

# IFS Online Circle Month 6

## Trauma Behind the Rage

### Segment 1

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- Pamela: We're going to start now, we're going to start at the beginning of the video which is probably a great place to start. This is how Dick begins to engage Tom in a session.
- Dick: As we've been talking, you mentioned the number of different parts. You said earlier you would follow my lead but I just wondered if there was anything in particular. I know you mentioned the anger and the rage that still bothers you at times and the shut down. I'm just curious about where you might want to start.
- Tom: I think for me it's the anger that concerns me the most. I just don't know where it's going to lead because a lot of times what happens is I get angry, and the fear of what I could do shuts everything down so that I'm just kind of numb. I spent so many years after my brother died being numb that I don't feel human at times because of this numbness.
- Dick: How about if we start with that one, with the numbing part, does that sound okay?
- Tom: Yes.
- Dick: Okay Tom, go ahead and focus on it, see where you find it in body, around your body.
- Tom: Okay.
- Dick: What did you find?
- Tom: Feels like a shroud around my heart.
- Dick: Good. How do you feel toward it?
- Pamela: What you saw in this initial segment of the video was Dick engaging Tom, you can see that it was very client-centered, Dick was tracking Tom's parts as he began to mention them. Dick offered, you'll see that he offered Tom "would you like to start with a part that numbs you" not "let's start with the part that numbs you" but would you like to. He offered it to Tom, Tom agreed that that was the place to start, and then Dick launched right in to the success. Where do you find it in your body? Can you focus on it? Tom said that this part felt like shroud around his heart. Dick asked that question that invites on blending "Tom, how do you feel toward that part?" He was moving very sequentially through the success.