



CLIENT CONNECTION AND SUPPORT THROUGH THE PROCESS OF SUSTAINED CENTERING

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****Note: For grammatical ease and clarity, the pronoun she has been used to represent the practitioner and he is used to represent the client.***

Have you ever wondered if there was a way to understand your clients more clearly so you could help them more effectively? Or, have you wanted to experience a deeper connection with your clients so you can better understand their experience? As a nurse and post-secondary educator I used communication skills that I had learned to help me communicate more effectively with my patients and students, however, I yearned for something 'more'.

When I was introduced to the practice of Therapeutic Touch® (TT) in 1984, I learned to connect in a deeper, more effective way, with those I desired to help. This article shares a bit about sustained centered that I learned in the TT process and how this process can support you in experiencing 'more' in interactions with your clients.

The TT process begins with the practitioner entering a centered state that is -

maintained throughout the session, in TT this state is referred to as 'sustained centering'. In the centering process the practitioner brings her awareness to the 'here and now' by focusing on her breath, noticing the ebb and flow of the breath, and allowing the breath to become deeper, slower, more relaxed. As the breath becomes more relaxed, the body becomes more relaxed, allowing energy to flow more freely through the practitioner's body. The practitioner's focus moves to the soles of the

feet, imagining roots going down into the earth, feeling a solid connection with the earth's energy. As the practitioner shifts her awareness to the heart center, a sense of compassion for the client can be experienced, a desire to help without judgment or attachment to the outcome. From the heart center the practitioner connects with

her inner self, that soulful place within, and there is a 'reaching out' to connect with the inner self of the client thus creating a psychodynamic connecting corridor. The practitioner experiences a shift in her level of consciousness as she experiences a sense of oneness with the client. From this place of connection, a partnership with the client and practitioner occurs as they enter into a deeper level of their healing relationship.

Through sustained centering there is a connection with wholeness that is the essence of the client, a recognition that the client is the one doing the healing, and support for the client's healing process. As the practitioner sustains this centered state throughout the process the client receives a steady flow of energetic support throughout the session. At the outset of the session both partners set an intention for the healing session. The client identifies his desired outcome for the healing session, describing

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clearly how his life will be different when this change has occurred. The practitioner identifies an outcome that supports the highest good for the client at that moment in time. During the session, when the practitioner recognizes that she has gone 'off center', she brings herself back to the centered state by applying the strategies she used to center at the outset of the session.

The sustained centering process can be used by any practitioner who has a sincere desire to help others and a desire for a deep connection with their clients. I have taught the centering process to a wide variety of health care practitioners, teachers, and students, who have found this process helpful in connecting with their clients and with each other. Sustained centering offers a feeling of connection,

support, and safety for the client. As a practitioner, I have found sustained centering provides me with a connection with clients that allows me to truly 'be with' them in their experience and allows me to support them in a way that is right for them. As a client, a recipient of sustained centering, I have experienced a feeling of being wrapped in a warm, safe bubble, a feeling of deep relaxation, a strong connection with the practitioner, and a knowing that she has 'got me'.

Sustained centering is a part of the energy practice of Therapeutic Touch®, however, as I have mentioned it can be used by anyone who has a sincere desire to help others. If you have a sincere desire to help others, I would encourage you to practice sustained centering and notice how your relationship with your clients deepens. You might record your experiences in a journal so you can notice how your work with clients changes.

Therapeutic Touch® (TT) is an energy-based modality that focuses on facilitating balance in the healing partner's (client's) energy field; this balance supports the body's natural healing mechanisms. During a TT session the practitioner connects with the universal energy providing her and the client with a limitless source of energy for the healing process.

I offer Gratitude for the opportunity to share this process with you and Joy for the possibilities that incorporation of sustained centering into your practice holds for you.

-Chery Ann

Chery Ann is a Recognized Therapeutic Touch® Teacher and Practitioner in Canada and the United States. She has practiced Therapeutic Touch® (TT) since 1984 and has taught TT since 1988. She is actively involved in the TT Community as: TT Practice Group leader and Teacher-Practitioner Liaison on the Board of the Prairie TT Network, chair of the Curriculum-Education Committee for the TTNC (TT Networks of Canada), and chair of the Ad Hoc Committee on Mentorship for the TTNC. She is a National and International keynote speaker. Chery Ann is also the Director of Chai Holistic Health Services), where she offers a wide variety of courses for holistic practitioners and teachers. If you are interested in learning more about sustained centering and Therapeutic Touch, you can check out her website at:

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