

Navigating Client Resistance

A Resistance Archetype Somatic Process

(This would happen in a session with a client AFTER you've Acknowledged and had a Creating Awareness Discussion)

1. Ask client if they would like to go deeper in looking at their Resistance (getting permission is important from a trauma-informed lens as well as a transformational lens)
2. Invite client to close their eyes if it is comfortable for them, or if not, to metaphorically close the shades on their eyes and go inwards
3. Ask Client to sense into the energy of the Resistance Archetype and to see if they can locate where in their body they feel it. Ask client to describe the energy.
4. Invite client to lovingly hold space for this archetype and part of themselves. Invite client to be with this One.
5. Give space for the client to really hold space, to really be with and even love this part of themselves.
6. From there, invite your client to dialogue with the archetype. You will lead your client to ask questions and hear what the archetype wants them to know. I'm providing here some possible questions to ask that are often helpful in the process. But remember – don't ever be cookie cutter in your work with your clients. Always, always coach the WHAT based on the WHO. Listen deeply and then reflect and respond and ask next questions based on what you are hearing and what you are sensing your client needs. Take it slow and let your client take each piece in with their body and heart.
 - a. What is your purpose?
 - b. What event or series of events brought you into being?

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- c. Who, if anyone, modeled you?
- d. From your highest wisdom, what do you want me to know about X? (X is the goal they are working on that they've become stymied in)
- e. What do you need to know from me in order to be willing to move forward on X?
- f. What is your superpower?/ What's the incredible skill at your core/ How can I best use you?
- g. What actions would you like for me to take over the next few days?

7. (OPTIONAL) Invite client to create a circle of Energy with the Archetype's highest expression and super power. Support client to embody this energy.