

Body Parts Script/Template

Take advantage of the two-way communication within the Mind-Body. The physical self is always responding to whatever the mental/emotional self is experiencing or paying attention to. In the case of chronic issues, it's not uncommon for a person to mute signals from the body in an effort to reduce discomfort or other reminders of the ongoing problem. While this may be useful in the short term, it can also interfere with a person's ability to self-regulate and make positive changes in behavior.

When it comes to habits and behavior that may not be helpful to a person's recovery or wellness in general, parts of the body may be participating negatively, despite the person's conscious desire to do otherwise.

A Body Parts approach can be a stand-alone technique or it can easily augment other tools that you use to help a client. In fact, it can be an excellent process for induction and deepening a client for further work. It helps to create expectation that you are going to "open the dialogue" between a client's conscious and subconscious mind, allowing them to speak directly to parts of themselves that will be part of a healing "team".

Begin by inducing some relaxation and focus in the client. You can have them focus on breath; they can fix their vision on a hand or leg...guiding them to closing their eyes and noticing that they can still visualize that part of their body, even with eyes closed. From here, use something similar to the following:

As you are aware of your hand, there, now...you can think about all of the things that hand does for you...how it helps you in so many ways...touching, stroking, gripping, grasping, lifting, folding, feeding...*(describe any tasks that are relevant to the client)*...what a wonderful hand that hand is...I wonder if you can tell it what you think of all that it does for you? PAUSE

And, if that hand could speak, what would it say to you? About what it needs from you? PAUSE

That's right...and now please think about your heart...that amazing pump that causes blood to circulate...keeping you alive. Your wonderful heart that are designed to beat so many times in your lifetime. Now, no one knows

exactly how many times that is...but it is working to fulfill that number of beats for you. What do you want to tell that heart? PAUSE

And, what does that heart want to say to you...about what it is going through...about what it needs from you? PAUSE

That's right...and now please think about your big toe on your left foot (**or some other, unaffected part of the body, maybe an eyebrow or an ear...*)...that lovely big toe that helps you stay balanced...helping you walk. Your wonderful big toe is designed to help you take many steps in your lifetime. Now, no one knows exactly how many steps that is...but it is working to fulfill that number of steps for you. I wonder if you can let yourself be filled with appreciation of how well that toe is working for you...and will continue to work for you. PAUSE

And would that toe now like to talk to (any body part that needs healing)? Let that happen...what would they say to each other? PAUSE

Can you imagine...pretend if you have to...that all of that wellness in that toe can be transferred in some way...perhaps even the *code* for that wellness can be copied and pasted somewhere else in your body...anywhere that it is needed...now...(provide patter that describes where and how

That's right...and now please think about your lungs...those beautiful lungs that take in and process fresh air for you...keeping you alive. Your wonderful lungs that are designed to breathe in and out so many times in your lifetime. Now, no one knows exactly how many times that is...but they are working to fulfill that number of breaths for you. What do you want to tell those lungs? PAUSE

And, what do those lungs want to say to you...about what they are going through...about what they need from you? PAUSE

Following these conversations, suggest that ALL parts of the body integrate together, as part of the whole...working together toward wellness, promoting comfort, balance, healing, continued enlightenment and improvement, etc.

*We can bring in a healthy body part with couple of strategies:

1. As a pattern interrupt from dealing with the seriousness of medical treatment, briefly moving attention away from what is wrong toward what is right with the body.

2. As a resource for the parts of the body needing healing.

Any part of the body that is being affected by illness or disease can be addressed in this way. Making a space for an intimate dialogue between a client and their body can provide them with awareness, insights and motivation, along with encouraging healing responses in the body.

Additionally, some clients who are struggling with health issues reveal that they feel either let down by their body or that they have somehow let their body down. Encourage the client to maintain a positive and supportive conversation with the body parts they have “talked to”; having a better relationship can help to ease these feelings.

Utilize what your client has revealed about how they feel about their body and help them create a dynamic and ongoing conversation with body parts as an interesting and productive part of your work.