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intake Dr Julie-2

00:02

Ken

So Julie, thank you for coming back. How was your week been?

00:05

Julie

It was okay. It was okay. A lot of stuff got, a lot of stuff got turned up the last visit. And I've been thinking about a lot of stuff. So I guess I think I'm, I'm knowing I have to do this work.

00:21

Ken

Yeah. yeah, absolutely, absolutely. Do you know the kind of like, here's a lot of information for us in an Attachogram. And looking into the patterns and the relationships, and the trauma. And today we are going to look into, if we have time, we will look into some trauma elements. But before we do that, so one of the goals were presenting was about feeling more secure. And I'm wondering, and when you think about securely attached person, or secure attachment. What are the qualities a secure, securely attached person will have? Do you, Can you envision yourself having those qualities? Do you know anyone who have modeled those qualities in your life?

01:11

Julie

Well, it's interesting, because I think when I look back at that, Attachogram, I think I said that the last wedding, I didn't see anybody who was secure in themselves. But I realized, I guess what I was, I was really struck what I was up in Alaska, and I was working with some of the indigenous peoples. I think, what I realized as I, I watched some of the elders, you know, interact and be there for their, their families and the people that they were with. And it was like, Whoa, they were just so calm. They were, they feel the sound and felt like they were grounded in themselves. Like they, they just did what they were doing, it didn't feel like they even worried thought about what anybody else thought about them. And there was a, there was a loving, it was like, I felt like there was a there was, I felt it was interesting, because there was they didn't get a sense, they really weren't judgmental, you know, they really didn't judge they were, you know, they accepted me who I was, as you know, as a surgeon who was trying to help. But even when, you know, I remember one time, you know when to talk with them in the family in a sort of media, I didn't know quite what to say. And I sort of messed up and, and they just said it was okay, that

they understood I was just learning. So I think there was something about the fact that they, they recognized that I was learning that really was very comforting, very comforting for me, to know that even though I have felt like I've messed up, that they, that they didn't judge me, they just saw me as somebody who was just learning and was trying to do things to help make things better for people. You know, I didn't, I was I really didn't understand their culture. And so when I would say things that didn't quite fit, they didn't get upset. You know, they just took it in stride. And they just in some ways you could, I could almost see them, I could almost see this sort of smile underneath that they were just smiling from a place of knowing that I was just, I was just not, I just didn't know. I didn't know. And, and I think that was that was so different than my medical training. Because in medical training, if you didn't know and you made a mistake, you were judged without mercy.

03:33

Ken

So I secured a secure relationship, see yourself well, except there is no judgment. Basically, there is acceptance, there is kindness, there is openness, around making mistakes, learning from them. So what else will, will you do and say to present some qualities of a secured person?

03:58

Julie

Well, I guess, I guess when I think about it, it would be It's like somebody who can, who can, who feels good about themselves, who feel safe and secure within themselves. And they can, they can walk, walk, it's like being able to walk tall, not arrogant, but be able to walk in a way that you feel that you're okay with yourself. So I guess that would be the secure piece would be that, that if I was if I was to see somebody who looks secure, it's like they're secure within themselves. They can, they can walk and talk and they they don't get agitated. They don't get flustered. They just take things in stride. And I think the other thing I think I noticed with the elders I realized too, was that there was this, it was like sometimes they would be quiet and then I'd hear them say something. And it was like they were listening to themselves. And they trusted themselves like they trusted what they knew they trusted What was going on inside of them? And I guess the other thing was that, that even though there was lots of stuff going around, and it was like, lots of almost chaos, I would say, but lots of agitation going on, that somehow they managed to stay calm in the middle of what was going on. They didn't get distracted, I guess, I guess that might be it as they, they didn't get distracted, they were able to stay, stay focused in, in who they were.

05:31

Ken

And that's very important, right? Staying, staying regulated, staying calm and, and somebody secure, Will do that. So if it's okay, I would love you to visualize either yourself or somebody that is really secure. So for some people, visualizations, work better when they close their eyes, for some people, they do with eyes open, whatever works best for you. Just make that decision for yourself. And when you are ready, I would love to just slowly exhale (through your lips). And then we are creating a secure attachment movie. So in that movie, possibly queries if you could

see yourself having the qualities of those beautiful people you mentioned. The acceptance, unconditional love space for making mistakes. Just visualize that secure person. You're able to visualize yourself that will be awesome. If not, you can visualize and you want those beautiful elders you were mentioning just visualize that person. How could the secure person walk, speak, attract. Just activate all those sensations. If security has a taste to it, how to taste how it smell like, sounds like, feels like, just visualize all those elements of this secure version of yourself. Or the secure person that you would love to be.

07:20

Julie

I can see her. I can see her. she, I can see her walking. She was walking. She's, She's walking, she's walking tall. But she's walking soft at the same time if that makes sense. Like she's, there's a, there's a, as opposed to rigidity, like she there's, I can see her walking, and there's a gentleness, I can see her a softness in her body. She's walking tall, but soft. but as she walks I hear her, I hear her shoes. I can say imagine her being I can imagine her. I can imagine her, I'm imagining her in the hospital. I'm imagining her in the hospital. She's got shoes on, that are comfortable that when she walks you don't really hear her because she's just there. And as she, I see her walking towards me. And I see what I see, is she's looking at me and my eyes are connecting. And I see your eyes. I see compassion.

08:54

Ken

That's beautiful.

08:55

Julie

I see. I see love. And I and it's interesting because I can almost hear her breathing but her but I can't but I can see that. She's just she's just breathing normally she's not agitated, she's just calm. She's just calm.

09:17

Ken

That is beautiful. So now I want you to take a step further step into that attachment movie. You are that Secure Self. Just look at the life, to arise, feel life and to your senses. As she speak with people as she interact with people. And as she navigate through life. Just words that can be that person. Just notice what happens in your body. What happens with the hip pain? Just notice as you walk in her shoes.

09:55

Julie

Woah, I feel, I feel calmer. I feel my body relaxing. I feel my hip doesn't feel, my hip doesn't feel as sore. And it feels like I can. I feel my, I can feel myself walking calmly. And there's a, and it's, and as I look at people, I see them. I, oh my goodness, I see them. Through the Eyes of compassion. I see them through understanding and kindness. It's like, Whoa, it's like, there's no,

there's no, there's no judgment, there's no judgment. So it's like, when I saw her out there, I didn't get a sense of judgment. And so now it's like, I can look and see the others. without judgment. And I, I can see, I feel it's like, it's like, there isn't the it's I feel softer, I feel softer, I feel like I, I can feel it even in my throat that I don't have to get. I don't have to be rigid, I don't have to be stern anymore. It's like, I can speak softer, I can talk softer, I can be more gentle. And as I walk in that place, my body, I can feel my, my body moving in a new way. It's, it's like you know what, when I was younger, when I was younger, I used to dance I did get to go to do some dancing. And I love the flowing of my body. And I realized that over the years, I became more and more rigid. And so it's like, I can feel the can feel the energy flowing. And it's like, it's like there's a it's like, my body is dancing. It's moving in a new way. I don't know if I can explain it any different than that. But it's there's a flexibility there's a movement and a softness. In my, in my heart, I don't feel it feels quiet. It feels just like I saw the elders. It feels calm, peaceful.

12:40

Ken

Just feel it; I notice you have those feelings as a size, have a size, shape, colour temperature, and allow them to expand. And as you feel the connection with your own secure self. As far as you can, as you look through her eyes, visualize we are looking at her back and saying I see you, I hear you, I got your back we support you, I am ready to listen and I'm here to take care of you. Those are Attachment Reassurances, just allow her and allow her to share that with you. How is that for you to see that she always have options and possibility to support you. As long as you access to her as a resource

13:42

Julie

I feel it in my chest. I feel it. I feel it in my chest. I I feel like like I can breathe better. I can breathe more. And it's a pink color. We asked about a color. It's a pink. It's like a soft, glowing, gentle pink color. Like the color of a pink rose. A soft pink rose. And it just feels so, it's a warm light. It's warm. And I feel it. I feel and it's so calm in there and it's so loving whoa.

14:36

Julie

whoa. I feel like I can feel my, I do, I feel my body relaxing more. And I can breathe. I don't feel as tight. I don't feel as tight and and as I see her looking at me There's this

15:06

Julie

I just feel like I'm seeing and I feel like she, she under- she understands

15:20

Julie

she understands who I am and what I've been through. she understands. what happened to me, that she loves me and I don't feel judged at all. There's no judgment there.

15:47

Ken

just noticed that I was sad for you to see that. she always have your back and she's always available. And there is no judgment that for you to be able to feel it.

16:01

Julie

I've always felt so alone. So it's like she's here for me now.

16:10

Julie

Oh, and, and I she she reaches out to me she reaches out and and I hold her hand in her. Her hand is so soft and so warm. she wants me to know that, my goodness I could, hold your hand whenever I want. It's like, it's like, I don't, I don't know, I've never been I don't have to be alone anymore.

16:48

Ken

No, you never have to be alone anymore.

16:59

Julie

just feel so loving, so kind. So gentle.

17:05

Ken

Yes, just again allow him to look into your eyes. And she's doing attachment reassurances. I see you I hear you. I love you. I got your back. I am here to listen to support, how was that finally for you to have that resource inside available at all times? Do you just notice the feeling, notice the sensation.

17:49

Julie

It feels, I feel like I want to cry I feel like I want to cry because, because she's ready I can cry now because it's okay for me to be real. It's okay for me to be real. She said she would hear me so like I can tell her the things that I'm really worried about now I don't have to do it by myself anymore.

18:29

Ken

take a deep breath and let it go.

18:59

Julie

she feels warm, she smells like a rose to. she smells like a rose. and her voice is so soft and gentle. and she's warm I can just feel the warmth like I can I feel warm now. I feel warm. and, and I realize he's it's okay for me to let her get close I can, oh my goodness i can, i Can I can let her get close to me. Because she's not judging me. She's so gentle. She's so accepting. It's like there's something she just understands who I am. And so it's like I don't have to hide anymore. I don't have to be the, I don't have to be the tough doctor who has all the answers I can. I can just be me who, doesn't know everything sometimes. Who even is understood there's, Oh. So I feel it feels, Whoa. it feels safe being here with her. I feel safe.

21:04

Ken

Just feel it. Take a deep breath, let it go. Acknowledge your presence, acknowledge with access to your secure self. And then when you are ready, and we can talk about it and debrief together.

21:29

Julie

I feel so good here. I feel so good being here. Okay. Can I come back here after I don't want to- Can I come back here again?

21:47

Ken

You can access to it anytime you like.

21:50

Julie

Okay.

21:51

Ken

she's always available.

21:52

Julie

Okay. Okay.

22:00

Ken

So Julie, how was it for you to know that, And that secure self is always, she has always been available. She's always available.

22:11

Julie

Whoa. I didn't know she was there. I didn't know she was there. But seeing now. It's like, woah, I think it's gonna take me time. It's gonna take me time to, to know that she's always there.

Because I guess I'm so used to being all alone. But it was, the I think the thing that struck me the most was her eyes. And the understanding in her eyes. There was just such a loving, compassionate love when she looked me in the eyes. That she understood that she, she loved me. That she, guess in the. I guess, I guess the other thing is that she, she knew who I was like, somehow she knew who I was. And she didn't judge me. So I think it was like, I didn't have to hide anything. And it was okay. It was okay. I didn't have to hide because I think I've been so used to hiding, thinking that I was bad that there was something wrong with me. So to see her see me as I am. And I was like, whoa. So maybe, maybe I'm not bad the way I thought that I was. You know, there was so much of that, that I believed that I had to prove myself. You know, all that stuff is I think about my life. It's like I was always trying to justify my existence. It was like, needed to prove that I should be here I mean, guess I was funny. I'm thinking about my, my brother. So he's the one who died, you know part of me says this maybe I'm the one who should have died. You know, so it was like, No, it was okay. I was loved. It was okay that I was still here. It was okay that I was still here. I am still here. Yeah.

24:28

Ken

and it's Okay to be here.

24:29

Julie

It's okay. It's okay to be here. It's okay to be here. Right now. It's, even as I say it. Well, it's okay to be. I think that's what I felt. Was that. I guess she made me feel like the elders made me feel. You know, she made me feel like the elders made me feel. It was it was it was okay to be here. They accepted me as I was, and that I was loved just because I was here. I didn't have to prove anything. So yeah, so she is, it's interesting. Because she is like my own elder. It's like an inner elder, whoa.

25:12

Ken

To be able to access it, right?

25:13

Julie

Yeah, yeah.

25:15

Ken

So now, we are going to continue with resourcing because it's really important for us to have all the resources in place.

25:20

Julie

Okay.

25:21

Ken

So, whether it is kind of to seek yourself or it is attachment reassurances. And the next next resource that we want to put in place is called secure attachment circle.

25:36

Julie

Okay.

25:39

Ken

so maybe from your, you know, your interactions in, in Alaska with indigenous people. So, in indigenous culture attachment is really circular, we are connected with everything and everyone. So as we create this Secure Attachment Circle, so I would love you to think about things that you appreciate in nature, people who are loving you unconditionally. It could be the people who passed could be our ancestors. It could be people who nurture us, animals that nurture us it could be our pets, it could be experiences that create kindness. So for example, if that's okay would love you to visualize, seek yourself holding your hand, taking you to a really beautiful place where there is possibility to sit in a circle form. And as you start to invite all the loving, caring people, all the loving, caring elements of life, and whether it is nature, pads, spiritual, cultural, the nurturing ones, unconditionally loving one's kind ones, our ancestors. If you feel like they're appropriate, we invite so each one of them comes and sits next to you. And your secure yourself, in the circle. just one by one. And just notice or who do you want to invite to the circle.

27:23

Julie

Well, it's interesting because in the in the middle, in the middle, there's a fire safe for gathering around the fire. When I was growing up, we did lots of fires and my mom talked about when they had fires when she was growing up. It was that was the place to gather

28:06

Julie

and I see. I see one of the neighbours who used to come and help my mum. I see her there. It's like she's there to support me as well. And I see my mom there. I see my mom there too she, she wants to support me and my grandma. my grandma is there.

28:39

Julie

and then we have, and there's a big tree there's a big tree there too. there's a big tree, we had this big tree in our yard that I used to love to go sit by so it's like it's like we're in a forest, there's some trees there are sitting on the leaves. And there's some of my old animal pets. We had lots of dogs. I see a couple of the dogs, they're coming.

29:13

Julie

and I see too, it's like there's, when I was in Alaska, they did some smudging so I see a smudge bowl there. I see a smudge bowl there. Because I remember they told me the smudging helped to cleanse so there's a smudge bowl there.

29:43

Julie

and then I see there's a table there's a table with lots of food.

29:51

Julie

Just like the food that we used to have. We used to always have family gatherings, and things were good. We had to gather, and of the family, everybody was there.

30:08

Julie

and I see too where water has always been important to me. So as I look around, I see that there's a stream, it's almost like there's a stream right there. Because there was something about I've always felt connected to the water so there's some water there. And I can hear the wind blowing in the leaves and there was something very soothing about hearing that, the wind and the trees.

30:48

Julie

and there's, I remember, I remember when the rabbi used to come visit, he. I remember he came early on in when he would come visit he would bring his prayer book and he would always say prayers with us. so it's like there's he's there to sing some prayers that I never understand the words but I heard I was I didn't remember I didn't understand the words but I can hear the sounds like hear the words as he prays.

31:34

Julie

And I see some of my, there was a really good close girlfriend in medical school. I could see her there too. She was always there supporting me. No matter how hard it was, she was always there.

32:01

Julie

and the fire there's something there's something very special about the fire, it feels warm I can hear the crackling of the void because it's burning.

32:25

Julie

and I remember, I remember my grandma.

32:32

Julie

My grandma.

32:34

Julie

She wasn't Jewish, she was Catholic. And I remember telling me that we all had a guardian angel. So it's, it's I can imagine my guardian angel being there as well. And I see it's so nice to sit beside my secure self. It's like I'm, got A Friend companion right there.

33:14

Julie

and I remember the Blue Jays they were, I remember I went someplace and there was all this blue jays they would come and talk to me. So I see some blue jays there. I can hear them talking. I remember, walking in the woods once and hearing them squawk and they were having a blue Jay Party, so the Blue Jays are there.

33:48

Julie

Oh, and then, I see some deer there too. The deer are just they're so gentle. They just they stand there and they look at me. They don't get scared. They just look, they know they're safe. they just remind me it's okay to be still. Like they get they're telling me it's okay to be still.

34:27

Ken

Just inviting, all loving, caring, nurturing elements. where it is cultural, where it is people where it's spiritual, religious. Animals, pets, nature. All of them are there to nurture. Secure self is there to nurture and how is that for you to be in this circle and witness that interconnectedness and healing being one with everything that's around you and all those relations are bringing love, care, and kindness and powerment to you and you're bringing that to them. How is that to you to have the opportunity to be in that beautiful place.

35:21

Julie

Woah, I mean I know I felt, safe when I met secure self but it's like, whoa it's like there's there's all these all these beings, there's it's like I'm, I'm, I'm supported in a way it's like, I feel like I've been held in bigger arms I feel like I'm being supported I never, I knew I had some connections but I didn't realize that they were supporting and loving me. that they, that they're here they're holding me. so there's this this sense of being, woah, it's funny I always used to remember my grandma talking, I always that's I guess that was there's no judgment here. it's almost like being held like, being held by God in a way it's like.

36:51

Julie

it's in all of the connections with everybody it's like I woah, so I can like can relax even I can relax even more because its isn't even just me and secure self it's all those parts it's all. Woah.

37:22

Ken

Yes just notice and notice all those loving, caring, nurturing elements in this circle. and then if that's okay with you, I would love you to just visualize from the circle there is beautiful gateways to different rooms and when you ever need to rest, be nurtured you can go into a secure attachment room, secure self can guide you to the room and you can come to the circle whenever you like, so just for a second can you visualize what would you like to have in that secure attachment room, that gives you privacy nurturings, support. and then whenever you need to go between the room and the circle, you can always do that. Just notice what is in that room? What is loving, caring and nurturing?

38:21

Julie

Oh, it's it's I got my Oh,

38:23

Julie

I got my own room.

38:26

Julie

I've got this beautiful band. It's got

38:31

Julie

it's got a pink blanket on it's got a thing blanket and. oh, I see my teddy bear that I used to have when I was little. I was forgot about the teddy bear. Teddy Bears there.

38:52

Julie

And there's this beautiful picture window, is a beautiful picture window with a tree right outside so I can see the tree. and there's a nice little rug on the floor. There's a rug on the car- on the floor. there's a round rug.

39:16

Julie

so my feet won't be cold. there's some nice pillows on my bed there's a little lamp right next door in my bed.

39:37

Julie

and well there's even some bookshelves in there, there's some books in there because I love to read. so it's a nice room to go to where I want to rest and cuddle my teddy bear and I want to read. I can read and take my time to read and nobody will bother me and there's a door I see there's a door on my room so I can, Can I close the door whenever I want?

40:17

Ken

Absolutely, and then you can go to the secure attachment circle as, whatever you like. And secure self is always there everything you need in that room everything you need is in that circle just take your visual picture of it, feel it.

40:39

Julie

so, so they'll be waiting for me outside the door when I want to go back there will they all be there?

40:45

Ken

Absolutely.

40:48

Ken

those resources are always available, and it's possible to even invite them into the room if you'd like to. Take a deep breath and let it go. and then when you're ready let's debrief and talk about it.

41:26

Julie

whoa whoa

41:41

Julie

so so there's that secure attachment circle. But I also have my own private room.

41:52

Ken

Yes, you have that secure attachment room whenever you need privacy, rest. you can go there feeling the nurture and then rest and then come back to the circle to be loved cared for.

42:06

Julie

Whoa. Why don't we never had any real privacy when I was growing up? You know, there was no privacy. Anybody could walk in whenever you wanted. And, you know, whenever guy was under rage, he just didn't care where you were, there was no safe space so so to be able to I mean, it was one thing to have the the safe circle with everybody there like that was amazing. That was amazing. But having my own privacy, my own own room to go to with all the things that I wanted. It was like whoa, when I saw those things that were there, it was like Whoa, I got to pick. I got to I got to pick what I wanted. I didn't have to put in there where I thought somebody else wanted it was just for me.

43:02

Ken

Absolutely it was just for you

43:06

Julie

Whoa, I guess that never makes me realize I've never done anything just for me before like that.

43:19

Ken

Yeah, and now you have that secure attachment room. and now the circle, you have secure self. how's this for you to notice that you always have those resources?

43:36

Julie

Well, I guess it's different because I guess I've spent so much time looking out there it's like a go here or there maybe, whoa, all of a sudden I'm thinking do you think that's what I was looking for In my husband's? I was looking for them to look after me and attach but I didn't know our and they couldn't none of us knew how to do it. So it's like, it was like, it was like I was always looking somewhere out there. So it's like, Whoa, I just need to close my eyes and breathe and go inside and find that place like It's like it just doesn't feels.

44:25

Ken

and it's very natural to do that right.

44:29

Julie

Well, I realized that when I would get scared, I would go run and try to find someplace. whereas to look for somebody you know somebody to hold me. but now, So what this shows me is woah, as I can. I can hold myself. I can hold myself secure self can hold me on the inside. I don't need to run around Looking for somebody to hold me secure self can do that for me.

45:07

Ken

And when you have that resource, you can access to those resources to be able to contain absolutely. That's important for us to remember.

45:17

Julie

And, whoa, nobody can take it away.

45:23

Ken

Nobody can take it away. And it was always accessible. You can access to that resource anytime you like. So now that we have some foundation, and some resilience I'm just gonna say what you were mentioning about not having any, any privacy when you grew up, right? So as you reflect around, you know, we are going to identify some trauma incidents, if you're okay with that maybe we can do we can start to do some processing around that and just identifying them. So When you reflect over your life, is there situation incident that kind of pops up that you feel like the disturbance level will be 10 out of 10. Is there any incident that you would say it's kind of like, maybe nine or an eight out of 10? Do you have any, you have any, any memories that sometimes as you go through your day, that pop up and have those kind of, you know, intensity to them?

46:34

Julie

well. It keeps coming up. I realize it keeps coming up. You know, it was when my brother died. It was when my brother died, and I don't remember it. But my dad, I remember. I remember my dad telling me about when my brother, Adam died. You know, mum, mum went to the hospital for about a week. She had to stay back because he wasn't feeling well. The day he died. When she came home, he said he said it, she walked in the door and just started crying the moment she saw me. And, and she said that, no, it was cold. It was winter. And she walked every day to the cemetery. And so as he, as he told me the story, because he told me the story. And it was like my, my, I realized my, my mom wants to disappeared. And I was at a workshop once and somebody was talking about deaths of siblings and stuff. And, you know, it was sort of that was I think that was one that was my brother drives, what's that it was nothing. So you put it underneath, and you don't deal with it. But then as I was thinking about, woah, the attachment, when we talked about the tachogram, when I realized too, that affected my whole life because he died. But then all I ever heard them talk about after was that the brother died and there was no son so so there was something about that whole dynamic that that made me decide to become like a boy. And so I think I see that. And so even just thinking about that and as I imagine, as I imagine what it was like for me as an eight month baby. you know I remember when I had my kids. I can't imagine what that would have been like for my mom to have disappeared on me. And so so it's like, whoa. So So it's there. I realized it's there. It comes up because Where'd my mum go? Where did my mum go? Where did my mum go?

49:08

Ken

So That's a big one. That's a big one losing your brother hearing all about it over and over again. Not know where mum it's really big. Yeah, absolutely. Thank you for sharing this for a second. Just take a deep breath. Let's go back to the secure self. Go back to attachment circle allows all those resources to nurture you.

49:38

Julice

so you mean, You mean they were there for me? When I was that baby, they were.

49:46

Ken

They were even there for you when you were a baby. just visualize your secure self is comforting the baby. And just visualize secure self comforting the baby that's kind of questioning where Mommy is who's scared and maybe, you know, overwhelmed, because mommy's grieving, which is very normal. Of course, she's gonna grieve because she lost a child. Just allow all those resources to nurture you, to nurture the baby, to nurture the secured, to nurture the baby, the way that maybe mom wasn't able to do, maybe even can be in a Secure Attachment Room and all the nurturing elements.

50:31

Julie

So the baby can have their own room too.

50:33

Ken

Absolutely, just visualize, and sense and hear all loving, caring, nurturing figures, nurturing the baby in a way that she needed when mom was grieving and shutdown. Just visualize your getting the nurturing that she needs. Let's do some resourcing just around that. Just notice, just noticing.

51:07

Julie

well I see her I can see secure self holding her

51:15

julie

I can see that I can see her

51:21

Jukue

looking into secure self.

51:26

Julie

I could see secure self just gently stroking her head, holding her and rocking her.

51:39

Ken

Take a deep breath and let it go. And when your ready we can do some briefing around resourcefulness of resources, knowing that as Okay. Identify trauma and going back.

52:06

Julie

So So what it feels like? what it feels like, because that that little baby was still living inside me. That little scared baby and sad baby, who was feeling really lonely, was still here. And to be able to, so I can. So so taking her there. So that she was I could see her. I could, I could see her and I could sense her. It's weird. I could sense her relaxing and feeling calmer. She was being held as well.

52:50

Ken

Absolutely, she needed that, Right? And so because you are picking up, right? about wondering why mom was and she was grieving, and maybe she sometimes can have that energy to be able to attend to the baby or with what the baby needed, right? Which is very normal. That's kind of a tough situation when you look at from our perspective, just the way that baby was lonely, mom was feeling as lonely. So how was that for you to be able to when those memories come out, to be able to go back to the Secure Attachment Circle, to be able to go back to the Attachment Room? And as some nurtures and what happens in your body as we did that together today?

53:35

Julie

Well, I could feel I could feel myself, I could feel my body relaxed, I could sense that the baby was relaxing, I could feel better that everybody was feeling safe, there was a sense of safety. And being seen, there was just a sense of, of it. It was interesting, because it was almost like, as I was watching, it was like secure self knew that I was there as well. So there was this sense of connectedness through me and the baby and secure self. It's like we're all connected, just like just like when we when you did the attachment circle. When when the dog showed up, I could feel the connection with the dogs. And so, it was the same sort of connection like realizing that I was never separated from the infant and the infant was never separated from me or from secure self.

54:48

Ken

Absolutely, Absolutely

54:51

Julie

So you mean that I can so when something comes and that I don't know what it is. I can go to that place and take a visit with my secure self and see what happens when I'm there.

55:09

Ken

Absolutely. Being able to access those resources allows the body to regulate itself.

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