

# Partnership School Parents' Program

“Discovering Your Inside Place”

*Presented by:*

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# “Discovering Your Inside Place” Program

- What is it?
- Why is it important?
- What difference will it make?
- All about the “Inside Place”
- “The Inside Place ” elements
- How can I encourage my child?

# What is this “ Inside Place” Program?

- A program to teach the children *life skills* that enable them to be with their feelings and emotions in a positive, life-enhancing way.
- Helping the children to learn how to not be merged with their strong feelings and able to appreciate all their feelings in a constructive way
- Ultimately Helping the children to lead healthy, happy lives.
- Helping to create a dynamic and rich family life.
- *The program is not therapy or a set of techniques to suppress emotions !*

# Why is this important?

- Life experiences generate emotions and feelings in addition to cognitive knowledge.
- It is easy to become merged with strong emotions and stay “stuck” in them. That merger can result in behaviors that are negative and destructive.
- Positive life movement comes when one can become aware of the meanings that underlie the emotions.
- Such interaction does not “solve problems by making them go away” but rather enables a person to be with the reality of the situation in a way that is life enhancing

# What Difference Will This Make?

- The children will learn life skills that will:
  - Help navigate the turmoil of life changes
  - Help establish positive relationships with their bodies
  - Promote more balanced relationships with others
  - Promote stronger family relationships
  - Ultimately help them become more healthy, happier adults
- For parents it will:
  - Provide new opportunities to interact positively with your children
  - Reduce frustration !
  - Open up new possibilities in your own lives ...

# All about “ The Inside Place”

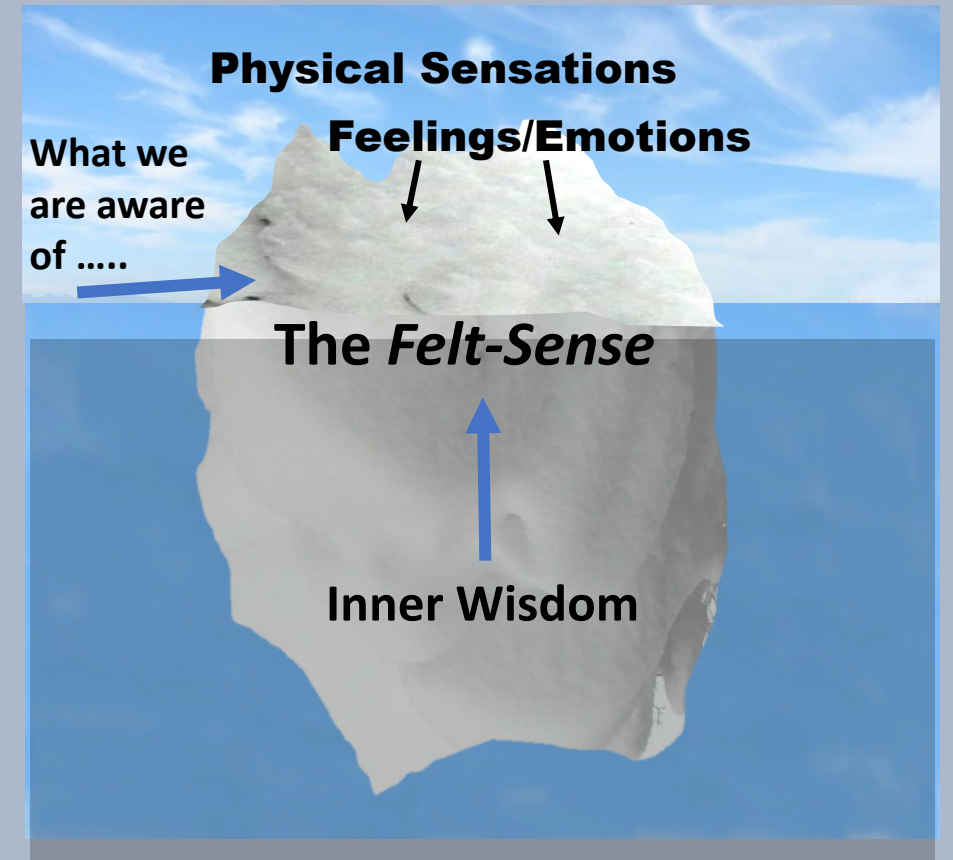
- Our Culture:
  - “ Living from the neck up”
  - Focused on solutions and “fixing” everything
  - Living by deflecting strong emotions
  - The opioid crisis is just a symptom !
- Our experience: Logic and knowledge aren't enough...

# “ The Inside Place ”

- Looking at what is inside us from a different perspective!
- New approach to our bodies:
  - We are both mind AND Body
  - There are neural networks in our torso area – like a brain extension!
  - These networks carry the energy of all of our life experiences
  - But more than just energy, there is a deep wisdom in this “inside place”.
  - And the way our bodies begin to manifest this meaning is through our feelings and emotions!
  - Our feelings and emotions are “the phone ringing”...
  - In essence, our inner knowing is a “sixth sense”.

# The Iceberg of Our Awareness

- So how do we answer the “phone”?
- The Felt Sense!
  - Gives rise to our emotions
  - Is the doorway to our inner wisdom
- The key to “answering the phone” is to become aware of the felt sense





# Two Doors Experience

# The “Inside Place” Program Elements

- Bodily Awareness
- Recognition of the range of possible emotions
- Emotions as neither good nor bad: the “story” under them...
- Clearing a Space / Pausing
- Ways to discover felt senses through feelings and emotions
- Ways to bring the inner meanings/wisdom into awareness
- Ways to interact with each other from this perspective...

# How to support your child in this program

- Some principles:
  - Understand that the child is the **expert** on his or her inner place.
  - Respect the child's inner place : no “shoulds”
  - Encourage “ Pausing”
  - Encourage “Where in your body do you feel that?”
  - “ Does it have a name?” “What is its story?”
  - Use the language: “Inside place” and .....
  - No such thing as a “bad” feeling.....
  - Be curious about what is the “story” underneath their feelings

# Your Own Challenge

- Understand your own “inside place”
- Know that your baggage colors your interactions
- Don’t be afraid “to answer the phone”