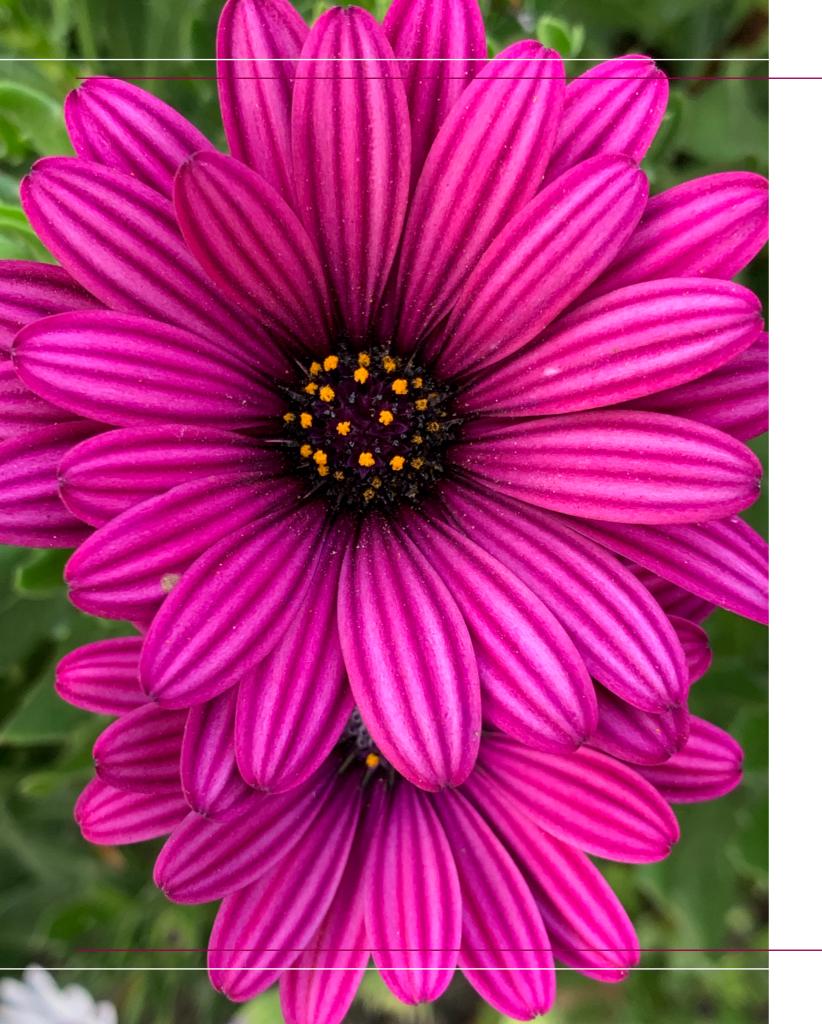
AN INTRODUCTION TO



Healthy Energetic Boundaries result in better outcomes for the client and the therapist.

A conversation about Energetic Boundaries with Merle Yost, LMFT





About Merle

Licensed psychotherapist for 26 years. I have specialized in complex trauma. I am best known for working with men that were sexually abused as children, men with gynecomastia, and bi and gay heterosexually married men.

I am the author of 6 books, I teach workshops; this being one of them; offer Intensives, and I do consultations with both therapists and the general public.

I am a graduate of the Gestalt Institute of San Francisco, an Approved EMDR Consultant and trained in number of psychotherapy modalities.



At the end of this training:

- You will understand how enmeshment and merging are experienced in the client-therapist relationship
- You can have empathy/compassion without absorbing another's pain
- You will have tools to track the other person without merging
- You will have tools to stop energetic intrusions

Today is an exploration of energetic boundaries that you encounter every day in every interaction.

We will be primarily, but not exclusively, discussing therapeutic relationships today.

What are Energetic Boundaries?

- A second skin that monitors all the happens around us.
- It allows us to track our energy and that around us.
- It defines what is you and what is not you.
- It gives us the ability to stop intrusions

When do you recognize them?

- That strange feeling you get when you walk into a place that is unsafe. Your body/unconsciousness knows something is wrong.
- The creepy person in line at the grocery store.
- A person that is wanting you to feel as bad as they do.
- That feeling you get from someone that is acting out, or is raging around you

Energetic boundaries are always engaged and once you learn to use them, it can completely change your life.

Boundaries

Physical Emotional Energetic

Physical

As therapist, we are not allowed to have sex, or some believe we can't even hug clients



Emotions can be contagious

This is the most difficult one for most therapist.

Do you know when you are merged with a client or they are trying to merge with you?

- Too attached to the outcome
- Overly emotionally involved
- Invested in how you are seen
- Feeling their feelings with them
- Caring too much
- Being triggered by the client or their content

Enmeshment is a description of a relationship between two or more people in which personal boundaries are permeable and unclear.

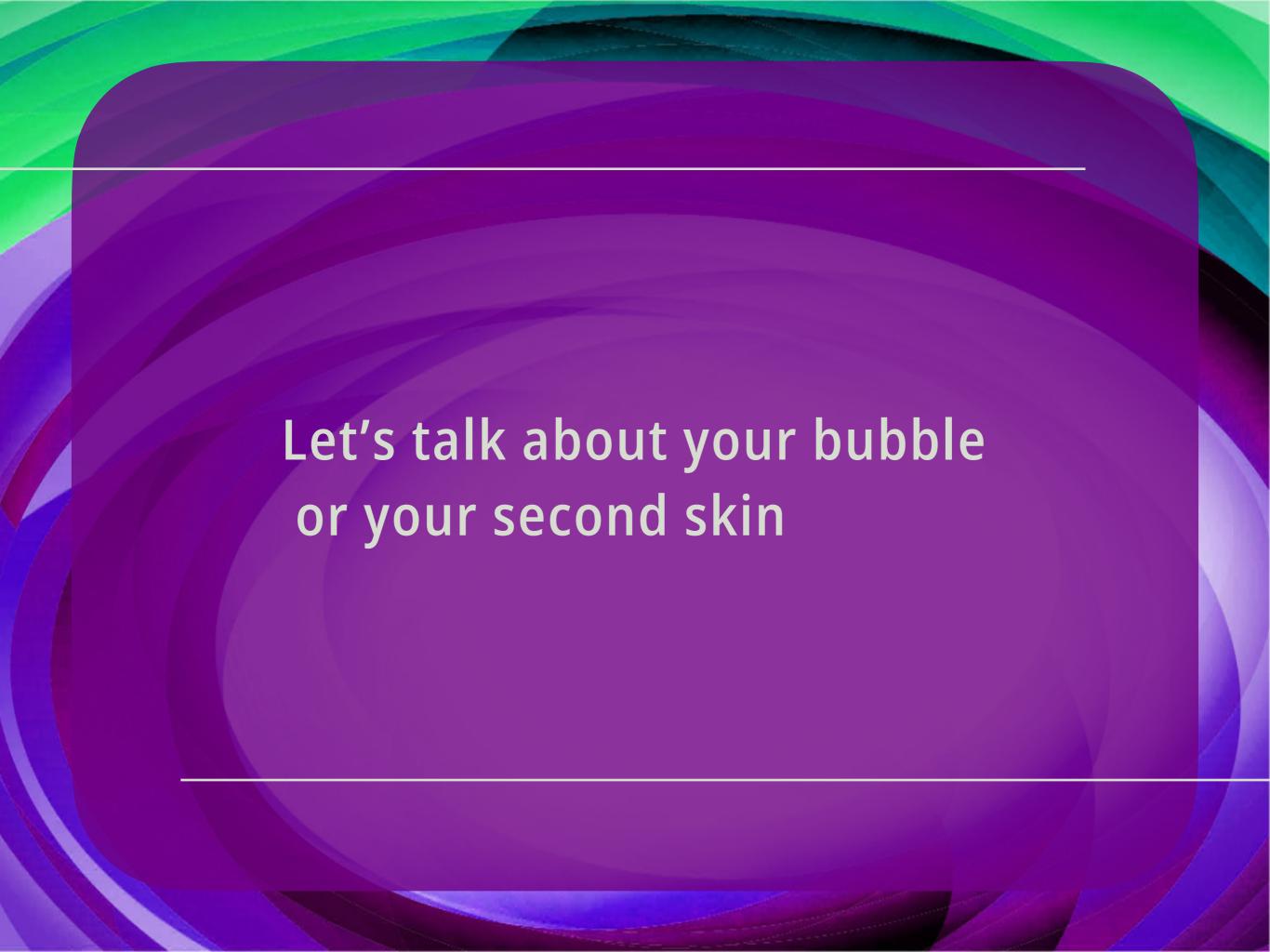
This happens on an emotional level in which two people "feel" each other's emotions, or when one person becomes emotionally escalated and the other person does as well.

If you were intruded upon as a child, then you assume that merging means love.

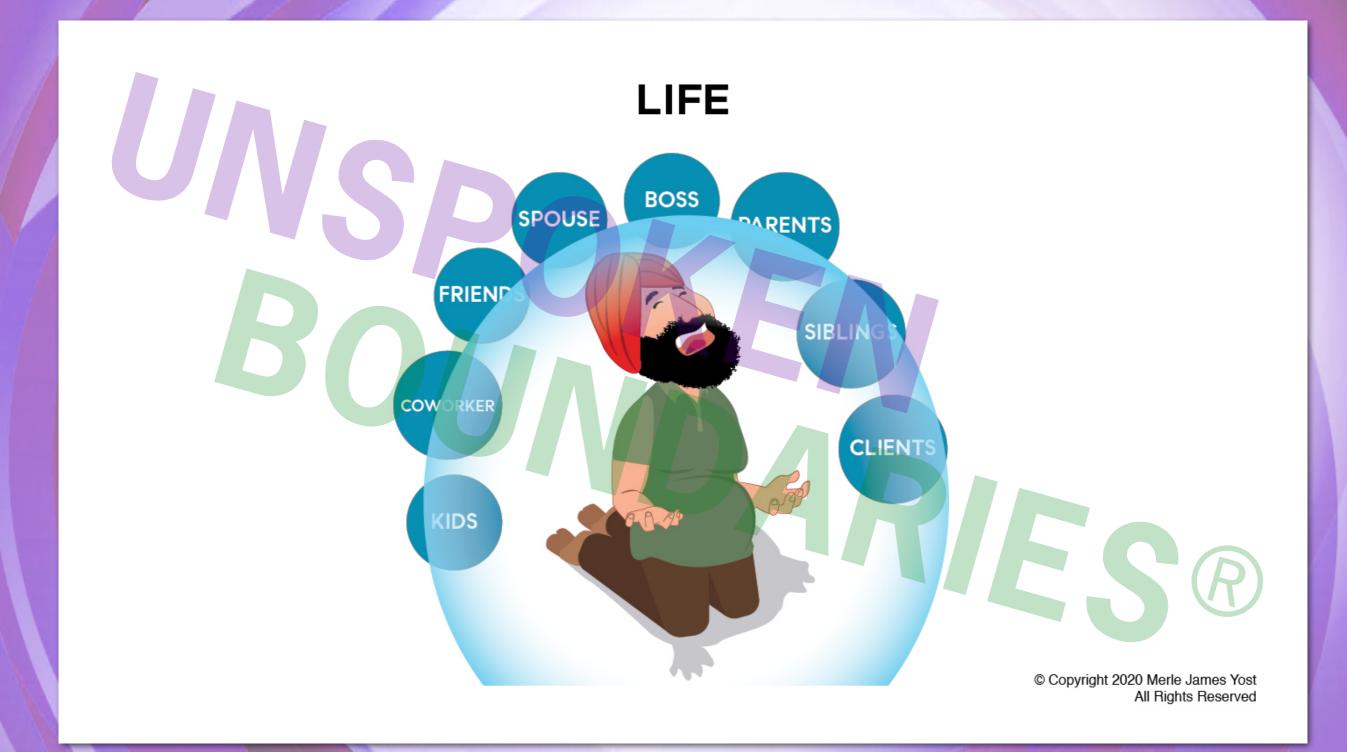




Energetic Boundaries

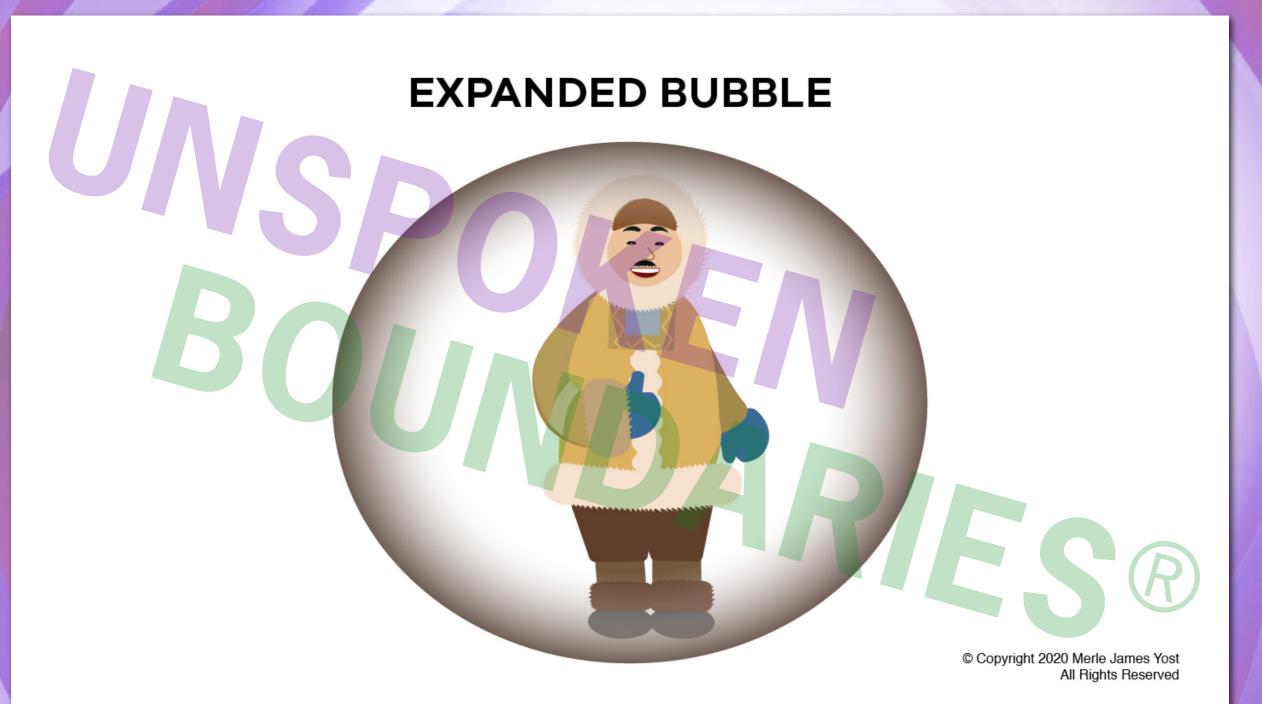


Recognizing your bubble, is the the key to prevent merging, and losing yourself



BUBBLE







HEALTHY CONNECTION



BOUNDARIED COUPLE HOLDING HANDS



BOUNDARIED COUPLE KISSING



SAFE IN YOUR BUBBLE



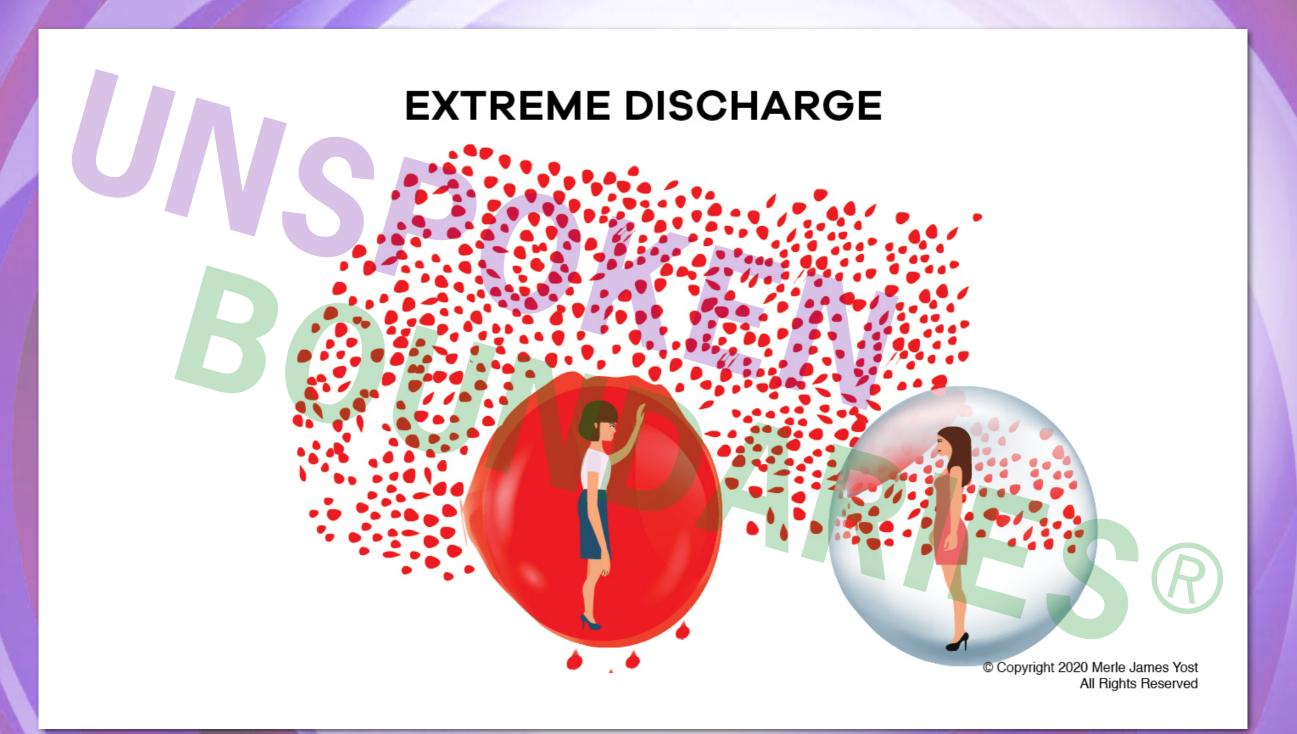


TWO EXCEPTIONS TO MERGING:

AN INFANT UNDER 18 MONTHS

VERY INTIMATE TANTRIC SEX

ABSORBING DISCHARGE



HOLES / WOUNDS IN BUBBLE



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Being aware of your bubble and staying in it, changes everything



It is common for people to merge, because that is how they learned to do it at home.

How do you track, diagnosis clients?

This can be done

- Intuitively
- Tuning into their bubble
- Interoception



Our surroundings contain far more information than our conscious brains can process

Our non-conscious minds are constantly gathering information and identifying patterns

By being interoceptively attuned—that is, aware of the inner state of the body—

We can tap into what our non-conscious mind is trying to tell us.

bigthink.com

Through research, cognitive scientists tracked how our bodies actually track this non-conscious information, and then relay it to us.

In short, our bodies are constantly looking for patterns, and once we discover them, then we have an understanding of a situation, and know how to handle it, usually without knowing why.

This predictive process is the way your brain navigates the world, guilds your actions, and constructs your experience

APS President Lisa Feldman Barrett of Northeastern University

To take the most advantage of this information, we need to track what is happening in our bodies and learn to read its signals.

The brain regulates the body's internal systems.

Interoception —your brain's representation of sensations from your own body

— is the sensory consequence of this activity and is central to everything from thought, to emotion, to decision making, and our sense of self.

In short, our body records and recognizes patterns, then unconsciously transfers that information to the brain.

Using this for diagnosis:

A deflated narcissist makes me feel like I am being drained and have a hard time staying awake

A sociopath will give me an upset stomach

I walk five miles or more a day. On my regular walk, I cross a major street.

After doing this for some time, my body recognizes the pattern of the light, and I know when it is going to change.

Tuning into our bodies is essential to get this important data that tells us what is going on around us.

My body is tracking the clients body and there internal process and my body tells me what is happening. I only have to listen.

Once you get used to staying in your bubble and contacting theirs, the transfer of data is automatic.

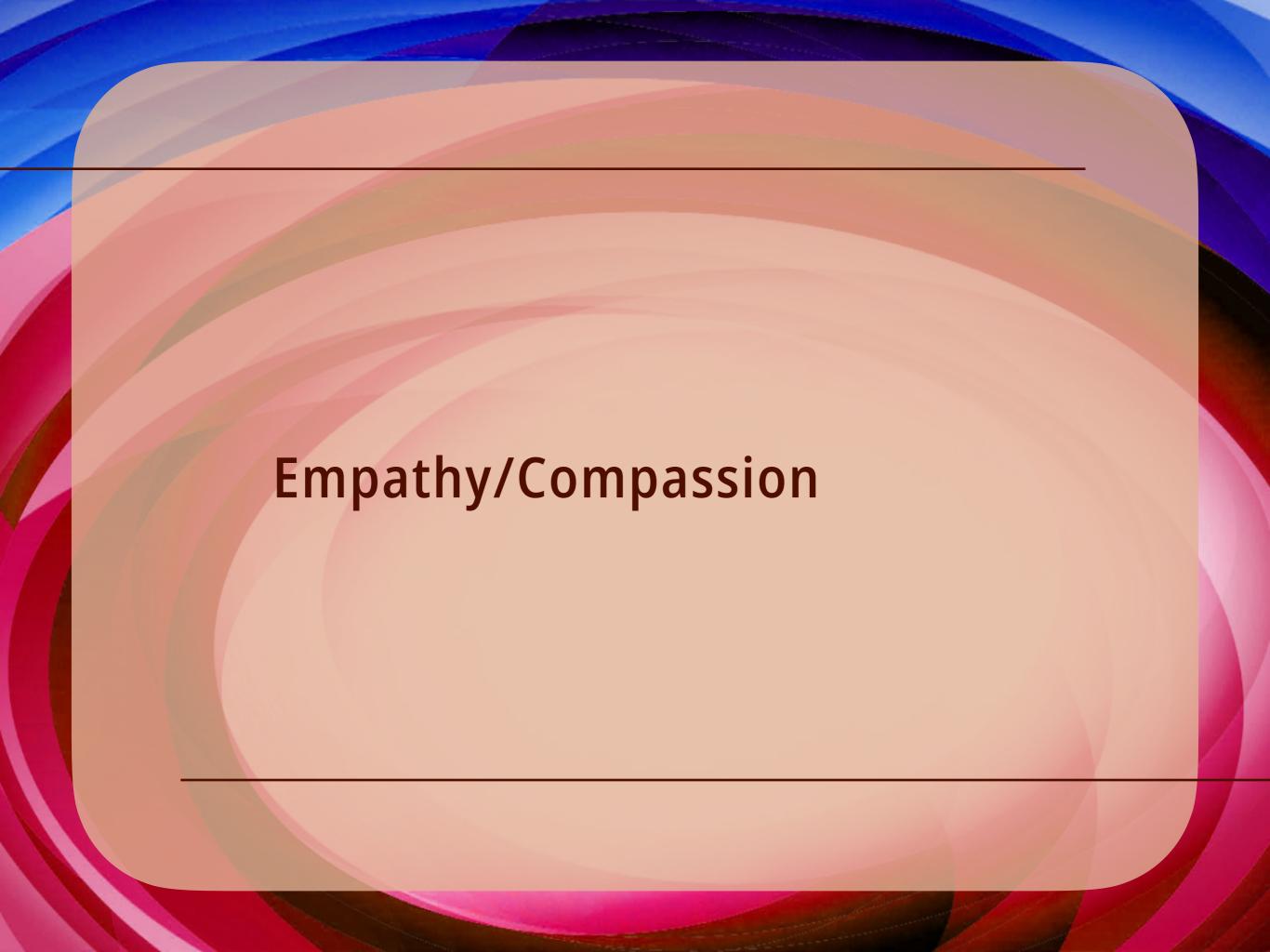
Learning to recognize and understand the information received is a learned process.

Intuition is a very similar. It can be a body sensation, a voice, or a picture that comes into your mind. This is a description of both processes. The mind is translating the information into a form that is understandable.

The Heartmath Institute has discovered that we encode everything going on in us, in our heart. And that it then broadcasts our emotional, physical state to whomever is connecting to us.

Discussion





Our job as therapists, healers, and humans is to be a profound witness of another person's experience.

It is not about feeling their feelings for them.

In Buddhism, this is called **Compassionate Detachment**

Compassionate Detachment can be defined as the way in which I relate to others when I allow them to deal with their own problems and become responsible for their own issues, while I express a loving concern for the nature of their current predicament, and simultaneously stay detached from the outcome. The important thing here is that I stay detached so that I do not step in to attempt to resolve their problem, their pain, their issue for them. It does not mean I care less for them. It does not mean they – and the outcome – are not important to me.

Helen Abbott

Discussion



If you find yourself sleepy with a client, or are feeling their feelings too much, What do you do?

Can you leave your clients at the office?

If not, what do you do?

How do you disconnect after a difficult session from your client?

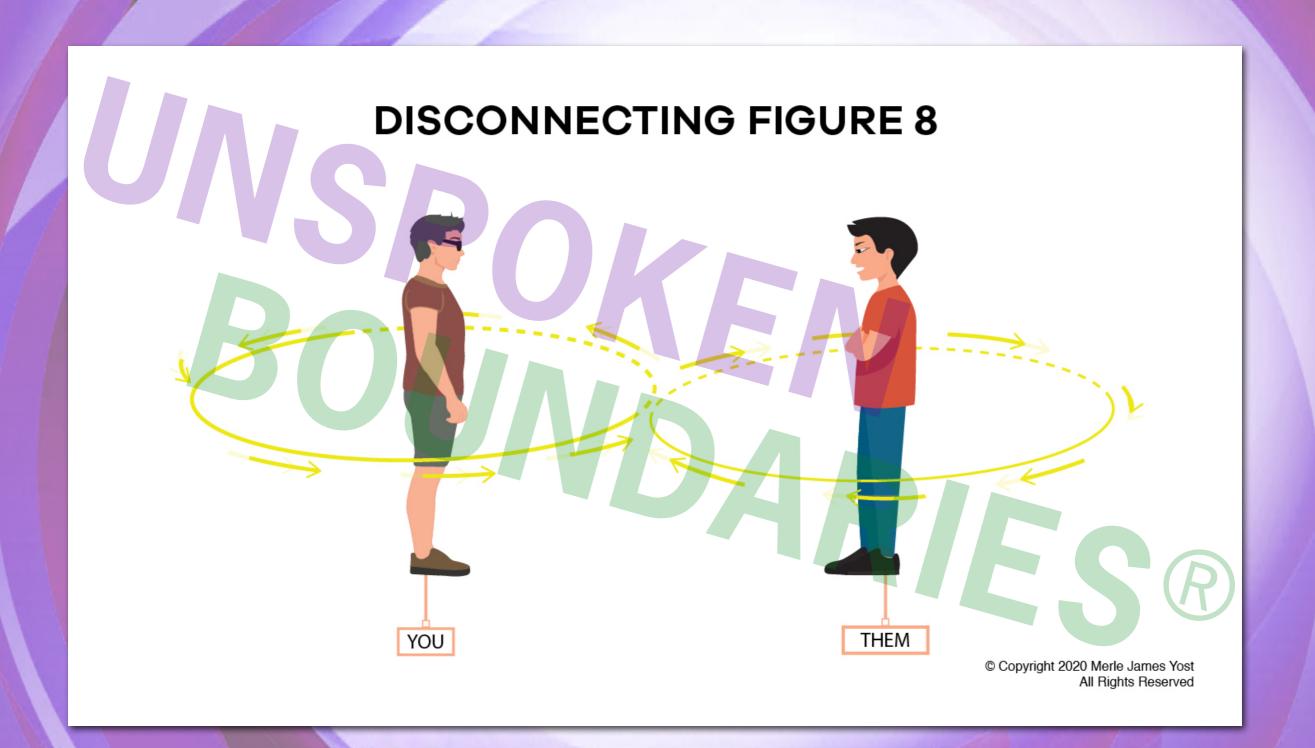
PHYLLIS KRYSTAL

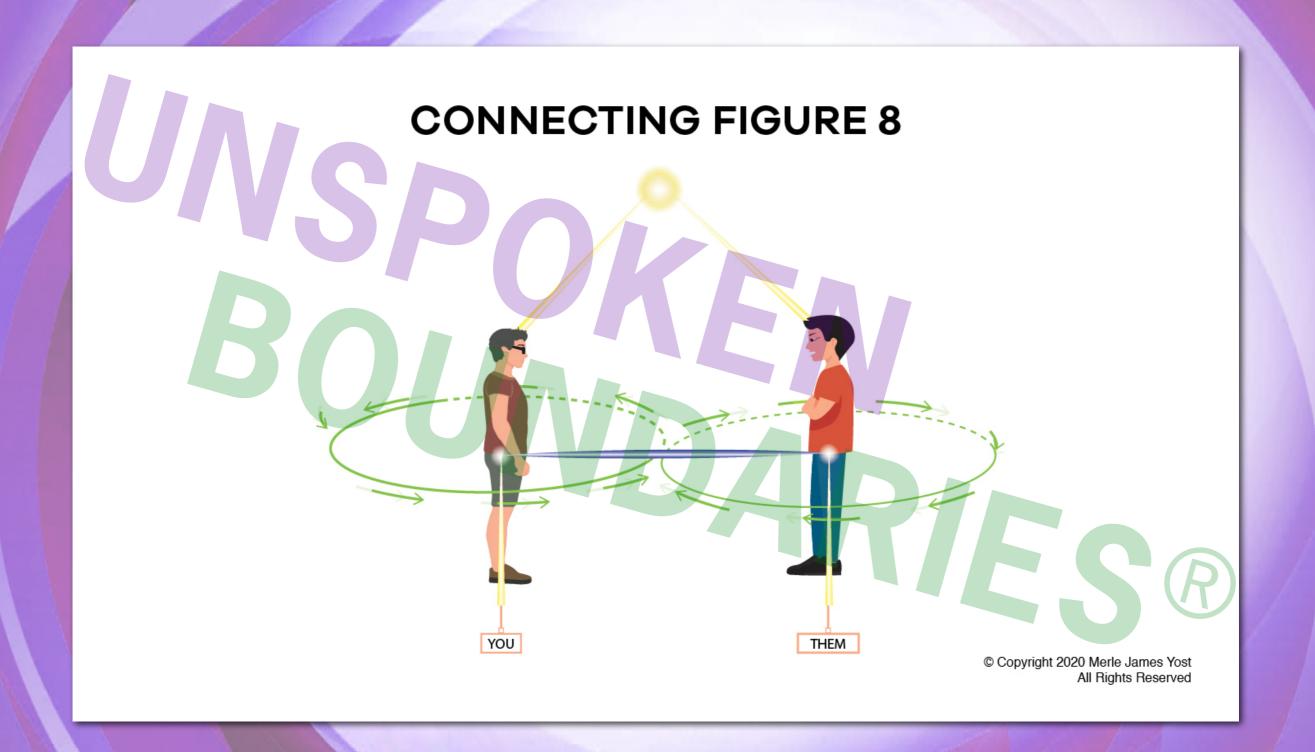
Cutting
the Ties
That Bind

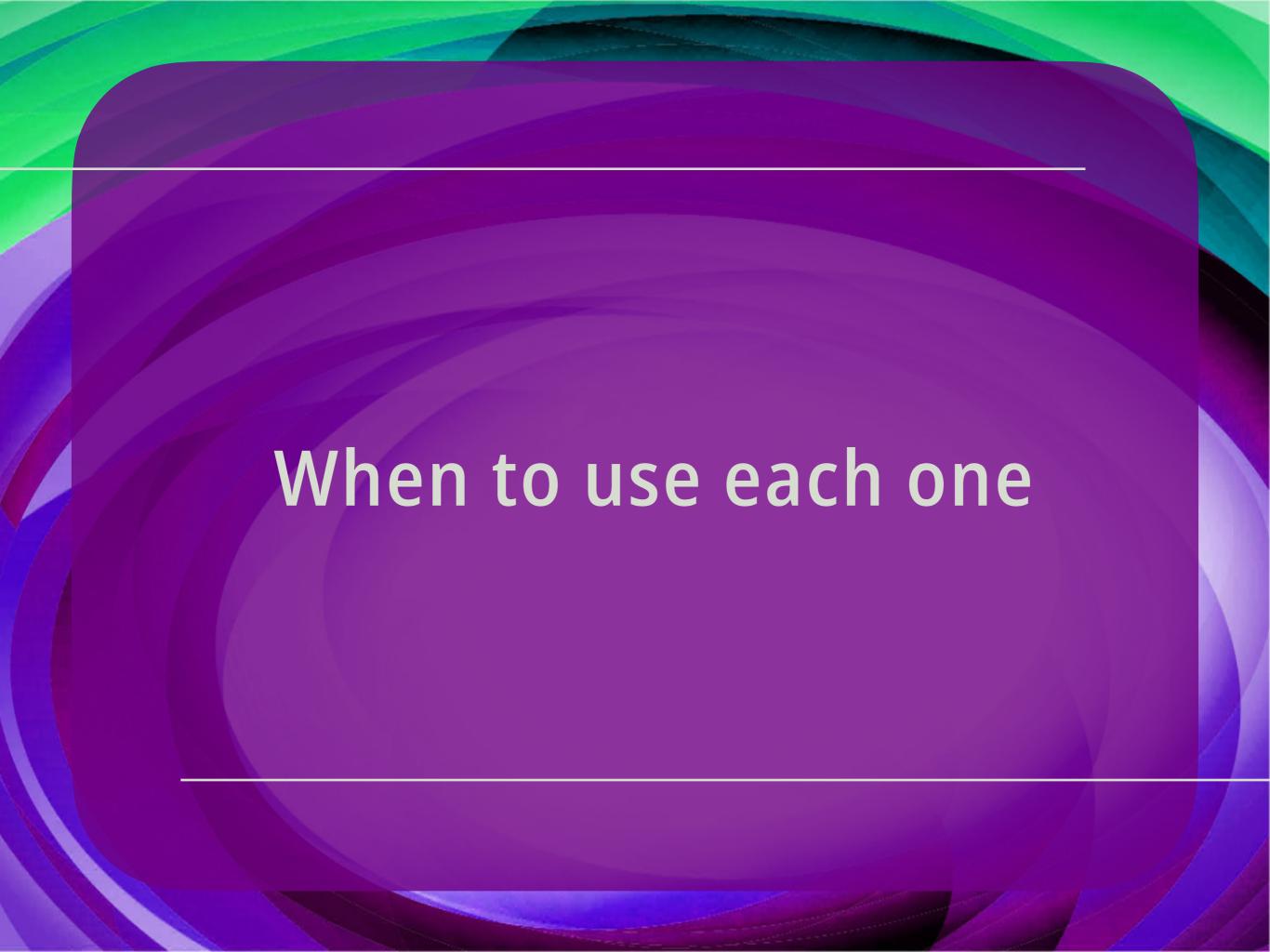
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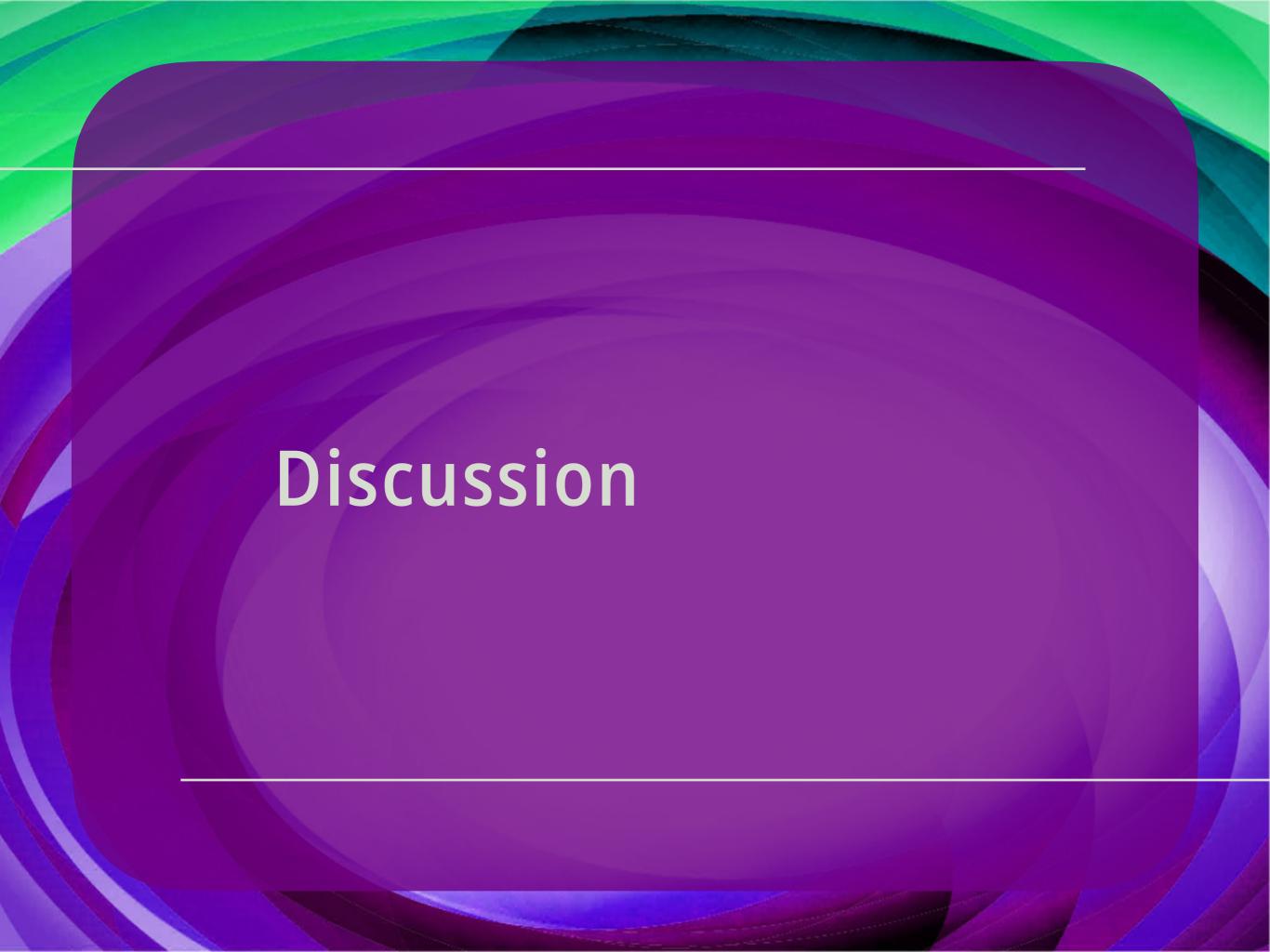
Growing Up and Moving On

EXTENDED EDITION











This is part of the Unspoken Boundaries® Sentinel Workshop

Please sign out in the chat window, if you are seeking CE's.



Thank you for your time, attention and participation.