

Therapeutic Shamanism Practitioner Training

How to structure a session

Three stages in working with someone.

1. The initial contact (usually by phone or email).
2. The actual session.
3. The after-care.

Initial contact.

Usually by phone or email. Need to consider...

1. Whether to take them on or not.
 - a. Is shamanism appropriate for what they want?
 - b. Is what they want ethical?
 - c. Are they suitable for shamanic work. Includes...
 - c.i. Mental health.
 - c.ii. Age (if below 16)
 - c.iii. Really engaged (are they being sent by partner/parent etc)?
 - d. Are you the right person? Includes...
 - d.i. Personal issues/buttons.
 - d.ii. Skilled enough.
 - d.iii. Friends/boundaries.
 - d.iv. You being in the right space.
 - e. Does it *feel* right (and what do your guides say)?
2. Practical issues.
 - a. Clarity about: length of session; cost; what is involved; waiting room; cancellation policy; confidentiality, etc.
3. A chance to gather information (by email or letter). What prior information do you want?

The actual session.

In three phases...

1. The beginning. Talking through what they want and what the issues are in detail. How much time to give this? Involves...
 - a. Prepare self and room before client comes (cleanse and protect self; open circle; metta?; preparatory journey?).
 - b. Putting the client at ease and establishing boundaries and initial rapport.
 - c. Using active listening skills, the core conditions, and observational skills to discuss and explore what the client wants/needs.
 - d. Looking out for shamanic pointers. Including...
 - d.i. Times of soul loss and/or body shock.
 - d.ii. Power moments.
 - d.iii. Who the fort-holder / protector-controller is, and what permission you have from them.
 - d.iv. How grounded the person is.
 - d.v. Ancestral issues.
 - d.vi. Intrusions/possessions/thought forms/attachments.
 - d.vii. Relationship with the key archetypes (Shadow, Mother, Father, Lover, Death).
 - d.viii. Affinity with plants/animals.
 - d.ix. Elemental issues (relationship with air, fire, water and earth, and the cycle of the medicine wheel).
 - d.x. Managing time boundaries.
2. The Journey. Spoken or not? If spoken, who leads? If doing it for the client, and not spoken, what does the client do?

3. Recounting the journey.
 - a. Explain about the language and symbolic nature of journeys.
 - b. Client writes/tapes it.
 - c. What to leave out/soften (being careful what seeds one sows).
 - d. Telling a healing story.
 - e. Explaining shamanic and other issues, such as...
 - e.i. Any shamanic concepts/terminology/processes (upper/middle/lower world, dismemberment, extraction, etc)
 - e.ii. What a power animal is, and what to do with it.
 - e.iii. How to integrate a returned soul part.
 - e.iv. What to expect after the session.
 - f. Processing anything that comes up for the client.
 - g. Managing time boundaries.

After care.

What aftercare do you need/want to offer?

1. Aftercare for self (thank guides; close circle; cleanse self).
2. Client records.
3. Reflection and supervision.
4. Is it alright for the client to contact you afterwards? Are there any boundaries on that?
5. Do you *want* to know how they get on? Or get feedback on your work.
6. Follow-up sessions?