



Lesson 40:

Charge, Containment, and Groundedness

Harmonizing energizes, planning interventions, and deepening clinical perspectives

How would you describe charge as it pertains to the body?

What are 3 signs that a client may be on the low charge end of the spectrum?

How might low charge show up in the tissue?

How might you help a client build charge?

What are 3 signs that a client may be on the high charge end of the spectrum?

How might high charge show up in the tissue?

How might you help a client regulate high charge?

How might you track a client's ability to flexible along the charge continuum?





How would you describe containment as it pertains to the body?

What are 3 signs that a client may be on the low containment end of the spectrum?

How might low containment show up in the tissue?

How might you support containment within a client's body?

What are 3 signs that a client may be on the high containment end of the spectrum?

How might high containment show up in the tissue?

How might you support opening (reducing containment) within a client's body?

How can you track a clients flexibility along the containment continuum?





How would you describe groundedness as it pertains to the body?

What are 3 signs that a client may be on the low grounding end of the spectrum?

How might low grounding show up in the tissue?

How might you support grounding within a client's body?

What are 3 signs that a client may be on the high grounding end of the spectrum?

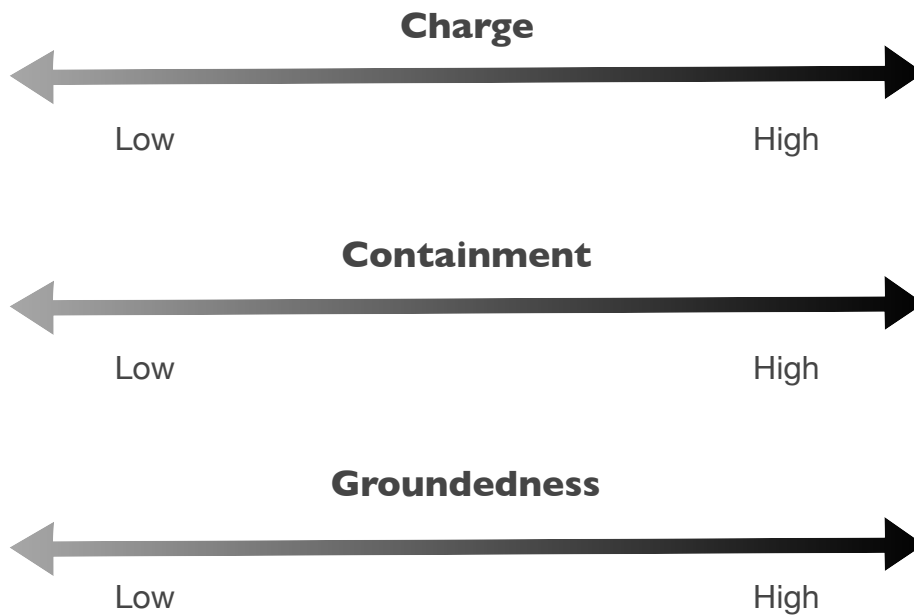
How might high grounding show up in the tissue?

How might you support flow and flexibility (reducing grounding) within a client's body?

How can you track a clients flexibility along the groundedness continuum?



Chart yourself on the three continuums below:



What are some practices that help you balance charge, containment, and groundedness within your own body?

In order to pass through 'the wound' and deeper into the Cycle of Touch, a client will often need to grow their flexibility and capacity within these continuums. Bit by bit, we can support the client's body do things such as integrate small amounts of charge, experience moments of flow without fear, or reknit a tissue boundary. As this integration builds, the client will be able to tolerate a greater range of sensations within their body without feeling threatened or too destabilized. Being able to experience these varying levels of charge, containment, and groundedness — in small doses — is part of an essential recalibration that brings healing to the body-mind.

Life in its fullness invites us to experience the full range of these continuums — for example the high charge of play and the low charge of rest, the high containment of negotiating need and the low containment of sharing vulnerability, the high groundedness of financial matters and the low groundedness of synchronicity and opening to possibility. These qualities are essential to a full and rewarding life.