

Directions for the Session Checklist & Narrative Report Forms

EEM One-Year Clinical Practicum

Revised 7/17/11

Session Checklist Directions:

Client Initials: Make up the client's initials in order to maintain confidentiality.

Dates: This Session Checklist can record up to 4 sessions such as: 8/15/11, 8/22/11, 9/1/11, 10/1/11

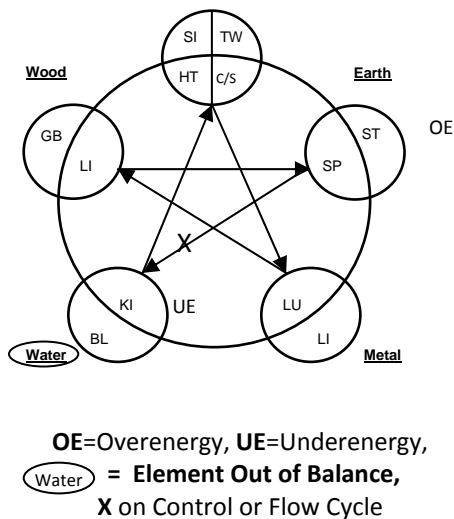
Session #s _____: Each Checklist must be numbered sequentially 1-100 so your mentor can track that all have been completed.

Presenting Issues: is a brief description of what the client is presenting with for this session AND in the client's words, what their intention is for the session.

Checklist: Use \checkmark for **Yes**, an energy was initially in balance. Use **O** for **Out of balance**. Blank means the energy was not checked. A \checkmark through the O indicates it could be corrected (e.g. \checkmark O). A \bigcirc around the O means it could not be balanced (e.g. \bigcirc O). An **I** means that there was **Irregular energy initially** (e.g. **I** \checkmark or **IO**)

Basic Energies	Balanced?				Aura	Balanced?				Radiant Circuits	Balanced?			
	8/15	8/22				8/15	8/22				8/15	8/22		
Walking Forward	\checkmark O	\checkmark			Attached	\bigcirc O	O			Regulator Yin	\checkmark	O		
Thymus	\checkmark	\checkmark			Extended	O	O			Regulator Yang	\checkmark	O		
Spleen	IO	O			Leaks/Tears					Bridge Yin	\checkmark	\checkmark		

You can use the 5 Element model to indicate over-energy, under-energy or control/flow cycle or element problems.



For example, this client has over-energy in the stomach meridian, under-energy in the Kidney meridian, the control cycle between Earth and Water is out, and the Water Element shows out of balance according to the Star Diagnostic.

There are four Element Models to correspond with the four sessions possible on this form.

Use them in this order:

- 1 2
- 3 4

If you go to deep layers of the Chakras, indicate that. Otherwise it is assumed you are in the first or second layer. The "Chambers" section under "Chakras" give you an opportunity to indicate which chambers have energy tested weak.

Checklist Explanation:

Most are self-explanatory. Here are a couple items that may need explanations.

Tailbone Tap: Tap twice on tailbone. If weak, energy not going back down legs. Hook-up navel & tailbone.

YIN Weaving: Refers to a protocol developed by Vicki Matthews and presented at Practitioners Conference '09.

Session Narrative Directions:

Please type these reports using a font size of 11 or 12. In order to help facilitate your mentor's review, please write it so you are both thorough and concise with everything being contained to 1-2 pages.

Live/SKYPE: Check this option if the session is the write-up to the session with your mentor. If this is from a Live/SKYPE session, summarize what you learn from the feedback in the "Self-Reflection" section of the Narrative Report.

of EEM Sessions: Please indicate how many EEM sessions you have had with this client prior to and including this one.

Session # _____: Each Narrative must be numbered sequentially 1-100 so your mentor can track that all have been completed.

Content:

Impressions/Presenting Issues (from Client & from What You Observed)

Elaborate on client's intention

What are the salient factors about the client that capture the essence of what brings them to you?

What did you notice that influenced your approach.

Overview of Energy Systems Used and What Led You

What was the flow of the session?

What led you along that flow? Client report, energy tests, relationship among energy systems, etc.

What showed up that was unexpected

Lessons Learned

What did you learn from this session?

What role did the client's sensory or element type play in the session

Were there any surprises?

Looking back, would you do something differently?

Self-Reflection

How did you feel working with this client? What did you notice in yourself energetically, physically, emotionally and cognitively (e.g. expectations, beliefs)

What challenges came up for you, how did you manage those?

What work do you need to do to improve your skills, presence, and clarity of energies?

Homework

Be specific.

Does client comply with homework and how have you addressed this?

Considerations for Next Session

What are your impressions to consider for the next session?

What energies/issues do you want to follow-up on?

Patterns Emerging

If you have had several EEM sessions, what patterns do you see emerging?

Session Narrative Example

Session # 50

Practitioner Mystic Light Client Initials TJ Date 8/22/09 # of EEM Sessions 2 Live/SKYPE Y

Impressions/Presenting Issues

Mostly TMJ and stress, also bringing her 13 year old son – Very hooked in to what’s going on for him. Control issues. A lot of stress, very sweet along with the strong control, and sense of running the ship. (her family- herself and 3 sons (13 – 22))

Overview of Energy Systems Used and What Led You

This was her second session, and there was definitely a feeling of her monitoring very carefully the results from the first. Very careful analysis of what changed, and what she should attribute it to. Not aggressive, but very Wood. The first session was mostly grounding.

This session I went back to grounding; to see if it held, and reinforce that basic flow of energy. All the grounding from the week before was still testing out. I reworked both KI 1, BL 66, root chakra – all responded well.

I had a strong feeling about Control Cycle with her. I first tested all the meridians, and found (besides TW) ST, BL, KI out, as well as SP frozen.

Note: she had made a comment about needing to learn to take care of herself which I made note of. There was a feeling of her controlling her kids to help feel in control of her own life.

I unfroze SP, then checked Control cycles and found as I suspected the Earth/Water combination was off. I did the correction, and all meridians corrected except ST. Interestingly, her son (who seems temperamentally most like her out of the 3 sons) also had Earth element off. While his ST was under-energy, hers was over-energy. They’re both worriers and fret a lot. I think Worry (Earth) for them assuages their Fear (Water) and that could be a core issue/imbalance for them behind.

Given the obvious emotional aspect, I decided to test the Earth NVPs before I sedated ST. I simply touched and tested Earth NVP and it tested weak. I did a long ST sedation, followed by a good 10 minutes of Earth NVPs held with main NVPs.

I also tested Regulator and Bridge Flow, and both the Yang Flows tested off.

There’s a feeling of a lot more work than play for her, and I wanted to both see where these Flows were at, as well as possibly invite in a little more light-hearted energy. They hooked up nicely. And she definitely has a humorous, playful side.

Lessons Learned

I learned a lot more about her family dynamics, and her elements are revealing themselves; Wood/Earth? She comes with her son (they don’t live close by) which feels like both an act of love for her son and herself, as well as a way to both navigate her son, and avoid too much intimacy with me. Her son is in the apt during her session, and she doesn’t seem to want/need privacy for her sessions. This is tweaking my interest, and presenting itself as a possible emotional bent to work with.

Self-Reflection

I like this client, **and** she is challenging for me. She's Woody (like me) and is not very in touch with the other elements. I find myself getting impatient with her long, long explanations of different diets and modalities she's tried or is trying. It feels like an unconscious distraction to what's really going on, and I've found myself during the sessions needing to consciously stay in compassion, and out of impatience. With partial success.

This shows me that I have some work to do via this client - an opportunity to broaden myself a bit and learn to partner well with her. I'm meeting her Wood with my Wood, and that's not a winning approach. Work in progress!

I think when it gets just a little warmer, I'm going to try and send her son up to the roof deck during his mom's session, and see if I can get a little deeper/closer with her. I think if I can instigate some real connection, the irritation might ease.

Homework

Given it's their second session they are mostly doing the Daily Energy Routine. They were reasonably compliant. I added rubbing SP and ST Source Points after each meal for her son, as he has trouble digesting. For them both, I added Earth element and main NVPs. Also, for her - a few new ways to work with TW. Mostly NVP connections.

Considerations for Next Session

I plan to once again recheck the grounding and see if it's held any better. If it hasn't, I'll probably try doing each part for much longer, really let her sink into it, and follow it by some nice Penetrating Flow rocking, to try and sink it in. Then I'll retest Control Cycle and meridians and see where she's at. Yang Flows, too.

Patterns Emerging

Too early to tell for sure, but I wonder if her Wood Element is balancing her Earth and the Radiant Circuits aren't activated.