

## Unblending Parts as a Therapist

It happens to the best of us, we're somehow triggered or "taken away" from a session by a part the we become blended with. It could be any type of part, but how do we recognize and tend to these parts as we become aware of them. The following are some simple steps to help you recognize and unblend from parts when they hijack us during session:

1. **Pre-emptive recognition:** as Dick relates in his article, The Larger Self, it sometimes helps to take a moment before a session to connect in with your Self-energy. This gets easier as you practice it more, but it typically starts with some curiosity about what you're feeling at the moment, if anything is coming up for you about what might be going on in your life now or with this particular session, and letting parts know we understand their concerns, and are they willing to give us some space to allow us to bring more curiosity and compassion to this session.
2. **In the session recognition:** parts can take over during our sessions, and as we get to know them better our ability to recognize them increases. Keeping a list of parts that you notice coming up for you most frequently during sessions can help. Understanding their fears and concerns ("I get it you're bored and have heard this story before"), then assuring them we are OK dealing with this and may be able to help the client so this doesn't happen as frequently. Oftentimes parts will enjoy watching what happens and see how helpful we can be when in Self.
3. **Establishing a safety net:** Assuring parts that have given us space to know that if they get triggered during the session they can let us know something doesn't feel right or safe, and that we will respect that. Very often just telling worried or concerned parts that we'll listen if they get triggered helps them relax and minimizes the chances they come up again.
4. **Sharing intentions:** sometimes parts don't understand our intention for working with a "difficult" client or getting into strong emotions or situations that can trigger our parts. It can be helpful to let them know that we are trying to support clients to heal and transform, and we can do that best when parts learn to trust us and see how effective we can be. Probably best to establish these intentions outside of the session, so that when it comes up you can remind them simply you need their help and cooperation to be effective.
5. **Follow-up:** after the session is over, check back in with parts that you have asked to step aside. See how they feel about the session, whether they were able to witness what happened, and if they have questions or concerns about the process. This is critical in developing relationships with parts and knowing when we ask them to step aside, we're not outcasting or rejecting them, we actually do care for them and there is a time and place where we can connect with them and help them transform. Only then can they take on new roles themselves and work within a system rather than isolated or in an extreme way.