

Protectors, Exiles, and Summary

Pamela Krause: Welcome back. I think I'd like to start with a little recap of where we are in the flow of the model, just to get everyone oriented again and then move onto the next phase of it. Again, we start with developing a relationship, a safe enough external relationship between the client's parts and the self of the therapist. We then help, which is direct access, remember self to part relationship, and then we begin to shift the client inside to develop their own internal self to part relationship.

You watched that Toni as we established which parts she was curious to know. We set a target part and we created a relationship with what we believe these parts that Toni was feeling here, this grouping of parts, were protectors that were protecting her from feeling something more vulnerable, more painful. As we established that relationship with the protectors, we're trying to get clear about what it is they're trying to do for us, what their role is in the system, appreciate them and just really hear whatever we need to hear from them about what they do so they can feel listened to.

Then we stop in and become the hope merchant. We help them know that we're here to help them, that we can heal what they're protecting so that they don't need to keep protecting the way they've been protecting. All right. We're going to ask them to step back and allow the exile to come. You saw in the little demonstration with Toni that that grouping of protectors was not quite ready to do that yet.

What we would do is continue to develop that relationship and answer any kind of concerns those parts had until they felt safe enough to step back. When they do, when protectors step back, all right. Well, let me say this first. There's not just going to be one protector that you're going to work with and it's going to step back and up come the exiles. It's very likely that you're going to have to go through a series of protectors, so keep doing that same thing over and over again, establishing that relationship, creating safety between that part and the self of the client, understanding it and being the hope merchant for it.

Then once all the protectors in that particular line are reassured enough, they will step back and then the vulnerability or the exile will come. This phase of the month is going to be about what to do with exiles, how to work with exiles. It's very, very similar to what we do with protectors. The very first thing is to establish that relationship. I'm going to do a brief overview of this because we're going to go into this in much more detail later on in the training, but just as an overview to remember that these exiles are young, they're stuck in time at the point when they were

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originally wounded.

They're often in caves or tunnels or locked away in rooms. They need a slower pace, right? We do the same. We create a relationship, but when we're working with an exile, it's really important to let the exile set the tempo of that relationship, so that we're allowing it to come forward and be understood in the way that it needs to be understood. We establish the relationship. When the exile feels safe enough with the self of the client, it will then tell its story.

They long to be known because all their lives they've been told that they're not right, that they're too sensitive, that they're exaggerating, that what they believe isn't true, it never really happened. They're told to grow up, they're told to get over it or they're even sometimes overly taken care of, but they never really get to say what it was like for them. That's an important piece of the healing for these parts is that they get to tell their own story.

Once that story is heard by the self, once that young part, that vulnerable part feels finally understood, finally gotten, it can let go of any of the pain or wounding that it picked up as a result of what happened to it. That's what we call a burden. These burdens are mistaken beliefs, thoughts, feelings that these parts have about themselves because of the overt or covert traumas that were visited upon them. Big T, little T traumas, intentional, unintentional traumas, but it's beliefs or feelings or thoughts that they've picked up about themselves.

Now there's a whole process, there are steps of unburdening that, again, we'll cover a little later in the training. I know everybody's probably going to be really interested in that right now, but you're going to have wait a little while for that. Suffice it to say that there is a protocol for helping parts release their burdens and when they do, they can invite back in original qualities that they had so they can return to their preferred role. They get to be rather than who they've become because of these false or these mistaken thoughts and feelings and beliefs, they can return to who they were intended to be in the first place.

Exiles are generally our most joyful, fun loving, creative, wonderful parts. Again, you'll hear much about this later in the training. Once an exile is unburdened ... Now I sort of look at it as the exile is sort of at the bottom and all these other parts are organized around it, right? All these parts are organized around it to protect it, because remember no part operates in isolation. They're all connected to one another

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somehow.

We need to begin to integrate this change into the larger system. We do that by circling back around to some of the protectors to help them notice what happened with this younger part. Some protectors will automatically let go of their burdens and revert to their original roles. Some of them may actually need to be witnessed and unburdened exactly like the exile was. The great news is you don't have to know anything about that. All you need to do is ask.

Just like we always believe, the system knows what needs to happen in it and if we can just stay curious enough, the client's parts will lead us exactly where they need to be.

That's the end of this particular month. This month we looked at an overview of the model, just a framework that you could use to put the rest ... You know, it's like a frame of a puzzle that you can now fit the rest of the pieces into. As a reminder, we reviewed how we start, which is really creating safety in that relationship, in the therapeutic relationship.

Then after creating safety, we also showed you how to develop a relationship, the internal relationship, in-sight, in the client between starting with protectors, their self-inner protector and how you would establish this relationship, develop this relationship, until the protector felt safe enough to step back and allow the connection with the exile. We also demonstrated that. Toni and I demonstrated that together.

We did a brief overview of exiles and what's it's like to work with exiles. An introduction of the unburdening process. Then we discussed integration and circling back to the protector so that the unburdening can then be integrated into the entire system. Next month, Toni's going to be talking with you about ... Give you step by step how to go in and establish a relationship and safety with protectors. That particular phase of the flow of the model is going to be described in much more detail next time.

I'll look forward to talking with you all in the call this month. Bring any questions you have. I'd love to hear from you about what makes sense and what doesn't make sense and thanks so much. Look forward to talking with you all.

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