T4

Memory Shifts:
The Lynch Pin to Symptom Change &
Positive Client Growth

(David Alter, PhD, ABPH)
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T4: Memory Shifts: The Lynch Pin to Symptom Change & Positive Client Growth

Bibliography/Reference List


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Cellular Wisdom: Borrowing from the Ancients

An Interactive Exercise

Cell membranes maintain their integrity and their vitality by: 1) taking in what they need; 2) keeping out what is toxic; 3) retaining what is essential and precious; and 4) releasing what is no longer necessary or nurturing. Modeling this process with clients achieves several goals important to making memory shifts. The exercise reinforces the client as the possessor of the resources of change through a focus on uncertainty and novelty. Second, the exercise involves embodied exploration, which is a powerful means of shifting memory. Third, it is interactive, and models the manner in which healing relational contexts can support the client’s exploration of resources to enable them to change their minds.

- Inquire about client’s interest in discovering what their body already knows that might be helpful in their pursuit of their goal
- Observe their responses to this inquiry. Use “kneading” and “wondering” to build receptivity to explore something new (novel) in spite of not knowing in advance what they’ll discover.
- Provide framework for understanding the role of the cell’s membrane is retaining individual integrity, essential connectivity to surrounding environment, and vitality of internal environment.
- Inquire about which hand can represent the functions of taking in and keeping out. Mirror this with hand positions.
  - One hand for Taking in: Palm up and facing body
  - One hand for Keeping out: Palm up and facing away from body

Then...

  - One hand for Keeping in: Hand on heart
  - One hand for Letting go: Hand out with palm down

- Proceed through Interactive discussion (conversational, interactive trance), utilizing kneading, wondering, wandering, and -gressing

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