



DMT for the Adult Developmental Journey

Class 4: Friday, Nov 3, 2023 ~ 9:30am-12:30pm

**With Hana Kamea Kemble
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Topic: Integrating Intrinsic Memories ~ When younger parts emerge to be seen, felt, and healed in relationship.

In this class, we explore how neurological imprints shape our body-mind connection and unconsciously influence our experience of life and our embodiment. We explore how intrinsic memory is stored and how this relates to our process in DMT. We will discuss how “developmental edges” appear in the body-mind and how to work with exploring sequencing through these edges. We also explore movement as metaphor and how to support meaning-making for adult clients. Using newly learned techniques, students engage in practice sessions asking about childhood experiences, and supporting what emerges in the client’s body and movement. We learn how to welcome the presence of younger parts of self in body, voice and movement. We watch a film clip of DMT pioneer Norma Canner working with responding to an adult client’s traumatic childhood memory.

-Check-in with comments about the last film ‘Threshold’: and the midlife movement therapy sessions.

-Partner work practice skills:

-generalizing a movement to the whole body or minimizing movement to a specific body area, - working with ‘movement tics’

Imprints, Sequencing and Pathways of movement

Movement Warm-Up ~Connecting with Pathways

Bones
Fluids
Nerves
Muscles

...Can all sequence energy and movement, and directing our attention towards them as pathways can support movement therapy.

The architecture of body supports our sequencing as well as knowing where we are and what we can move.

Invite Sensing, Breath, quality of releasing Flow

Discovering **Developmental Edges**: places in our body where the sequencing stops.



What is Implicit Memory?

Pat Ogden on **Implicit Memory**


<https://youtu.be/57JTWii1LiE?si=5-M8H7syvLuSUXaB>

Janina Fischer on **Implicit Memory and Trauma**

https://youtu.be/sCavy1qoP2I?si=pbslwc4Gt_PqeA95

A large orange circle is positioned on the left side of the slide, partially cut off by the edge. It contains the text 'Implicit Memories: important to remember' in white.

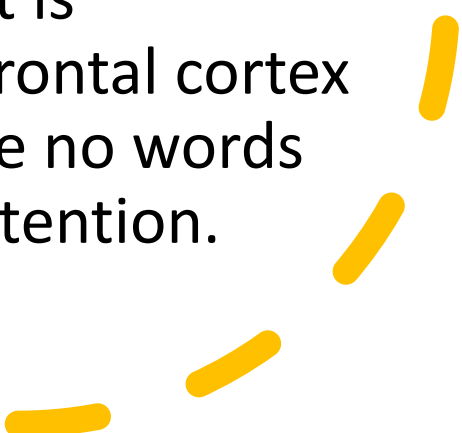
Implicit Memories: important to remember

- Stored as 'procedural' memory: automatic, unconscious and connected to younger states of mind that may present and need supportive guidance.
 - Right Brain connected: healed through breathing, sensing, feeling and moving, eye contact/relationship to re-integrate.
 - Stay closely connected - and ground yourself in presence of early material.
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Implicit (challenging) memories

As part of your job as witness and “somatic tracker” of movement and organizer of therapeutic process, watch for:


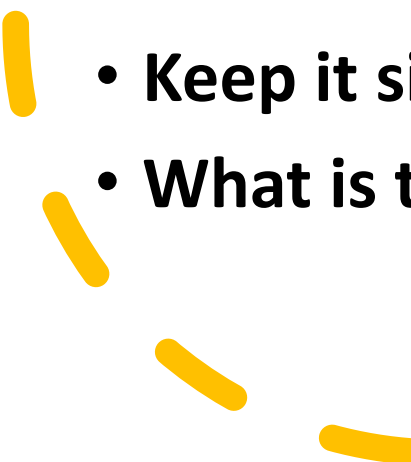
- **Confusion, disorientation, younger parts of self/body expressing**, client who doesn't know what they want or can't make a decision; feeling blind-sided, experiencing a “Double Bind”, disconnect, between felt sense and language, lack of trust/fear and anxiety emerging seemingly out of nowhere.
 - **TO DO:** As needed, help frame what is happening for clients, as their pre-frontal cortex may be “off-line” and they may have no words for their experience. Re-orient to intention.
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Movement has meaning

When we bring **more consciousness/awareness to implicit memory stored in the body-mind** there is an **opportunity to make meaning** as part of the integration process: bringing new insights, new understanding to sensorimotor experiences that arise in the course of movement therapy, etc.

General principle: Allowing client to make their own associations first, but we can then ask the **bridging questions** to help them connect with any meaning and associations and making NEW meaning of implicit memory generated movement. But, give time and space during this.

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- **Questions: Does this movement have any meaning for you?**
 - Does this remind you of anything?
 - As you move in this way, do you remember anything or anyone?
 - Does this movement want to say anything? Allow the meaning within this movement to become known.
 - **Keep it simple**, find the Body Poetry, simple words: “It’s like a...”
 - **What is the health** in this symptom or movement for you?
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Movement Therapy techniques

- **Bringing awareness** to body: tracking sensations, feelings, movement impulses, thoughts...
- **Supporting Sequencing:** in core, through to endpoints of skeleton – hands, feet, pelvic floor, face/head and along the pathways that connect these areas.
- **Cuing** Breath, Sound, Movement to emerge organically.
- **Shifting things up: Repeating, Decelerating, Generalizing, Specifying, Shaping movement.**

Developmental Edges: name, come around, near, towards slowly. Breath, sound, self-touch, connect to sensations, allow movement to unfold slowly.

Possible Partner Work: 10 minutes each

10 minutes each, just tapping in briefly to something

- Talk about your early childhood time, could be a specific time OR you can have that intention to explore something specific.

Partner practices Movement Therapy skills of:

- 1. Staying connected to your own breathing, body, movement needs.
- 2. Attuning with your client, tracking their body and speech, and offering suggestions for how to stay connected to their body and explore what emerges.
- 3. If someone is appearing dysregulated, hyper or hypo-aroused, provide more support for grounding, using the container of the body and engaging also the pre-frontal cortex/mindfulness of what is happening.

Working with Movement Tics

- Client may or may not be aware of a way they are moving (a gesture or short movement they do with their body that repeats as they talk about a particular topic or person).
- Often these develop in the CNS when a child or adult does not want to feel an emotion, so the movement is like a distraction from the feeling that the nervous system holds onto as pattern.
- STEP ONE: Bring awareness, with permission: “May I reflect back to you something I am noticing at a movement level?”
- OPTIONS:
 - Have client just connect with gesture and slow it down
 - Repeat it (can help reveal more about it), while inviting awareness of sensations, emotions, any memories or images or associations that come up.
 - Help the client stay open to the unknown and new experience of the Movement Tic.

(See Christine Caldwell’s Book in the syllabus called *Getting Our Bodies Back*.)

Emotion has
Shape....
Our feelings are
expressed
through shape
change in body.





