



# **DMT for the Adult Developmental Journey**

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

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**With Hana Kamea Kemble  
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## **Class #4: Friday Nov 3, 2023      9:30am-12:30pm (Hana)**

**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 Pathways

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Fluids  
Bones  
Muscles

Flow  
Developmental Edges



# 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).
- 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.
- STEP ONE: Bring awareness.
- OPTIONS:
  - 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*.)

# 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




# Implicit (challenging) memories

As part of your job as witness and “tracker” of movement and organizer of therapeutic process, what 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.




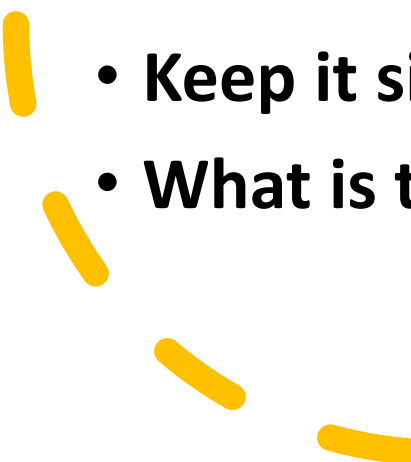
# Movement has meaning



When we bring **more consciousness into 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, etc.

**General princile:** Allowing client to make their own associations but we can 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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Does emotions  
have Shape....  
Or not







