

Module 3

Inquiry and
Psychedelic-
Assisted Therapy

EMBODIED INQUIRY FOR PAT



AGENDA

Welcome, agreements, L.A.	01
Arrival practice	02
Context, Objectives & Overview	03
IFS, Inquiry and PAT	04
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EMBODIED INQUIRY: OBJECTIVES

- Apply embodied (mindful and somatic) inquiry skills at an introductory level
- Describe the components of embodied inquiry
- Utilize inquiry skills to help clients process challenging experiences
- Direct clients to mindfully attend and stay with experience using the body as a source of information and anchor for attention



EMBODIED INQUIRY: SESSION 3 LEARNING OUTCOMES

Upon successful completion of the module, learners will be able to:

- Observe the use of embodied inquiry within the context of parts work
- Describe the application of Embodied Inquiry through the arc of PAT - Preparation, Medicine, and Integration Sessions
- Practice using Embodied Inquiry to work with dysregulated states
- Apply Embodied Inquiry as a reflective and present moment practice during PAT



Embodied Inquiry for Preparation

1. Inquiring into intentions
2. Addressing expectations
 1. Rigidity & desires vs. openness & curiosity
3. Addressing hopes and fears.
4. Inquiring into and anchoring resources and how to utilize them.
5. Assessing readiness
 1. Is fear within WoT?
 2. Is there access to embodied resource?
 3. Optional: getting consent from parts

Working with Parts using Embodied Inquiry

DEMO INSTRUCTIONS

Attend to both client and therapist interactions. Record the relevant questions and reflections by the therapist and client that relate to the items below using your checklist:

EMBODIMENT

Empathic abiding presence

Curiosity

Kind attention or lack – how are therapist and client relating to the experience

ATTENTION

Orienting to the Present

Orienting to the Body

Tracking – experience

PROCESS

De-centering

Unblending

Approach/Turning toward difficulty

Leo Case 1: Preparation

THERAPIST TASKS

- Getting to know the client
- Building therapeutic relationship
- Mapping – capacities, parts

PRIMARY WORK

- Explore consent from the client's parts

INQUIRY

- Attending to the client intentions, expectations and how expressed
- Inquiring into resources available and how to access, know, when to use
- Addressing the future (hopes - miracle question (fears - if not met)
- How ready is the client – what is telling them (addressing parts - consenting/not consenting to PAT)

Leo Case 1: Preparation

CLIENT TASKS

- Authentic
- Express concerns and ambivalence
- Explore working with multiple parts and emotions in relation to moving forward with the medicine session

Psychological Flexibility

Be aware
Mindful Presence

Embodied Inquiry

Layer 1 -
Noticing

Resourcing

RESISTANCE/EASE

FIXED/CHANGING

PERSONAL/IMPERSONAL

Layer 2 –
Decentering &
Tracking

Layer 3 -
Integration &
Future-Focused

- Titration
- Pendulation
- Parts

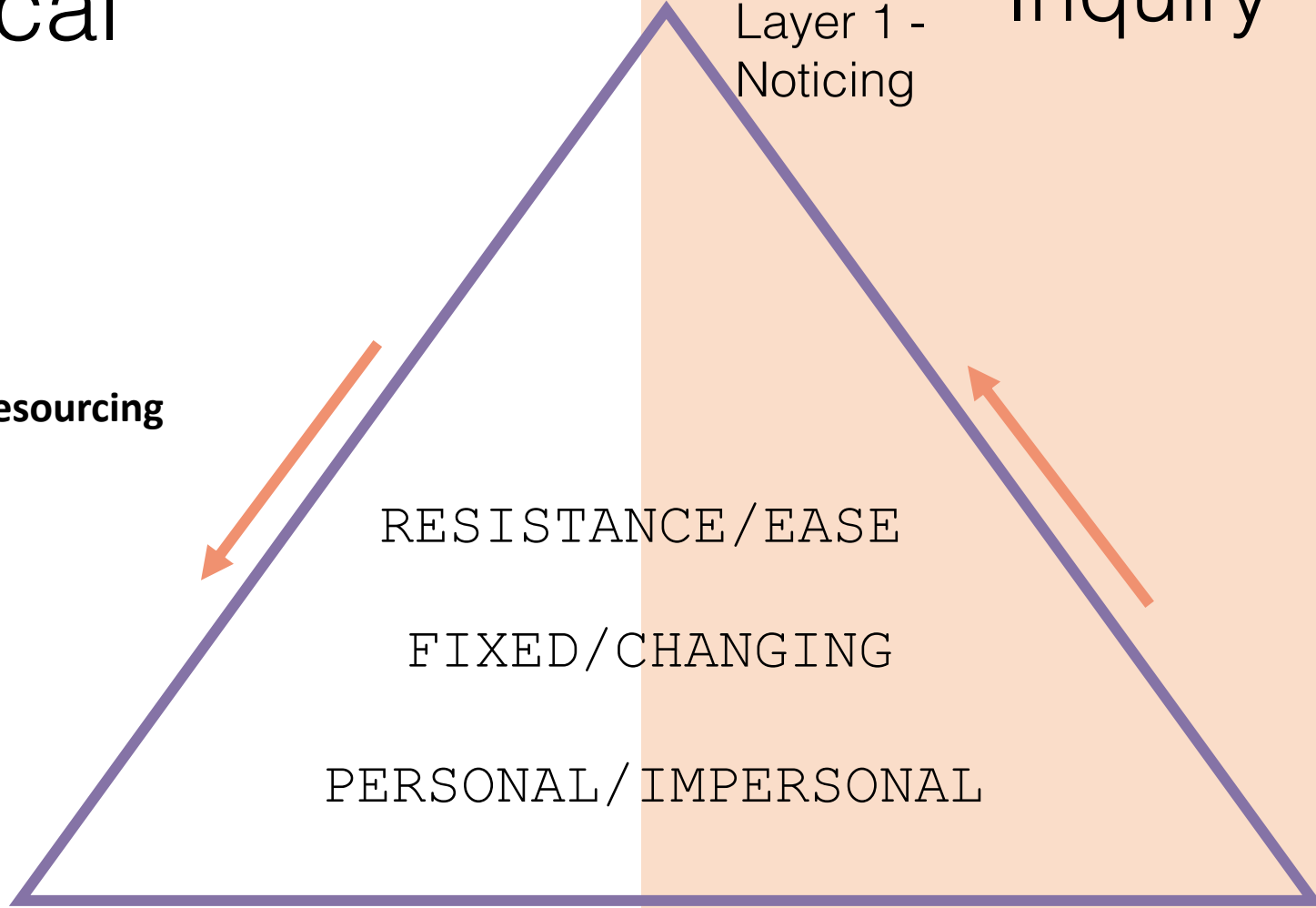
**Turn
Toward**

BE OPEN & BE WITH



Values

DO WHAT MATTERS



Embodied Inquiry for Medicine Session

1. Client led – with selective interventions from the therapist
2. Returning client to the embodied experience – directing attention back to sensation or emotions etc. - e.g. what happens in your body when you talk about that? Can you really take in the good?
3. Deepening the Experience – e.g. What happens if you stay with that? Make it bigger? Other aspects of SIBAM

Jane Case 2: Medicine Session

THERAPIST TASKS

- Support and inquire during the session and early integration

PRIMARY WORK

- Inquire into the fortress and its transformation into a cocoon – and the relevance of this for integration

INQUIRY

- Inquire into experience – awareness – images, sensory experience
- Work with the fortress and trapped girl – bring supportive inquiry to it – connection to these images
- Elaborate the resource of the cocoon and how to integrate (into the different aspects of experience)
- Inquire into the relationship between her (self-energy/wise/adult part) and the young hurt part – how can the former work with the latter when she goes home (beginning integration – keeping it alive)

Jane Case 2: Medicine Session

CLIENT TASKS

- Bring up a challenging memory – loss of supportive friendship – teen
- Realizes frozen, alone and in pain since that time
- Images of the trapped girl, fortress around her heart and its transformation into a porous cocoon. - describe cocoon
- Identify how from her wise adult/self-energy she will continue working with this after the session

Embodied Inquiry for Integration

1. Process of opening up the experience and exploring the different components of experience
2. Reflective inquiry – exploring content from the assisted session
3. Present/ real time inquiry – attending to what comes up in the session
4. Future Focused – committed actions, how this connects to their lives going forward
5. Working with regulation and dysregulation

Rory Case 3: Integration

THERAPIST TASKS

- Work with the discordance between the client's identity and vision during the ceremony to bring some coherence, re-appraisal, re-framing

PRIMARY WORK

- Address integration needs emphasizing normalizing, meaning making and spiritual needs

INQUIRY

There will likely be a place for both reflective, present moment and future focused inquiry as you explore what came up in the ceremony as well as how to move forward.

- Help the client make sense of the experience
- Reflective Inquiry – looking back at the medicine session (What came up?)
- Present moment inquiry – what continues to unfold since the experience (What are you noticing now?)
- Future focused Inquiry – functional meaning maker for the future (How might this experience be valuable going forward?)

Rory Case 3: Integration

CLIENT TASKS

- Express his sense of lack
- Discuss loneliness and feeling of emptiness
- Explore desire for deeper meaning and purpose
- Express discordance of the vision with his identity