you decide to come and see me? We briefly talked on the phone and I sent you some forms.

00:23

Ken

I wonder if you received them on time? And were they helpful?

00:29

Julie

Yeah, I got the forms, and I did my best to fill them out. And some of those other things to questionnaires and stuff that you sent me. I guess. I'm here because my hip is really sore. I can't walk it hurts so much. And somebody, somebody wondered if maybe there was, my hip was telling me that I have to stop and do some work, do some things. And I guess I found out that, that I was struggling with my relationships, and I've been married three times. I have a hard time with all those relationships with a man. And then I've been really, really struggling to with my relationships with my children. And I think I'm finally ready. You know, I guess it was interesting, because doing these forms and filling it out, I think I was starting to realize that I really do come from a place with lots of trauma. I mean, I knew it before, but I think I wanted to pretend it didn't happen. You know, so I pretended it wasn't real, it didn't happen. And so, so I came, because I want to just take a look at what's the trauma that happened to me and I, I'm afraid now that I'm going to pass on that same stuff to my children. And I don't want to do that. And I want to feel better. I want to have my physically I want to feel better. And I want to have, I'm tired of not being able to be in a relationship with men, in my relationship with my children's are all disasters. And I guess to when I, when I, when I was looking for someone to when I Googled you, you know, I saw to that you work with the indigenous communities and, and that was important to me, because I, there was something when I was in my training, I did some work up in Alaska as a as a resident and one of the hospitals up there, and there was something about the indigenous peoples that really struck me that they were better, they just seemed more loving, they just seemed more, I don't know, there was just something about them that drew me to them. A connection that I never felt before with some of the people that I met up there. So that was so that was important for me as well.

02:45

Ken

Thank you for sharing. And when I we were on the phone, we talked about, you know, me kind of working with elders and using the teachings in some of the therapy that they do as well. And, and that's beautiful to share. So as we speak about, about those experiences, so when you look at your life, so the way that I work, I just focus on certain areas that are important to people. And we all benefit from healing in those areas. So when you think about safety, trust, choice, responsibility, intimacy, kindness, or coordination. Are there specific areas that you would love us to kind of like focus on that might be helpful to you, in terms of having better relationships and better quality of life? Well,

03:34

Julie

Well, I have my forms here. It's interesting, because I think the the thing that really struck me was, was trust. It's, it's, as I look back, I realize I've been married three times, but I don't think I've ever really trusted my husband's. And I look back and I look at the relationship of my mom and my dad, and even my grandparents from what I was told, you know, you realize there's never been any trusting in those relationships. And so, so they're just so I get connected, and then I break up. And now I've been through three marriages, and I don't want to do that anymore. So I think that that's a really, that's a real. Yeah, that's a real big, big issue. And I think too, when I think about when I think about the trauma, you know, I look back and see what happened to my mom and my grandma, and me, you know, when my brother died, there was all kinds of stuff that happened, that I realized that an impact on me that I wasn't, I guess, I really wasn't. I wanted to pretend it didn't happen. I guess it's really what happened. But, but as I filled out these forms and did the questionnaire and stuff, it's like, Whoa, yeah, yeah. So I think there's like the whole issues of trust and feeling safe and those relationships and the sense of connectedness I guess say, I ultimately, it's even hard to say and I, I feel very isolated and alone. I'm, I'm seen as a very competent woman in my work. And there, I'm very much in charge. But I'm very much alone. You know, even having been married three times, I still am alive, still, have you ever felt alone in those relationships. And I think that struggle that I have now, is that I don't want to spend the rest of my life being alone and lonely. I don't want to live the rest of this way for the rest of my life. And I think it's the connection with, with not only the men, but also my children. I, I really, you know, I look back, and I think my, you know, I can see, I don't have to think back, I can see how I screwed it up. You know, how I wasn't there for them, you know, I wasn't there for that I was too busy at work. And so I guess I want to, somehow if I can, if I can get better than I want to be able to make amends and connect with my children. Because I really, I guess, I don't want to, I don't want to die without having had a chance to try to make amends with them, I guess is what I'm trying to say. Like, it's, I really feel like, the harder I tried the worse and went with those relationships with my children.

06:28

Ken

you want to do the right thing by them. So you don't want them to experience a struggle with trust or with connection the way that you do?

06:37

Julie

Yeah.

06:38

Ken

and those areas are gonna be really important for us to look into.

06:40

Julie

And I think the next thing is, my kids are getting to the ages where they're going to start having kids. And, and so I look my grandparents, my mum and me. And it's like, oh, I don't want it. I don't I don't want I don't want to stop it. I don't want it to go to my grandchildren. And I guess that's interesting, because the indigenous culture talks about the next seven generations. And it's like, Whoa, it's time for me to stop and look. So that's why I'm here.

07:09

Ken

So for you to be able to say, what can I do now?

07:12

Julie

Yes

07:13

Ken

To stop the pattern, so doesn't have to, doesn't have to go. So, at the beginning of our session, you mentioned that you have some hip pain. Is there any other medical history or medical trauma you could share with me?

07:29

Julie

oh well, there's the hip pain. But I've also struggled with depression most of my life as well. So, you know, there's been been depression, I've been on pills off and on lots of years for that. And I guess what I realized too, is that, when I look back is, is that somehow I would always, I guess, you know, I've been in therapy did some therapy before too, right? So I would do just enough therapy, that would get me feeling a little bit better. And then I could go back and function and just do what I always would do. So. So it was it would be like things will go down. Let's do some therapy, it felt a little bit better. And then I jumped, there was okay, I feel better now. So off I go. But this time, this is the first time that my body has made that my hip this, my my body just said you're stopping my hip is so sore, I can't even hardly walk. And so it's almost like my body's saying, That's it, you have to stop and do this work now. And I think I'm starting to understand, I'm starting to understand, you know, as much as I was trained, you know, when Western medicine, it's all just physical, it's all just the body, I'm starting to understand that maybe the

depression and the trauma and all that stuff is having an effect on my physical body. And so I think and somebody that I knew mentioned EMDR to as a something that might I might be able to might be able to help me. Because I think when I finally was able to admit that I was traumatized as a child. And those during that part of that questionnaire, it was really hard. When I was finally able to admit that that was real, that I knew Okay, no, I need to do something and, and the EMDR I think that the other thing that you do that made me realize that, you know, maybe you can help me I'm hoping you can help me

09:29

Ken

So kind of looking at that. And as you know, I work quite a lot attachment based and EMDR is a beautiful complementary tool. We maybe could use that, and as we kind of do and you have gone through a lot as a as a woman and as a mother and as a wife. So can you share a little bit with me around what what are the resources and what makes you resilient? How do you see it?

09:57

Julie

Oh, oh, well I'm going to smile here because because I realize the place where I go to, whenever whenever things go down, all I have to do is go into my head, and I have to just learn something new, and get busy. So my resilience comes, I don't allow any of that stuff to get me down. It's like, alright, you feel down, push it away. That's it, we're gonna get up and we're going to keep walking. So I never give up. I never give up. And so when I look back, there are many times when I've fallen, and I'm ready to quit. But no, I'm not quitting. And so what do I do? And I think it's interesting, because I think that's there's two, there's a number of things is that I'm, I realized how quick my brain works. And so I love learning. So if I'm feeling down or something, then all I have to do at work is figure out a new surgical technique. So I can then say, Okay, let's try looking at doing things different. So I can put all and I did that my whole career, I put all of my, all of my effort into my work, I did I, I can look, I can see, oh, I abandoned my children, because I was so busy at work. So it was always work related, I would then take on a new project or a new job. So it was always doing something new that would be how I would do it would get me moving. I don't know if I'm explaining it well.

11:26

Ken

It's just kind of like you don't give up.

11:27

Julie

I don't give up i don't give up again. And when stuff comes up that I don't like I push it away, and say sorry, I can't do I can't deal with you know, and I guess that's maybe how I've dealt with the trauma of my childhood. It's like, sorry, I can't do that. Because if I go there, I'm going to get lost in it. So I just pretend it didn't happen. And I just keep moving. I just keep going to the next, the next project or, you know, in my work in my work, you know, there's different residencies and different places that I went. So I just put it all into my work.

11:57

ken

I appreciate your honesty about it, right, to say this is how I cope with it. It's also knowing that this is what you do to cope with, right. that self awareness is also a strength I see you're demonstrating, you're kind of saying that this is what I do. When this happened, this is the way that I will cope with it. Yeah. So as you look back, and I had one of the handles were that H O gram.

12:26

Julie

yes, yes.

12:27

Ken

As you think about, you know, you mapping about the patterns, that it's generational patterns, if people are kind of like doing them, you know, anxiousness with compensation, or appeasing, with avoidance, all of that. So what did you discover about your own attachment history?

12:51

Julie

Well, I brought Attachogram with me. Well, it was interesting because this was, drawing that and doing that was an experience in itself. And I think it was interesting because it took me a while to realize that I that I was a fearful avoidant, that when I get scared about something, I avoid whatever it is, and I go do something. So I've realized that that is my, that is my pattern. And that I'm full of fear. But I like to avoid things and then seeing it was interesting, because then I could see how that pattern played out with my children, in my marriages, and even at work, when something really comes up at work. That isn't the way I that causes problems. I just, I just try to avoid it. I'll either say it's somebody else's fault, or will take charge, they were going to do this, I don't deal with the issue. I just say, Alright, here's how we're going to do it. You know, I take charge, and I guess that's the other pieces is that there's something I it's interesting, because then I want to avoid the issue. But in but as I'm avoiding it, I take charge in a way. So that's my, what you just said was my resilience. So it's really kind of weird that, that I didn't realize that as I would took charge I took charge in order to avoid dealing with something which is which I never really realized before.

14:22

Ken

And that is why because of that resiliency, and sometimes you want to compensate. And if we go over compensation, and then we can't be fearful avoiding and then compensate.

14:35

Julie

Oh, yes. Yeah, yeah, yeah, yeah. Yeah. No, no, no. And, and I think then I realized so much of my life was about that as well was, was, you know, going back because like, when I looked at it, my when I look back at the family, and it was, it was like, when my when my when my brother died when my brother Adam died, you know, everybody was really sad and then and then And somewhere along the line, I realized that, that what my dad needed was he needed a son. And that if I became that son that died, that maybe I would compensate and make him happy. And so then I realized that, and, and, and I guess, you know, I, he, you know, everybody in, you know, my, my dad was a lawyer, and all he wanted was a son to be a doctor. So my brother died. So it was like, Okay, so, so I'll become the doctor. So, so I never thought of my becoming the doctor as compensating for my brother's death. But I guess it was, it was I was going to be the brother, the boy that he got that, that, that died. And then, and it's interesting, because not only did I go into medicine, but I went into a branch of medicine that is very male dominated. And so in order to survive there, I had to become just like them. So I, I, I became like a man. I mean, I, I made I became this, it's almost like, I loved writing the orders. So I got to write the orders, I got to tell everybody what to do. You know, and, and I was never wrong, because I was the surgeon, I was the surgeon. And, and, and it gave me a sense of control. And I think as I look back, that sense of control has been really, really important. And so that's probably mean that, I mean, even even being in the operating room, I'm in charge. And, you know, when I put a stitch in, I'm closing things up. So it's, there's this ultimate control in the work that I do. And also, you know, cardiovascular surgery is sort of in my world was the highest ranking kind of surgery you could do. So there I picked it, right? It wasn't good enough just to be regular general surgeon, I needed to become the best of the best. And so, but I never thought of it as I never thought of it as using that as a way to compensating to avoid dealing with all the stuff that was going on underneath.

17:14

Ken

So as you go back to that Attachogram, because of all those are very powerful experiences. And as we reflect backward, and you can see so many years you have been kind of doing that as you go back to the Attachogram. So what else do you discover about yourself in relation to mom and dad, grandparents? The children, great grandparents. So what are the patterns that you see in terms of attachment?

17:42

Julie

Well, I realized-

17:43

Ken

Survival mechanisms

17:45

Julie

Yeah. I realized mum was anxious. My mum was anxious. She was I was anxious. She was on. She was on Valium. At the time. She was always on Valium. And it was interesting I was so my dad has been fearful avoidant. And then I understood than I understood than, his anger because he was so scared, he would project his anger, and he would yell at everybody because he was scared. So we all got yelled at. And then, and then. And then as I looked is I it was it was interesting, because when I did these all these little faces, and I looked at them, it was like, Oh, my gosh, it's like everybody's, nobody's happy. Everybody's somebody's sad. everybody's yelling at each other. You know, when I looked at when you sent me that thing that looked at the secure cash, well, there wasn't anybody here who was securely attached. There's no, there was nobody here who was secure. And then, and then I looked at, I look at it, you know, and then God and then I look at George when I married him, it was like, I realized that in some ways, he was also avoidant, and then I realized, that's probably how we managed to survive, stay married for as long as we did, because we both avoided each other. You know, I never even thought about where his story came from. And then, and then I looked at my twin boys at Greg and Joseph, and it's like, whoa, one of them is so fearful and the other is avoidant. And, and it's, I guess, what's what, what I found hard and looking at it, is I can see the patterns passing on from generation to generation.

19:16

Ken

And that's pretty big to do to discover. Right? And do you see any similarities between your attachment and survival strategy, innovation to mom and dad, or everybody else in the family?

19:42

Julie

Well, I guess in some ways, you know, in some ways, you know, I saw my, my, my, my father was the one who was very angry. And so he took charge in his own way by making everybody afraid. And I guess if any, and my poor mother was, was always put down. And so then when I look at me and my sisters, I realized, whoa, I even did that to them. Because I became the I became the hero of the family, I became the doctor. So I was going to rescue them. So as I tried to rescue them, I put them down. And, and I guess I guess the other piece, when I look at the thing was, was somehow I realized that I, I felt responsible for all of them, as well. I felt like it was my fault. As the oldest I should have known better. So. So I think that that, and then I, and then and then it really makes me upset with myself, because I should have known better than look at the mess I made with three marriages and, and my kids and my stepkids. You know. Yeah.

20:55

Ken

Yeah. So that's a really powerful intervention eh? And discover a lot of stuff about you and about family dynamics.

21:05

Julie

Yeah.

21:06

Ken

So as we speak about the patterns, so what would you say are your current attachment stressors? So in terms of what, what might be stressful?

21:15

Julie

Oh, okay.

21:16

Ken

So what would you say maybe coming up?

21:19

Julie

Well, I guess, I guess it's interesting, because I think, I guess it goes back to what I said before, is this, the whole part of relationships is connecting with people and making relationships. I don't, I guess I realized I don't, the only I don't know how to do that. I don't know how to how to be in a relationship that's safe and secure. I, I want to be in charge. And so then I looked back at my marriages, there were dynamics between me and and George and, and Paul, that were very again, I was sort of more than one who was in charge. So I guess there was, there was no real connection there is it's I never really felt close to them. I felt responsible and in charge. So I guess I feel like I've never been in a real relationship. So I think that's the, the that's my big stress for me. And that's part of why I'm here. You know, the third marriage is done now. So it's like, Okay, do I am I gonna spend the rest of my life Now, all alone? So that's a huge one. For me.

22:31

Ken

That's a big one absolutely. that's a, that's a really big one. Thank you. Thank you for sharing. Yeah, yeah.

22:39

Julie

And I guess, you know, then the depression comes in, because then I want to give up, but then I don't want to give up. And I'm tired of being alone. Like even all those marriages, I was in a relationship, so called, but I was still alone. Because I don't know how to be anything but alone, because I pushed everybody away. So I guess I get scared, and avoid everything. So yeah, so that was in I think two, I think and then it also that I, you know, it's one thing I'm looking at the past, but I'm also looking at the present with my relationship with my children now. And that really saddens me that I have these, you know, that I don't have a real relationship with any of the kids right now.

23:26

Ken

And that's important to repair. Right?

23:28

Julie

Yeah.

23:29

Ken

Yeah, That's very important to repair.

23:31

Julie

Yeah.

23:32

Ken

Yeah. Julie, you have gone through a lot of a lot of challenges to life, and how do you take care of yourself?

23:44

Julie

Was there something in here about? I can't remember? I don't. i The honest answer to that, is I don't look after myself. I've always I've always looked after everybody else. And I guess the other thing is, is that I put all of my energy into my work, and then in relationships, and then the kids I tried my best. But they, I somehow, I somehow believed that if I looked after them, it would make me a value. Then I saw I think I think I got caught. You know, I think I realized when I looked at this, you know, I became the the surrogate son that my dad lost and then I became the family hero. So I was going to save the world. So my whole I was busy looking after everybody. And I guess I never maybe that's why my hip is sore now. because I had lots of aches and pains and little stuff and and when I would get depressed and I couldn't cope anymore, then I would go to see somebody it was a therapist, or a Psychiatrist that I would see who would give me pills, and the pills would generally make me a little bit better. And then I will be able to go back and function. So.

25:04

Ken

so that's that's kind of why relationships are important to write because you don't want to have the same outcome.

25:10

Julie

No

25:11

Ken

That you have in the past.

25:12

Julie

No, I'm, I'm. I want to be, I want to learn, I want to learn how to be in a relationship with somebody. Whether it's my children, and and if there's another man to come into my life, that would be nice. And I guess, I guess right now, right now, I'm so afraid that I don't want to go into a relationship now because then I'm think I'm just gonna repeat history. So there's no point even being open to a relationship right now.

25:51

Ken

And that makes sense, right? Because when you're looking back, so you say, Okay, I'm learning from it and you're very resilient woman. So you know that you're competent, that you don't want to repeat the same thing. And that focus on the goals for us to maybe work on

26:07

Julie

Yeah.

26:08

Ken

A bit more to look into what we can do. So thank you so much for sharing what was happening was happening right now, and so for next time. We are going to look into some attachment resourcing.

26:23

Julie

Okay.

26:24

Ken

and just putting some resources in place.