

Stages of a Healing Session - Subsequent Healing Sessions

Module Activity Lists

In the following pages are lists of all activities within each of the modules that can be incorporated into the healing session or prescribed as homecare. Some activities are categorized according to:

Overview – *If relevant to your course of study:* Provide the client with an overview of this topic. Keep it brief and explain only those aspects that are relevant to your client (i.e. extract and discuss only those points from the unit that relate to your client's presenting problem and the session at hand). If your client would like to explore the topic in greater detail, then refer them to relevant resources (books, internet, workshops etc.).

Topics within your manual are covered in detail, so that you as the therapist have broad knowledge on the topic. You would not impart all that knowledge to your client as healing sessions are for the purpose of healing – not teaching. Too much discussion within a session is overwhelming and distracting and keeps the session intellectual (thus ineffective). Wherever possible allow your client to learn via practical activities rather than discussion.

Readiness – Ensure your client is ready before introducing this activity. Often a degree of healing will be required before the client is open to this process, particularly if strong emotions are involved or if the issue needs to first be explored.

Alternatively this activity is considered 'advanced' and thus would not be introduced in early sessions.

Activities with a 'Readiness' next to them are best introduced in the middle sessions (e.g. sessions 3 to 5).

General – Keep any advice/recommendations general (rather than specific) unless you have prior qualifications in this area.

Early – These activities are best introduced early on in the sessions (sessions 1 to 3) so that you have an overview from which to plan your subsequent sessions.

Start - This activity can be started off in session so that you can guide the client, and then continued as homecare.