

Eye Movement Desensitization Reprocessing (EMDR) With IFS Upgrades

Overview of IFS informed EMDR (IFS+EMDR)

EMDR therapists looking to add IFS into their equine facilitated psychotherapy can do so by incorporating the standard 8 Phase Protocol. Using a parts lens and IFS interweaves results in a safer, more gentle way of processing trauma. Bruce Hersey, LCSW, a co-founder of the Syzygy Institute, has created an IFS informed EMDR protocol that has many benefits:

- History and treatment planning is organic and in the context of presenting problems instead of having the client create a list of past traumas, which can be dysregulating for the client's system. The co-created treatment plan is based upon the client's goals and the constellation of parts that are connected to the target(parts) to process. Since IFS is a model of permission and consent, it is important that we continue to contract with the client throughout the duration of treatment interventions.
- An increased precision in **selecting targets, which are always parts** instead of situations, memories, etc. Understanding that parts hold the memories and carry the burdens of the trauma helps to work with the actual parts that are connected to the situation or issue. A constellation of parts may be working together and therefore each part can be worked with and healed.
- Resourcing is internal to the client instead of external. Resourcing the client's Self-Energy is a main focus. Hersey offers the Presence of Self Scale (1-7) to measure qualities of Self.
- Hersey's "Discovery" protocol (adapted from Coherence Therapy) works specifically with strong protectors to eliminate looping and stalling. He offers two additional scales when working with them: level of urge to protect (LUP 0-10) and protector's positive intention (PPI). This protocol is only used when the client is significantly blended and has little access to Self-Presence.
- The adaptive belief comes from the client's Self instead of a part. The validity of cognition scale (VOC 1-7) is measured from the exile.
- BLS is used to deepen and expand connection with Self, while getting to know protectors, and during desensitization (which are the IFS healing steps of witnessing and unburdening).

There are multiple contributors that have expanded EMDR interventions and built upon Francine Shapiro's original work. Jim Knipe, Carol Forgash, Ana Gomez, Dolores Mosquera, Laurel Parnell, Joanne Twombly, and Arielle Schwartz have made significant contributions to the practice of EMDR. Major contributors to expanding and deepening IFS interventions are Frank Anderson, Toni Herbine-Blank, Martha Sweezy, Susan McConnell, and Robert Falconer. Joanne Twombly, Kathy Steele and Janina Fisher have also significantly contributed to the treatment of complex trauma and dissociation. Some of these contributors have bridged EMDR and IFS together (especially Joanne Twombly), but

for the purposes of this section I would like to highlight the work by Bruce Hersey, LCSW, co-founder of the Syzygy Institute.

Hersey has crafted a framework that maintains the integrity of the 8 Phase protocol and reframes EMDR from a parts perspective. A main component of his framework is that “we are always targeting a part” and explains that that “IFS gives context for the target selection”. Bruce believes that “neuro-networks are the equivalent to parts in IFS” and “EMDR works like an x-ray in exposing the organization of the internal system”.

His framework helps to more clearly conceptualize and elucidate clients’ systems that are complex due to the effects of trauma. In traditional EMDR, targeting a trauma memory actually activates implicit memory which in IFS terms is an exile that holds its own perspective, beliefs, emotions and physical sensations. Exiles hold much more than just a memory of a situation. A client can have multiple protector parts that have connections to that memory and step in during processing for a multitude of reasons. Hersey’s framework supports the process of identifying and working with the protectors that inevitably emerge. Thoughtfully working with these protectors and gaining understanding and permission to work with the exiles that hold the burden energy helps the whole system move towards a common goal of unburdening, healing and balance.

Hersey describes that the EMDR’s “adaptive network” is Self-Presence and the “dysfunctional network” is a burdened part (an exile and/or protector). He posits that attribution of consciousness of parts supports a relational frame, with functional dual attention to the past and with the present while remaining within the window of tolerance. The exile’s burden energy is measured by Subjective Units of Distress (SUDS) 0-10). Therefore, it is the blended state with the extreme parts and lack of Self that are the dysregulating factors.

Hersey explains that IFS is helpful to identify a more accurate target (what he calls “**the biggest part in the room**”) to increase the client’s Self-Energy (as measured by the “Presence of Self Scale” (POS 1-7), and more effectively work with these strong blended protectors to balance the client’s state of arousal. Understanding the organization of the client’s system and the part’s own context is invaluable information throughout the 8 Phase protocol. All parts have their own stories, burdens and functions within the internal system, all of which require specific attention within the larger process of “desensitization and reprocessing” (IFS healing steps).

When clients become blended by protectors (which may appear as resistance or defensiveness) we must attend to them first or they will block access to the exile needing unburdening. Coherence Therapy, along with the work of Jim Knipe and AJ Popky, have influenced Hersey’s conceptualization of the assessment phase where he suggests two possibilities - a “fork” in the road: 1) if the client is blended with a strong protector, he encourages the intervention that he calls “**Discovery**”, which is an alternative procedure that uses “**befriending and finding the fear**” of the protector to work with their defensive strategies. If the client is not blended with a protector, then 2) the therapist would proceed

with desensitization, which is the IFS unburdening process. Discovery is one of Hersey's major contributions to the conceptualization and facilitation of IFS Informed EMDR.

The IFS model maintains that every protective part has a positive intention for the client. Hersey explains that a protector's positive intention is a **"solution to a problem"**. He believes that it is imperative that the protector be befriended to learn more about its function for the client and not be "desensitized". Desensitizing a part rejects the part's importance and gives the message of not being needed in the system, thereby causing destabilization since the protective part was essentially excised. Information gathered, such as the **"Protector's Negative Cognition"**, helps to inform additional scales created by Hersey: the **"Protector's Positive Intention (1-7)"** and its **"Level of Urge to Protect (0-10)"**.

Bilateral stimulation is then facilitated to help the client create more internal space and increase Self-Presence, thereby resulting in an organic un-blending from the strong protector. As Self-Presence increases the urge to protect decreases. Bruce maintains that the Self "has every imaginable resource" that the parts need, and therefore is used in resourcing and interweaves. As aforementioned, the "Presence of Self Scale (POS 1-7)" assists in tracking the growth of Self throughout the IFS informed EMDR session. The "Positive Cognition" spontaneously emerges from Self.

In summary, IFS informed EMDR is a safer, more gentle way to treat trauma when a client has a more complex system. Interventions are more precise when targeting parts instead of memories. Resourcing Self and building a Self-to-part relationship with strong protectors helps to regulate clients and keep them in their window of tolerance. This strategy acknowledges and witnesses the protector parts instead of bypassing them. Bypassing protector parts may lead to backlash, which can be an exacerbation of symptoms, or looping or stalling the EMDR process. It is paramount that permission is granted by protectors before unburdening the exiles that they spend all of their time protecting.

There are two phrases that are often mentioned in Syzygy trainings is that "parts are not in the way, they are the way", and "slower is faster" in working with client's systems. These mottos offer support and credence to trust the client's system as parts emerge for important reasons. An agenda to rescue the exile and desensitize the "root of the problem" does not result in permanent healing. Syzygy workshop and training information is located in the resources section.

IFS Informed EMDR with Equine Engagement

Integration of IFS interweaves into the EMDR protocol makes sense for clinicians who are formally trained in both, as there are numerous benefits of adopting an IFS lens while facilitating EMDR. Facilitation requires a higher-level skillset and therefore it is highly encouraged to seek appropriate consultation and advanced training to help navigate through these powerful interventions. If you are newer to EFP it may be more helpful to initially practice interventions with clients without the presence of horses. Horses can be incorporated once you find your rhythm in merging the two modalities and you have the increased confidence and Self-Presence to hold the space for your clients' processing while maintaining connection with the horse.

Another consideration is identifying competency within yourself, your equine professional and the horses that you are partnering with in session. Self-Leadership is embedded within this competency. Competency additionally requires ongoing training in each modality. This section provides a high-level overview as an introduction of the integration practice and focuses on **ground-based Equine Engaged EMDR (EE-EMDR)**. Equid-Nexus offers ground-based EE-EMDR workshops to those who have completed an EMDRIA approved EMDR basic training. Natural Lifemanship offers trainings on Equine-Connected EMDR (EC-EMDR) without IFS interweaves.

IFS Informed EE-EMDR can be facilitated mounted or ground-based. This decision is influenced by various factors and a thorough assessment is needed to determine maximum therapeutic value of each approach. Below are some specific considerations regarding mounted versus ground-based interventions:

- 1) Readiness of the Client: Consider the clinical benefits of mounted versus unmounted, as some clients may not be able to find connection on the ground first. Clinically assess if the client has access to Self-Energy, which will assist them in regulation while mounted. If there appears to be little or no access to Self, continue with ground work until access increases. Conduct dissociation assessments to identify possible risks of dissociating, fainting, or having psychogenic-seizures while mounted. Increased access to Self is evidenced by the client's awareness of being blended with a part, expressing curiosity about learning more about the part and its story, and not being afraid of the part. The therapist can "lend and extend" their own Self-Energy to the client as being in Self fosters trust, safety and connectedness with human and horse alike. The therapist can also use their clinical judgment and knowledge about their client's internal system to have a felt sense of how much Self-Energy the client holds at any given time.

Ask the client to check in with their parts and ask for consent for all parts to be on board for mounted work. Work through any polarizations that emerge. Note that all parts do not have to *agree*, but instead give permission and be open to a new experience. Rather than trying to convince parts, ask the parts that are hesitant to judge for themselves and contract to soften back to give the client a little more

internal space to explore. The therapist can then assist the client in determining if their relationship with the horse is ready for the next step of mounted work (if it is a goal). This decision must be made thoughtfully and intentionally.

An additional consideration for ground-based IFS informed EE-EMDR includes assessing the client's steadiness and ability to walk with the horse for the duration of a session.

- 2) **Readiness of the Horse:** Evaluate the equine's regulation and assess the window of tolerance for mounted work by observing signs of physiological arousal. Assess the horse in their relationship with the client to help determine if mounted work is the right fit for *this* horse and *this* client at *this* time. It may be determined that the horse needs increased ability to remain consistently connected with the client. This has the potential to be powerful for both the horse and the client to work towards this goal together. However, there are times when the horse chosen by the client is unrideable for various reasons (lameness or illness, a chronic injury, a miniature horse, etc.). Therefore, another horse may have to be chosen for the client (for example, if rideable horses are limited at the facility), or have the client choose if you have access to a few rideable horses. There are also times when there are no options for mounted work or a client does not wish to partner with another horse at that time. Offering ground-based IFS Informed EE-EMDR is an excellent alternative.

An additional consideration for ground-based processing is to assess if the horse needs to be haltered and led with connection by the EP or if the horse can remain engaged with the client during the bilateral stimulation process (BLS) without being haltered. This is dependent on the horse and other variables. It is highly encouraged for the facilitation team to practice with the horse and be curious about the horse's current capabilities and work on their growing edges by engaging them in connected, intersubjective interactions. This may mean making requests of connecting through attachment and detachment (NL) and getting creative with sustaining engaged attunement with the horse.

- 3) **Readiness of the Therapy Team:** It is not advised for a mental health professional with a dual role as an equine professional to individually facilitate mounted IFS Informed EE-EMDR. There are too many facilitating components to attend and attune to while trying to process with the client and remaining connected to both while leading the horse. In addition, physical and emotional safety must remain a top priority with mounted work, which is another reason why a team approach is ideal. A mental health professional facilitating IFS Informed EE-EMDR in a dual capacity *may* work on the ground with a client and a horse, but this is a very advanced skillset. Certification as a dual professional is highly recommended and would still require some modifications in intervention delivery as a single facilitator. Furthermore, facilitator competency must be assessed with any employment of IFS informed EE-EMDR; Does the clinician have the appropriate training? Does the equine professional have sufficient connection with the horse? Are the horses appropriate

for therapeutic work? Is the team investing in ongoing education, certification and consultation?

It is essential that the therapy team are Self-Led as they guide the client to use all of their senses to tune into their internal world and to concurrently attune to the external environment. Functional dual attention, in this context, is the client's awareness of their present engagement with the horse and Self connection with the part they are befriending and/or witnessing.

What follows is an overview of equine engaged IFS informed EMDR (EE-IFS+EMDR). In addition to the below overview, a chart which details the EMDR's 8 Phase protocol with IFS interweaves and equine engagement is also included for reference.

EE-IFS+EMDR Facilitation Overview

EE-IFS+EMDR accomplishes a few major goals of trauma processing. IFS provides a method to increase client's connection with themselves and release trauma energy from the brain and body. EMDR provides a framework that is essentially a road map for comprehensive trauma processing. Utilizing BLS is an incredibly powerful treatment technique that rewires the brain for permanent healing and is measurable by using various scales (validity of cognition and subjective units of distress). Equine engaged psychotherapy is the element that helps clients actually be in relationship with another being and try out different behaviors and ways of thinking.

Integrating these modalities creates an opportunity for the client to not only help heal themselves, but be witnessed in a way that a therapist simply cannot. The horse is a quintessential healing component that fosters post traumatic growth, as the client can truly be authentically themselves. Below is a phase specific breakdown of blending these healing models.

Phase 1 is focused on gathering information on the current presenting problems and detecting the parts that are connected to these issues. Much like targeting “the biggest part in the room” (Hersey), historical information is collected specifically on the issue that has the most energy or charge for client. Instead of a trauma timeline, parts mapping with Constellation Conceptualization for multiple issues is a more complete treatment plan that follows the client's system. This also sets the stage for the therapeutic contract.

Phase 2 is focused on assessing how much Self-energy the client has access to. Instead of using a container or safe place, the goal is to increase the client's internal resource of Self. Interweaves include asking where they feel their Self-Energy, how they experience it (shape, color, texture, density, etc.), cognitions and/or beliefs, and the qualities of Self they are in touch with at that moment. Ask the client what other characteristics of Self they need to do their work (courage, confidence, clarity, etc.). Positive memories may emerge. Hersey's “Presence of Self Scale (POS) 1-7” is helpful as it provides a durable, felt-sense for the client to begin their work from and to assess throughout the session. Positive (adaptive) beliefs come through the Self and they are not artificial strivings. These beliefs, along with the increased sense of Self after processing and/or unburdening, inform installation.

If the client has difficulty accessing Self-Energy even with the treatment team extending their own Self-Energy, asking the “feel towards” question assesses if the client is blended by a protector(s) that will not soften back. Discovery is implemented to work with the protectors before moving on to Phase 3.

Phase 3 begins once there is enough Self that the client can attune both to their part(s) and to the horse, which is functional dual attention. When the client feels ready to get in touch with the parts they intend to work with, the therapist uses the 6F's to help the client establish connection with the part(s) that is coming up for them. The client's connection to

their horse during this exploration informs any needed IFS interweaves, such as “what do you notice happens with your connection to your horse when this part is protecting you?” or “as you start to un-blend from this part, what do you notice has changed with your relationship with your horse?”. Use your creativity to help the client build their internal connection with their parts while maintaining connection with their horse.

Phase 4, desensitization and reprocessing (witnessing and unburdening) on the ground can be facilitated in many ways. For example, instead of being mounted the client can walk alongside the horse while maintaining physical connection by having a hand touching the horse or using the butterfly tapping technique. The equine professional leads the horse and maintains connection with the horse until the client can hold dual connection with themselves and the horse. If the client has enough Self-Energy and engagement with the horse, the client can ask for connection through attachment and walk with the horse using butterfly tapping. This requires a substantial level of awareness that would benefit clients as a relational treatment goal. The mental health professional continues to be Self-Led and facilitate client’s processing.

The equine professional is paying close attention to the horse’s reactions and bringing this into the client’s awareness. The goal is for client to be connected with themselves and engaged with the horse (functional dual attention) concurrently. Noticing the horse’s responses provides clues to what is happening with the client. Stopping, nudging, moving slower or faster, dissociating, or remaining present are all opportunities for interweave interventions.

Clients may spontaneously begin to process a traumatic memory while blended with an exile during BLS. It can be helpful to ask the client to ask for connection with the horse and have the horse walk with them while matching their steps and pendulating back to the distressing emotional content. This is an organic way to use BLS and helpful for clients to process the exile’s experience.

The horse is a true partner with the client in this work. As the client moves through the healing process by desensitizing and reprocessing – which is the witnessing and unburdening process in IFS - the phenomena of intersubjectivity occurs between them. As the client’s parts unburden and unload all of the pain they have held (sometimes for decades) and are emotionally and physically connected to their horse, they begin their integration process with increased Self-Energy *and* having the corrective experience of being with another as their systems (neuro-networks) reorganize and create new positive neuro-pathways. These conditions are then installed in Phase 5.

The Body Scan in **Phase 6** checks in to see if there are any other parts (exiles or protectors) that need attention, or needs to release any burdened energy, and Closure in **Phase 7** includes checking back in with any protector parts that were asked to step back during the processing. Once the exile is healed by unburdening these protective parts no longer have to work to protect the client and no longer have to be in their extreme role. They are to be asked what other job they prefer to do in the client’s system. There are

times when we cannot complete a session due to time constraints. Therefore, **Re-Evaluation in Phase 8** focuses on returning to the parts in the previous session or processing any additional activated parts or material from the last session. Invite clients to journal between sessions and check in with their parts, as connecting with parts creates a more integrated system. Ask the client if they have noticed any changes within their system and other parts that client would like to work with next.

EE-IFS+EMDR is truly an art backed by science. It is transformative for the client and the horse and powerful for the therapy team. Both the client and the horse benefit from increased cross brain connections and stronger positive neuro-pathways. It is vital that the therapy team debrief with each other and attune to the horse's needs after the end of each session. This is covered within the Self-Led Horsemanship™ section.

Establishing a practice to take care of your inner family of parts will help grow confidence and courage in your facilitation. Remember to be creative and flexible in your interventions. Critical parts will undoubtedly emerge questioning if you are "doing it right". We all must work with these questioning parts that fear failure, embarrassment or judgment or they will creep in with their agendas. Remember, we are not operating from Self if we have an agenda - only parts have protective agendas. The Self facilitates healing and permanent healing is possible with engaged connection with Self and others.

EMDR's 8 Phase Protocol as a Roadmap for IFS+EEP

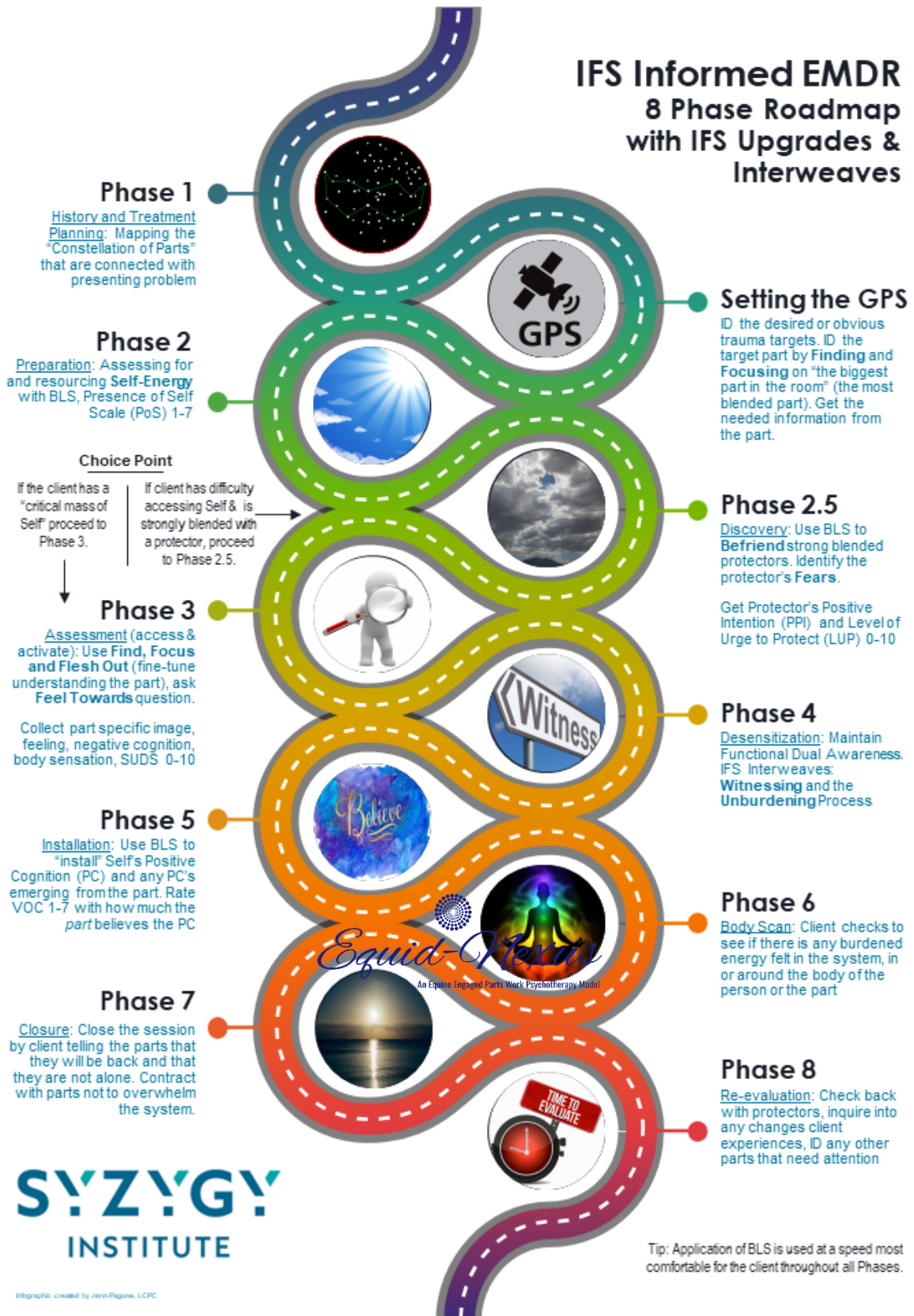
The following Matrix was adapted from the Syzygy Institute's IFS informed EMDR Step 2 Workshop.



This is Tina and me taking a connected stroll. She is highly attuned to the emotional states of people and has an incredible capacity to remain connected while facilitating ground-based Equine Engaged EMDR. Tina embodies tremendous Self-Energy and patience to allow those who work with her the space to attune with their parts. Tina is expressive and provides immediate feedback when clients are blended and have difficulty holding dual awareness and connection.

Important to note that I did not “train” Tina to do this work. Our relationship has been built on mutual trust, honesty and respect, and from this connected space yielded Tina’s willingness to stay connected with others while they processed trauma. She is truly a “hope merchant” for all clients who believe that that permanent healing is possible through connection with Self and others.

IFS Informed EMDR 8 Phase Roadmap with IFS Upgrades & Interweaves



EMDR Phases	IFS Interweaves	Equine Engagement
<p>1: History & Treatment Planning</p> <hr/> <ul style="list-style-type: none"> - Engage & Connect - Safety & Trust - ID external constraints - Identify Issue (parts and Self detecting) - Tracking and Reflecting - Contract to work with the part - 6F's 	<p>Gather information on the current presenting problems. Assess for present parts connected to these problems. Gather relevant history information.</p> <p>Parts map managers, firefighters, exiles and Self-Energy characteristics using the Constellation Parts form. Pay particular attention to “who” (what part) is narrating or telling the story and monitor for polarizations (which are parts [or groups of parts] that have opposing views and conflict).</p> <p>Contract with the client by a collaborative process to identify treatment goals, define the problem, understand the roles of parts, wishes, needs, and wants specific to the part(s).</p> <p>Set the GPS: Find the biggest part in the room, meaning the part that is the most blended with the client, or the one that has the most energy or needs the most attention.</p> <p>Case conceptualization is an organic process, not a list of trauma targets. Trust the client’s system.</p>	<p>Collect relevant equine(s) history:</p> <ul style="list-style-type: none"> ▪ medical issues ▪ ability for mounted work ▪ ownership ▪ training ▪ trauma(s) ▪ relationship with owner ▪ relationship with treatment team ▪ place in herd and herd dynamics <p>Keep in mind that these are only used as a reference, just like diagnoses</p>
<p>2: Preparation: With complex client presentations, additional grounding techniques may need to be</p>	<p>“The Self has Every Imaginable (Internal) Resource” (Bruce Hersey) Self-Presence is needed to process trauma target as this is the main ingredient for Functional Dual Attention.</p> <p>Explore how much Self-Energy the client has access to, building upon as it naturally appears. Specifically, explore how much Self-Energy the client has around the problem, paying attention</p>	<p>Facilitation team (equine and mental health professionals) work with horse on connection through attachment and detachment to notice the horse’s growing edges.</p> <p>Identify horse’s behavioral patterns during sessions to determine readiness</p>

<p>practiced and implemented in between sessions</p> <p>Resourcing (or installing) with BLS.</p>	<p>to any parts that get activated. These are the protector parts that need connection with Self in order to allow processing with any exile targets.</p> <p>Assessing for and resourcing Self-Energy with BLS.</p> <p>Find what parts that are connected to the trauma and how much awareness do they have of the Self.</p> <p>Therapist extends their Self-Energy to client while guiding client to notice their own Self qualities, and continue to foster the Self-to-part relationship.</p> <p>If additional parts emerge, guide client to extend their Self-Energy to the parts to have them step back to continue resourcing. If they are unwilling to step back, this becomes the new target part.</p> <p>The Presence of Self Scale (POS) 1-7 (Syzygy Institute) can be used throughout the phases, but is first introduced in Phase 2. BLS to deepen and expand Self-Presence</p> <p>This sets the stage to befriend the client's protectors and gain permission to work with the exile. Continue building the Self-to-part relationship.</p> <p style="text-align: center;">Compassion, Curiosity, Calm, Connectedness, Courage, Confidence, Clarity, Creativity Patience, Persistence, Presence, Playfulness, Perspective</p> <p style="text-align: center;">If the client is unable to access Self-Energy and protectors</p>	<p>for IFS informed EMDR ground or mounted processing.</p> <ul style="list-style-type: none"> ▪ How does the horse make requests? ▪ How does the horse respond to requests? ▪ Does the horse try to control the relationship? Or want the client to control them? ▪ What are the horse's dysregulation and regulation cues and patterns? <p>Guide client in identifying rhythm with movement and co-regulation with horse. Clients may not find connection on the ground, but may be able to find it on the back of the horse.</p> <p>Determine client's readiness for mounted work by identifying capacity to stay within the window of tolerance, tendency to dissociate or faint, and the amount of somatic awareness. Natural Lifemanship's Rhythmic Riding may be needed prior to processing trauma, however trauma material may spontaneously emerge with movement.</p> <p>Resource client's connection with horse by guiding them to find, focus and flesh</p>
--------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

	<p>are strong and not softening back, Proceed to 2.5 the Discovery Phase</p>	<p>out the experience during bilateral movement (either walking or mounted).</p>
<p>2.5 – Discovery Phase: (Syzygy Institute)</p> <p>Use BLS to deepen and expand the understanding of the protector during befriending.</p> <p>This is not desensitization or “having an un-blend agenda”.</p>	<p><u>Phase 2.5 Discovery</u> – Discovery is used when the client has minimal access to Self-Energy due to being highly blended with strong protectors. The intention is to befriend these protectors and seek to understand their story, why they do their jobs, and what they fear will happen if they stop doing their jobs.</p> <p>Self of therapist is extended to the client through discovery until client can access more of their own Self-Energy.</p> <p>Functional dual attention is the Self of the therapist in relationship with the part of the client. It will be either explicit or implicit direct access, but typically it is implicit. The client is blended with the part with little internal space. Therefore, the focus is therapist’s open-hearted curiosity to understand the PPI.</p> <p>Contract with the part (is it okay to focus on this?) and provide informed curiosity to flesh out:</p> <ul style="list-style-type: none"> - Seek to understand the Problem and the Solution (Protector’s Positive Intention (PPI 1-7) and (Protector’s Level of Urge to Protect (LUP 0-10) <p>Recognize and weave in qualities of Self-Energy (POS 1-7) (this moves into Phase 3)</p> <ul style="list-style-type: none"> - Understanding the protector part’s fears provides a glimpse of the exile - Leads to un-blending and the increase of Self-Energy, 	<p>The EP remains connected while leading the horse and paying close attention to the horse’s cues and reactions/feedback to client’s process.</p> <p>The MHP remains connected with the client and brings client’s awareness and attention to their own process, pendulating back and forth between client’s internal experience and relational consciousness with the horse.</p> <p>Facilitation team to notice horse’s and client’s cues and pattern of responses each other.</p> <p>EP maintains connection with horse while client is developing their connection and communication with horse. MHP to maintain connection with client with intersubjectivity.</p> <p>The intention is for client to be in connection with the protector (one foot in the past) and be present with their horse (engaged connection in the present).</p>

	<p>providing the opportunity to shift to witnessing/desensitization (Phase 4)</p> <p>Resourcing Self (8Cs/5Ps) and intrinsic capabilities of protector (befriending).</p> <p>THEN – when there is a critical mass of Self ask the question – How do you feel towards the part?</p>	<p>Guide the client to begin to notice the horse’s response to when they are blended with the protector and when they have more access to Self-Energy.</p>
<p>3: Assessment: ID the target with images, cognitions, emotions, physical sensations, urges</p> <p>Use BLS: Negative cognition (NC)</p> <p>Subjective Units of Distress (0-10)</p> <p>Validity of Cognition (VOC 1-7)</p>	<p>Target part identified</p> <p>Use “How do you feel towards” the part question to assess client’s Self-Energy.</p> <ul style="list-style-type: none"> ▪ Positive Cognition comes from the SELF – not the part. ▪ Validity of Cognition comes from the PART (rated 1-7) <p>Foster the Self-to-part connection by shifting into insight work as client gets more information about the part and identifies the specific memory or experience.</p>	<p>Facilitation team continues to assist and guide client in building relational awareness of how their connection or disconnection with themselves changes the connection or quality of their relationship with the horse.</p> <p>Team continues to support client with Self-Energy while they attune to their internal process and to the external relational consciousness with their horse.</p> <p>The intention is for client to build their capacity for internal and external awareness and connection.</p>
<p>4: Desensitization</p>	<p>Healing the Exile with the Witnessing the part’s story and facilitating the Unburdening Process.</p>	<p>Assist client and horse in moving together to provide rhythmic, patterned, repetitive, co-regulating movement,</p>

	<p><u>Contract</u> with the Self (how do you feel towards exile) and use BLS to deepen and expand the connection and increase understanding – this is NOT desensitizing the part, but connecting with the exile that holds the trauma energy and carries the burdens.</p> <p>Obtain the negative cognition (NC) working with the exile and focus on the part with identifying images, feelings, sensations, etc.</p> <p>The Positive Cognition is from the Self, the VOC from part (exile)</p> <p>Use BLS with successive stages of healing (witnessing, retrieval, redo, and unburdening)</p>	<p>encouraging client to have dual engaged connection with Self and horse while working with the exile.</p> <p>The client can also use Butterfly Hug tapping while walking alongside the horse. The goal is for client to be in connection with the exile (one foot in the past) and continue to sustain functional attention with the horse (the other foot in the present).</p>
<p>5: Installation</p>	<p>Install Self's Positive Cognition (PC) but also any PC's emerging from within the part with BLS.</p> <p>Integration of part believing the Self's PC.</p>	<p>Encourage client to use butterfly tapping while walking in-step with the horse on the ground, or, if mounted, draw client's attention to the way the horse is moving the 9 different parts of the body. EP to continue to notice horse's feedback and encourage client to maintain connection with the horse.</p>
<p>6: Body Scan</p>	<p>Use body scan to check if exile has released all of the burden(s). Check with protectors if they also need to be unburdened. Assess if there is any burdened energy felt in the system, in or around the body of the person or the part.</p>	<p>Invite client to notice their body after the unburdening process and while they are reclaiming or taking in what is they need. Guide them to notice the rhythmic movement of the horse to continue to install this experience.</p>

7: Closure	Using parts language – thank all the parts that showed up, let the parts know you will be back and you won't forget about them. Talk with client about creating a daily/weekly practice.	Client to have time for closure with the horse and express appreciation for the engaged experience. After session the EP re-connects with the horse and returns the horse to the herd. EP to spend time watching the horse re-integrate with the herd, noting any changes.
8: Reevaluation	Next session ask client to check-in with the parts worked with from the previous session. Notice their connection to the part and if other parts have emerged from the re-organization due to unburdening process.	Continue to check in with the horse in between sessions. EP's should spend time with the horses practicing connection with a neuro-relational lens. When the client and horse reunite, ask the client to spend some time with the horse to re-connect and to notice any changes within the relationship.

