

Over-Energy and Trauma Survivors A New Direction for Abundance

By Sharon Plaskett

Abstract: The use of non-judgmental noticing and understanding of the areas of over-energy assist in the treatment of trauma survivors.

One of the most challenging situations we find ourselves in, as facilitators, is that of working with survivors of trauma. Whether the result of accident, death of a loved one or abuse, these clients challenge our abilities, engage our empathy and force us to take a closer look at our own most deeply held beliefs.

How do we aid and support one another toward healing while enriching our own lives as well? Can we show empathy and maintain healthy boundaries at the same time? What is a safe, supportive way to aid their steps toward change; encouraging the new, while honoring the old? These are some of the considerations and skills I would like to touch on during this presentation.

Be Free of Judgement In Counseling

A cardinal rule that applies to the counseling profession is that the client must always be viewed with and have access to unconditional positive regard. This means, in part, that I will never respond to information they share with me in a judgmental manner. This is a unique relationship, different in its kind to any other; wherein the client experiences a safety and acceptance that may be new to them. It's purpose is to create the opportunity for their grief, pain or anger to be experienced without bringing harm to themselves or anyone else. It is necessary for us to both identify our feelings and express them in order for us to heal from trauma. The memory (facts) must be combined with the feelings in order to bring wholeness and completion to an experience.

Volumes have been written on the necessity of maintaining unconditional positive regard when participating in the healing relationship.

My purpose for this presentation is to take a new look at some familiar tools we already have available to us and how much they add to our skills of facilitation and listening.

Noticing

The first is the concept of NOTICING, introduced with the muscle-check through Applied Kinesiology and Touch for Health and refined by Dr. Paul Dennison. In NOTICING, I learn that all information is good. A situation cannot be rectified that has not first been identified. Therefore, any and all information given to me by the client is useful in bringing recognition to the conscious mind. This process of non-judgmental identification validates the unique 3-dimensional quality of each persons experience; helping to delineate as it were, the height, width, and breadth of their trauma.

NOTICING relies on our ability to gather data without inserting opinions, suppositions or "obvious" conclusions. It leaves the interpretation to the client. This is very honoring. This is a process based on the belief that the answers are to be found within the client themselves; that our abilities are tools that we employ in behalf of our clients' journey of discovery. THEY win the prize, we applaud. It may very well be the first time they

have ever felt empowered concerning that certain event. Our faith in them is invaluable to the process of healing. NOTICING not only supports the client, it also creates a zone of safety for me as well. When I realize that my opinions or judgments are not needed, I am more willing to relinquish any personal investment I may have in the results or outcome of the balance. This allows me to more fully support my client without adding my personal issues to their process and I become part student as I am taught while watching them learn about themselves. We both come away edified and strengthened.

Over-energy

The second tool that can be used to good effect is the way we educate for OVER-ENERGY. Using the knowledge that all information is good and useful, let me share with you how I have employed this specific tool.

We are all familiar with the concept of energy as it flows around the meridians and through the many systems and pathways the body employs to communicate with itself. We know that certain increases and decreases of energy are normal as we face the challenges of any given day. When I concentrate or focus on a particular task, I am liable to have more energy trained on that activity than any other.

When I map a FIVE-ELEMENT or WHEEL balance for a client, I tell them that those places where they are OVER ENERGY (O.E.) are places where they have determined they want to work. They have already noticed there is something they want done in this area and they are working on some issue related to that meridian system.

People who have suffered severe trauma have usually experienced a feeling of helplessness at some point, as well. Some may have even become entrenched momentarily in the victim

role. When such a person sees chart notations of O.E. they are often viewed as one more evidence that they are “doing it wrong,” “unable to cope,” or that “their abilities are inadequate to deal with the situation.”

I have found it very useful to point out how hard they are already working on the issues involved. The issues they have already identified and the changes for which they are striving are evidenced by the O.E. As I talk to them about the O.E. areas, they are usually quite surprised that I know what they are working on and again surprised to be complimented on their hard work. I then explain that these issues they are dealing with are very important. Our intent is not to tell them they should actually be working somewhere else. Instead, by drawing their attention to another issue, they will be restoring movement and flow, enabling themselves to more easily accomplish the O.E. goal they are now working on. This they are usually willing and eager to do.

A Should List

Let me illustrate by using what I call the Should List.

All of us have an inner list or description of where and who we would like to be. Many of us can go into a fair amount of detail concerning it.

Have you ever listened to the song “Do You Know the Way to San Jose?” The person is asking directions to a specific place and is eager to get there. However, it is never really clear where they are coming from. If we, each of us, thought right now about how we would get to San Jose from our respective homes, each of us would come up with a different answer. It is a basic law of travel that the way to reach a destination depends entirely on where I am coming from.

By acknowledging the O.E. in a positive way, it becomes important information to the client. "Where I am" becomes part of the journey to "where I'm going" and each aids the other.

Appreciating the tools available to us in our work and putting them to use in new ways aids me in my goals. Through careful and supportive NOTICING I enrich my experience as a facilitator while keeping healthy boundaries. I am able to empathize while honoring their personal journey through the process. And, offering them positive education for O.E., is a wonderful way to celebrate their unique passage from the old to the new.

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5 Element Short-Form

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Establish:

- Clearing Techniques:
- Goal (or identified pain or muscle cramp):
- Pre Activity:
- This system is willing to balance using 5-element short-form balance:

1. Tap around navel

2. Locate

the one major over-energy

- a. Yin or yang system of one element
- b. Both yin and yang of one element
(Determined by using Alarm Points)

Educate

concerning significance of O.E.

3. Locate

(muscle check to find) most appropriate system to draw energy to:

- a. Within element
- b. To adjacent element (etc.)

Educate

Ask: How will adding this concept help you to accomplish O.E. goal?

4. Identify & Clear Low Energy

- Use Touch for Health muscle checks to demonstrate low energy in that system
- Circuit locate appropriate correction technique & correct
- Re-check muscles to show they are now strong.

5. Alarm Point Test of O.E.

The Alarm Points show that O.E. is now corrected and energy balance (movement = physical, mental or emotional) is restored.

Establish:

- Post Activity:
- Restate Goal:

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