

# Developing Healthy Traits Among Individuals Through Virginia Satir's Change Model and Energy Medicine

Oct. 9, 2020

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During the lifetime, every individual learn or unlearn to accomplish goals, develop traits or get rid of unhealthy habits. This allows to undergo the process of change which demands a lot of coping and survival strategies. This process is inevitable and universal irrespective of person, place, situation and nature of change. Hence understanding that process of change is process of growth. As Growth can be positive or negative, the individual is very powerful that he can divert the growth in any direction.

Despite the importance of change in the pursuit of health and happiness, there are few universal formulations of how it is accomplished .The Satir change model was developed by Virginia Satir, a family therapist, artist in becoming fully human and author. The model was designed to help people improve the way they cope with major, unexpected change. This model predicts and tracks the impact of change on overall performance. The model includes 5 stags in the process of change.

Energy medicine is the art and science of fostering physical, psychological, spiritual health and vitality. It works on body's subtle energy systems and corrects the energy imbalances that will stimulate energy system, strengthen mental capacities and bring them into harmony and balance for optimal health. The process of change is like surgical operation and needs care throughout. This emphasized the idea of creating a module combining Virginia's Process of change model and techniques of Energy medicine to develop healthy traits by releasing old unhealthy patterns.

The focus of this module is to allow individuals to undergo the process of change with grace and breath, hope and positivity, to get ease with the process and making it a pleasurable habit for lifetime. Energy medicine combined with the satir change model, allows an individual to become more fully human journey effective. As Human tendency is to go back to old pattern easily during the process of change, balancing subtle energies based on individuals need helps in reducing the intensity and frequency of giving up.

In this module, the Individual works one on one with the professional once in a week and attend energetic wellness group session every day.

5 Stages in the Satir Process of Change with customized Energy Medicine Sessions:

## **Stage 1: Status Quo**

The individual is in current situation where the end result is predictable and familiar. His thought process and actions are based on assumptions. The person is in this stage because they think there is only one way of doing things or this a normal way. People always have tendency of clinging to familiarity irrespective of experiencing healthy and unhealthy patterns. This is an important stage for any person as it is the essence of survival, even if the outcome is hard.

Awareness to the Individual to have a bigger picture about the need of change & growth:

- Being aware of present Physical and emotional wellbeing.
- Thoughts about one's own self or identity and their relationship with others.
- Listing out unhealthy patterns to be removed and healthy patterns to develop.
- Providing the knowledge about the process of change and how it relates to growth.
- How Energy Medicine helps in the process

Individuals receive this information through Brochures, presentations and lecture in their schools, colleges, organizations, social media and community centres.

## **Stage 2: Introduction of Foreign Element- Resistance**

Individual at this stage comes from threat or reward from the current situation. He wishes to shed old patterns and create new healthy patterns. He is in a state of stepping into unknown which is unfamiliar. This awareness is called foreign element. It can be internal (from within) or external. Even though the person wish to start the process of change, the foreign element is vulnerable now and it could be thrown off anytime. This is similar to organ transplant. Individual is in need to tell himself about the positive outcomes that it serves for his better health. At this stage higher level of anxiety and lower level of hope is experienced and Resistance to change dominates the situation. Resistance is a survival pattern and we need to find a way of new survival pattern without resistance. An old pattern cannot function now normally as something new has come in.

Energy Medicine

- To feel centered and grounded.
- To be in present
- To love, accept and forgive himself for all unhealthy patterns and open to the changes with hope.
- To release the limiting beliefs and obstacles that acts as a resistance to start the process.
- Accepting and befriending the foreign element to one's own self.

## **Stage 3: Chaos**

At this stage, the individual is far from the old status quo but not close enough to new status quo. This is where real change occurs with lot of confusion. Low level of clarity and high level of overwhelming is experienced. No accurate prediction could be done about the outcome. The individual encounters new possibilities and many new experimentations are

done. The individual can figure out what he wants but not sure about the process of achieving it.

#### Energy Medicine

- To accept that confusion is normal and proceed with hope.
- To trust the process and reinforce what the individual wants.
- To release overwhelming thoughts and feelings.
- To clear emotional blocks and move further with clarity in the process.
- Developing emotional stability and openness to new experiences.
- Exploring resources from within and strengthening the strengths.

#### **Stage4: Practice- Integration**

As the individual already had few experimentation and experiences, now the focus is to integrate the new pattern to his life situation and practice. The key to this phase is one can see how the foreign element can benefit through a transforming idea that he experimented during the chaos stage. This Idea of making the new pattern more casual is succeeded through consistent practice. More opportunities for practice are created in this stage. Duration and intensity of practice is based on the individual and nature of new healthy pattern.

#### Energy medicine

- To have consistency and determination in practicing the new pattern with hope and positivity.
- Tapping in the pleasurable and successful moments.
- To accept and be aware of the mistakes and fine tuning the skills.
- To appreciate oneself for each success and enjoy the process

#### **Stage 5: New Status Quo- Healthy Trait**

The Individual is in a place where he is familiar and outcome is predictable. The foreign element is now friend of the individual. Healthy new pattern has become a part of life .The individual is full of hope and positivity. He is ready for the next change to meet life needs with grace and hope.

#### Energy medicine

- To acknowledge all the progress made and celebrate the outcome.
- To generalise the learned new healthy trait in all situations.
- To experience the newer version of self with joy and happiness.
- Feeling content and preparation of individual to the next phase of change.

In this Module, Individuals attend Energy medicine daily routine for balancing themselves every day as a group for 8 weeks.

**Energetic Wellness Routine**, helps individuals to unscramble their energies on daily basis during the change process. To release energy blocks and provide clarity towards accomplishing a goal. It helps to stay in present with awareness and committed to the process they have started and receive the benefit of holistic self-help tools to use it for life time. The routine includes below mentioned energy medicine techniques.

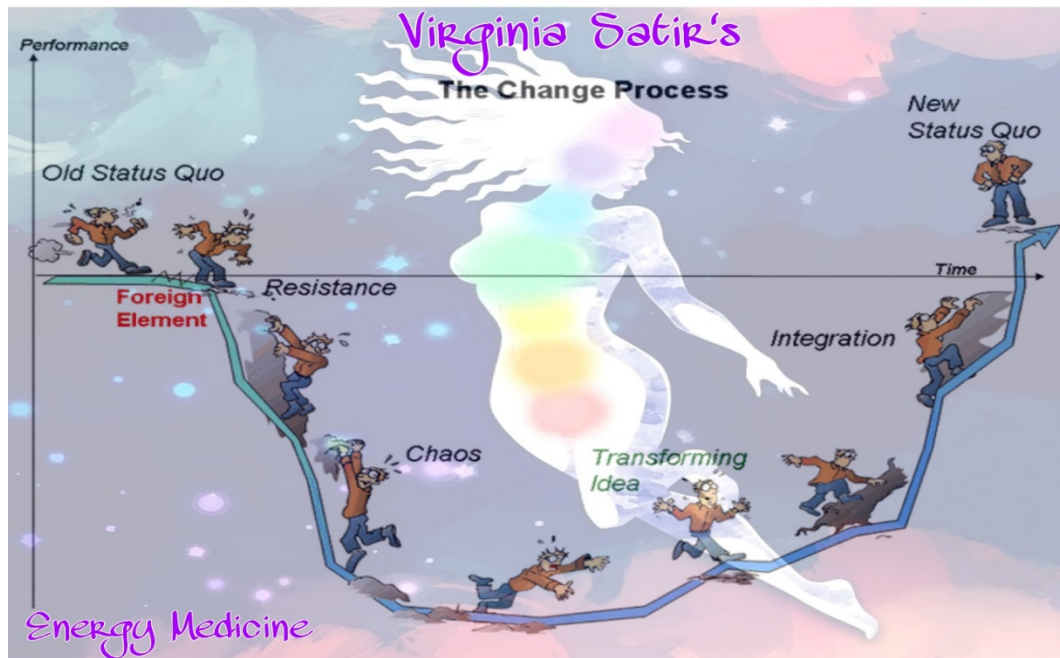
1. Donna Eden Daily energy routine (Eden Method)
2. Sending energy and Grounding (TYLEM)
3. Switching and central meridian zip up (TFH)
4. Foot Massage (TFH, Qi YIN)
5. Golden light Meditation (TYLEM)
6. Chakra clearing (Eden method, TYLEM)
7. Aura strengthening (Eden method, TYLEM)
8. Meridian massage and Metaphor muscle dance (TFH)
9. Hara line alignment (TYLEM)
10. Radiant circuits (Eden Method)

**Energy medicine techniques** used in Individual and group session includes Touch for Health, Transform your life through Energy Medicine, Emotional Freedom Technique, Donna Eden Method, Brain Gym, Qi YINtegration, Your DNA is not your destiny (K power), Emotional Programming and Integrated mc<sup>2</sup> .

The intervention given during the session is based on the person's bio energetic need using muscle testing or dowsing.

Personal Record of Individual is tracked on daily basis:

- Self-rating scale of anxiety and hope to change.
- Track of physical and emotional symptoms.
- Notable changes in other aspects of lifestyle.
- Additional thoughts.



#### References:

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3. John Thie, D C. (2005) .*Touch for Health: The Complete Edition*. California: DeVors Publications.
4. David Feinstein & Dona Eden. (2008). *Energy Medicine: How to use your body's energies for optimum health and vitality*.
5. Paul E. Dennison and Gail E. Dennison, *Brain Gym* ( Ventura, CA: Edu-Kinesthetics, 1986)
6. David Feinstein, Donna Eden and Gary Craig, *The Healing Power of EFT and Energy Psychology* ( London: Piatkus,2006)
7. Mary Jo Bulbrook. *Transform your life through Energy medicine*.
8. Bruce Dewe & Joan Dewe, *Your DNA is not you Destiny: Epigenetic healing cycles changing victims into victors*. K-power Global health and fitness.
9. Rashida Naraharasetti. *Integrated mc^2 and Emotional Programming*. Trikaala Energy Balance, Canada.
10. Michelle Greenwell. *Qi YINTEGRATION*. CanBeWell: Canadian Association of BioEnergetic Wellness.