



## Protocols

Putting it all together



## This session...

- Healing & Ethics
- Brain Gym & Switching
- MEMM protocol:
  - Age Recession
  - Emotion
  - Visualization
  - Hands on Healing
  - Loving Messages
- Energy System Profiles

## Healing & Ethics

- Wounded Healers
- Solicited Advice
- Transference
- Boundaries

## Brain Gym & Switching

- Brain Gym
  - Cross Crawl
  - Hook Ups
  - Brain Buttons
  - Figure 8's
- Switching
  - Front / Back
  - Left / Right
  - Bottom / Top
  - GV / CV

# MEMM Protocol

1. Issue
2. Age Recession – MT Priority
3. Emotions via Development Chart - MT
4. Visualisation – Filling unmet Need
5. Hands on Healing – Dual Awareness
6. Loving Messages

## THE DEVELOPMENTAL DIRECTORY™

Psychosocial Developmental Phases of the General Emotional Adaptation Syndrome

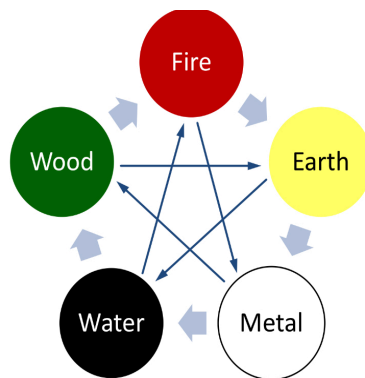
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<p style="text-align: center;"><b>ATTACHMENT</b> (Bonding) Infant 0-18 months Developmental Task - Trust Ego Strength - Hope, Security, Drive Relationship Focus - Primary Caretaker</p> <p>Active Trusting Hopeful Confident Enthusiastic Interested Optimistic Positive Joyous Confident Happy Resolute (Divine)</p> <p style="text-align: center;">- Forming -</p>	<p style="text-align: center;"><b>DIFFERENTIATION</b> (Separation) Toddler 9 mths-3 yrs Developmental Task - Autonomy/Independence Ego Strength - Willpower, Self-control Relationship Focus - Parents</p> <p>Active Exploratory Eager/Excited Curious/Inquisitive Fascinated Interested Motivated Independent Self-controlled Self-confident Certain Assertive Creative Forthright Bold/Daring Risk-taking Possessive Can say "no" Willful</p> <p style="text-align: center;">- Storming / Exploring -</p>	<p style="text-align: center;"><b>INDIVIDUATION</b> (Becoming an Individual) - Preschool 3-6 yrs Developmental Task - Identity, Initiative Ego Strength - Purpose, Direction Relationship Focus - Family</p> <p>Active Purposeful Self-motivated Self-directed Enterprising Confident Self-assured Courageous/Brave Initiating/Instigating Proud (of self) Decisive/Judicious Questioning Blameless Innocent (not guilt driven) Self aware Responsible/Reliable Willing Truthful/Open Victorious Gender secure</p> <p style="text-align: center;">- Norming / Roles -</p>	<p style="text-align: center;"><b>COMPETENCE</b> (Comparative Focus) Primary School 6-13 yrs Developmental Task - Industry Ego Strength - Competence, Method Relationship Focus - School, Neighbourhood</p> <p>Active Industrious Competent Self-reliant Self-assured Skilful/Clever Trained/Educated Methodical Organised Logical Diligent/Patient Productive Control Successful Fulfilled Dependable Cooperative Competitive Proud (of achievement) Confident (in what is done) Creative</p> <p style="text-align: center;">- Performing -</p>	<p style="text-align: center;"><b>CONCERN</b> (Outward Focus) Primary School 6-13 yrs Developmental Task - Concern for Others Ego Strength - Care Relationship Focus - School, Neighbourhood</p> <p>Active Caring Considerate Concerned Earnest Sympathetic Empathetic Tuned in Nurturing Compassionate Companionate Friendly Responsible Generous Supportive Forgiving Honest Loyal Self-righteous Kind</p> <p style="text-align: center;">- Transforming -</p>	<p style="text-align: center;"><b>IDENTITY</b> (Maturing) Adolescence 13-18 yrs Developmental Task - Identity Ego Strength - Fidelity, Commitment, Devotion Relationship Focus - Peers, Role Models, Mentors, Heroes</p> <p>Active Committed Devoted (to role model, cause) Admiring Risk-taking Reflective Choosing Potent Self-reliant Balanced Assured Honourable Moral Sincere Certain Involved Flexible</p> <p style="text-align: center;">- Recycling -</p>	<p style="text-align: center;"><b>INTIMACY</b> (Mature Relationships) Early Adulthood 18+ yrs Developmental Task - Intimacy Ego Strength - Love, Affection Relationship Focus - Partners, Lovers, Companions</p> <p>Active Loving Committed (to others) Faithful Sexual Emotionally-expressive Affectionate Warm Caring Tender Gentle Congruent Self-validating</p> <p style="text-align: center;">- Recycling -</p>
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## Energy System Profiles

- Chakra Profile
- 5 Element Profile
- Chakras & Relationships

## 5 Element Profile



UE = Deep Touch & OE = Light Touch

## 5 Elements

- **Fire:** Passion/Purpose/Joy
- **Earth:** Nurturance, Harmony, Empowerment
- **Metal:** Discipline, Mercy, Structure
- **Water:** Intuition, Peace, Flow
- **Wood:** Motivation, Growth, Resource

## Chakra Profile

- Yin = Front
- Yang = Back
- UE = DT
- OE = LT

THE MINOR CHAKRA PROFILE

Client \_\_\_\_\_ Date \_\_\_\_\_

Issue \_\_\_\_\_

Chakra	Yin UE	Yin OE	Yang UE	Yang OE
Crown	CV DT	CV LT	GV DT	GV LT
Blow	Pc DT	Pc LT	TH DT	TH LT
Throat	SP DT	SP LT	SI DT	SI LT
Heart	Lv DT	Lv LT	GB DT	GB LT
Solar Plexus	Lu DT	Lu LT	LI DT	LI LT
Sacral	Ki DT	Ki LT	Bl DT	Bl LT
Base	Ht DT	Ht LT	SI DT	SI LT
Genoidal	Ht x Ki DT	Ht x Ki LT	Si x Bl DT	Si x Bl LT
Placental	Ht x Lv DT	Ht x Lv LT	Si x GB DT	Si x GB LT
Liver	Lv x SP DT	Lv x SP LT	GB x SI DT	GB x SI LT
Arianda K	Lv x Ki DT	Lv x Ki LT	GB x Bl DT	GB x Bl LT
Thymus	Ht x Pc DT	Ht x Pc LT	Si x TH DT	Si x TH LT
Ear	SP x Pc DT	SP x Pc LT	Si x TH DT	Si x TH LT
Eye	CV x Ki DT	CV x Ki LT	GV x Bl DT	GV x Bl LT
Nivana	CV x Ht DT	CV x Ht LT	GV x SI DT	GV x SI LT

Interpretation \_\_\_\_\_

Balance \_\_\_\_\_

## Exploration Tasks

- Have a play with the protocol
- Make your own protocol
- Try it with others (ethically)
- Brain Gym & Switching
- Thursday – 4pm Practical Session