

Integral Healing
My first year
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“Healing may not be as much about getting better, as about letting go of everything that isn't you all the expectations, all of the beliefs and becoming who you are.” Rachel Naomi Ramen

This course has altered the way I live my life. It has widened my views on people and on our human experience. It has given me insight into our collective suffering and provided more possibilities for healing. It has strengthened my relationships with some and divided my relationships with others. It has broken me down and opened me up to new ways of thinking, feeling, integrating and being. It has challenged my perviously held notions of therapy and how we help. It has laid the foundation for understanding psychotherapy and in the process given me a greater understanding of myself.

This past year has revealed some of my own deeply rooted oral character patterns and wounds that I am working on and imagine will be working on for the rest of my life. It has given me tools for releasing old pain and grief. And through this work, I have found a freedom and joy that I never knew was possible. With such deep and affective letting go and in an environment of full compassionate support for true expression, I am able to reclaim more of my authentic self and begin to understand how I may be able to help guide others.

This year has helped me develop a stronger connection to self, by understanding old patterns that formed me and expanding new ways of thinking and being in the world. Through regression work, dream analysis and meditative journeying, to name a few. I am uncovering and recovering parts of my true essence that I thought were lost for good. I am tending to those old wounds with my now wiser/adult/mother self. So when I'm asked to reflect upon the past year in this course, I would have to say that it has profoundly changed my life and in the process called forth my best person.

Wendy Fredricks and Audrey Jolly have provided inspiring examples of the subtle art of being with. It has been so very beneficial to witness the compassion, consciousness and integrity that they bring to the work. We have benefited by witnessing their attuned level of professionalism and insight with rich examples of client centered psychotherapy. I feel very grateful to have had this time to learn from both of them. As I reflect on their unique styles and I see the different gifts they bring and I realize just how fortunate this class has been to have these two honed perspectives. Having both Audrey and Wendy at times share different approaches and possible paths to healing has lessened my fear around the notion that only one correct road exists. We have been greatly gifted with their wisdom, patience and always present encouragement as we share our own individual journeys and different connections to the work.

I see how my Reiki practice has been enhanced by this program and look forward to further development. I am more trusting of my intuition and more present to the clients needs, while realizing the benefit to having them be in the drivers seat. I have a greater selection of tools for

measuring their state and for assisting them towards connection to higher self. I have a widened awareness of the subtle whispers of the body. The way we hold ourselves or react in response to others. The way we defend, protect and allude the true self. I see my dream of working in this capacity taking form slowly overtime like a sculpture. As we chisel away at one part the next reveals itself and so on and so forth. An ever evolving art form along a path of perpetual learning.

In particular I have developed a desire to know and understand more about how the body holds truth. Like the stones hold the memories of the earth. The volcanic fires of rage and the cleansing rains of grief. A truth that can be unlocked through bioenergetics. I have found myself immensely drawn to this excavation process. I see its potential to unleash, allow and ultimately reintegrate the lost, stolen or never given space to fully express parts. To reclaim a part of oneself that went into hiding. A chance to move through with personal power, find the voice, feel the pain and heal some of the wounds that may have kept us stagnant for years. I have found this art form pretty mind blowing to say the least.

One of the most amazing experiences I had here, was a bioenergetic session supported by the entire group. During this period, I was transported back to an abortion I had when I was eighteen. I didn't realize how much repressed fear I was still carrying twenty two years later. I wasn't consciously aware of the trauma that remained locked in my body. Having been sedated under general anesthesia, I assumed that the sleep shut me out from feeling the procedure part of the experience. But my body and spirit were well aware of what was happening and I was terrified. With the support of the group, I was able to go back into this old wound and move through my fear finally releasing the shame I carried. What an overwhelming sensation to feel such pain and receive so much love and support at the same time. A true rewiring and remembering of self. The open heartedness and dedication of each person towards my healing outcome transformed the pain from the body and left me with feelings of profound love and gratitude.

Aside from this experience there have been many aha moments for me this year. Every weekend has been engaging, enlightening and at times scary. From the felt sensation of regression work to the powerful cleansing of bioenergetics. The transformative energy of authentic movement and voice play to the revealing nature of dream analysis and psychodrama. The attuned connection of talk therapy and many more experiences has really deepened my understanding of psychotherapy. It has given me first hand appreciation of the vulnerable exposing of self that this work requires of people and I take very seriously the holding and keeping sacred those hidden parts of a person. It has been such a great gift to personally experience these various modalities and it has ignited my true passion for healing and sparked a fire of curiosity for therapeutic work. I look forward with great excitement and deep gratitude towards my next year on this journey.