



Life Mastery Training Three How to Work with Clients in Defense

Identifying the Thinker/Creative Idealist

Presenting Complaint: Generally complains about having fears, spinning in their head, anxiety, they want to "get their life together." They will often have a very hard time making decisions.

Picking out the Thinker/Creative Idealist

Eye Contact: Look for the quality of eye contact. There is a general terror in the eyes, they will often have larger than normal eyes that appear to be daydreaming.

Body Observations: Energy is generally split, front / back, top / bottom, right / left where the parts don't seem to go together. Energy is blocked at the base of the skull and often the head is tilted during conversation and over deep thought. They are usually tall or very thin and energy is vertically moving up through the body and head. They can be overweight but the sense is still that not of a heavy personal presence.

Energy Observations: Loose energy in joints, double jointed. They have fragmented energy and focus – can be flaky or spacey. They can be very stiff at the core and have bands of energy at the waist, diaphragm and the throat that block aggression from rising all the way through the body to be expressed.

Grounding: Notice how they are not connected to the earth. Watch their feet when they walk. Ask them how often they bump themselves or find a bruise where they don't remember how they got it.

Exercise: Have them bend at the waist and notice their tendency to tilt left or right.

Exercise: Bio-energetic – Have them laying on their back on the table and kicking. Notice any lack of coordination, disjointedness and / or inability to sustain activity.

Current Life Situation: They may have difficulty sustaining energy in conflict and crisis situations. Where they have to stand up for themselves, they will have anxiety or check out and dissociate into other ideas and/or feel bored.¶

Early Life Situation that reinforces the defense: Often a traumatic birth or hostile mother in early childhood is present. They have often suffered through an early illness. Also, there may be memories of night terrors, being lost, and disorientation.

Where the Client is Grounded: They are not grounded in the body or emotions, but in the mind and spirit. For them, being present is when they are in their creative minds and linking it to the present moment.



Working with the Thinker/Creative Idealist

The Thinker/Creative Idealist will often present as out of body, scattered, hostile, or confused. In beginning to work with a person in this defense, make sure you respect their ideas and/or their limitations. Create a personal relationship that they can trust. Begin by entering through the mind, then do somatic work when they trust you.

Touch is very important to get the Thinker / Creative Idealist to ground and be real. They often did not get a real nurturing touch as children and need to be touched gently to release their core tension and fear of connection.

Exercise: Walk toward the client and let them tell you when to come closer or go away until you are as close as they can allow. Be aware of when the client wants to split or leave and keep eye contact to help them to safely stay present.

Exercise: Ground by moving ankles, wrists, jump up and down, stamp feet, stand on one foot, squat, bow and forward flop. After a number of sessions you will want to teach the client to hold their own charge by hitting and kicking while they lay on their back or pounding the healing table or couch with a tennis racquet (do not use this until they feel safe in the therapy).

They will often be angry that they have to deal with daily affairs that are mundane or boring. They may wonder why they are even on the planet and need support to see their value in the things they do. You want to reinforce the client's core soul qualities as a creative idealist as the primary self-expression that will lead to enjoying their lives.

Get them in touch with their highly advanced witness quality and teach them to communicate between the body, emotions and witness that observes them without feeling.

Emergency panic work: have the client put their back against the wall, and press into it by moving feet away from the wall. Keep forced eye contact. Hold hands and squeeze. Have them focus on feeling their feet and legs and pressing on the ground.