



The Extended Self Program

Strategies for Life's 'Second Half'

Somatic Education Objectives

Private Consulting works in 90-day cycles. Each cycle features one Live Session per month (\$150) and one Phone Session (\$50/30 minutes) to discuss progress/direction/other options, etc..+ unlimited e-mail support to answer any concerns/questions that show up. Of course we can do more, but *not* less.

There are 4 basic skills in The Extended Self Program. Each 90-Day consulting cycle features one of these skills as aspects of an integral somatic awareness. By adopting them as a strategy, the client self-advocates the process of salutogenesis and deepens their affinity for the more metaphysical aspects of life's 'second half'.

1st Cycle

This 90-day window is where we focus on the transferring the skill of PROFILING to the client/family as they benchmark their somatic integration.

Intake Session

- 1) Conduct 40-point psychomotor exam and relate findings to client's health history/background.
- 2) Introduce [Life Transition Profile](#) (LTP) as a way to elicit an 'in the moment' needs analysis.
- 3) Explain the role of narrative coherence in the salutogenic process and it's somatic aspects.

Live Session #1

- 1) Cover [interpersonal aspects](#) of somatic integration. Conduct a Field Test (if applicable).
- 2) Introduce [Life Transition Index](#) (LTI) as a self-reflective tool to monitor their payoffs.
- 3) Based on findings, assign/demonstrate somatic integration work from [YES Store](#), so client can
 - a. Identify and access each [somatic center](#)
 - b. Challenge them using a portable inventory of performance tests
 - c. Use the [Somatic Basics](#) as a base set of support for this phase of the process
- 4) Reference the relevant aspects of the e-book, *The YES Factors*, as a short cut review for client.

Live Session #2

- 1) Cover [interpersonal aspects](#) of somatic integration. Conduct a Field Test (if applicable).
- 2) Based on findings, assign/demonstrate somatic integration work from YES Store, so client can
 - a. Identify and access each somatic center
 - b. Challenge them using a portable inventory of performance tests
 - c. Use the Somatic Basics as a base set of support for this phase of the process
- 3) Reference the relevant aspects of the e-book, *The YES Factors*, as a short cut review for client.

Prior to proceeding to the 2nd Cycle, have the client document their progress using the *Spectrum of Positive Gains* diagram and having them offer additional feedback from their (LTI).



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2nd Cycle

This 90-day window is where we focus on the transferring the skill of ISOLATING to the client/family as they benchmark their somatic integration. The aim to help clients to verbalize/document their stated payoffs with the Life Transition Indexes (LTI) so they can find a guiding image to YES awareness.

Live Session #4

- 1) Cover the features of [Transitional States](#) 1 & 2. Conduct a Field Test (if applicable).
- 2) Based on findings, assign/demonstrate somatic integration work from YES Store, so client can
 - a. Utilize and integrate each somatic center, by themselves self and with others
 - b. Challenge them using specific “YES Factor” aspects of dyadic communication
 - c. Use the Somatic Basics as a base set of support for this phase of the process
- 3) Reference the relevant aspects of the e-book, *The YES Factors*, as a short cut review for client.

Live Session #5

- 1) Cover the features of Transitional States 3 & 4. Conduct a Field Test (if applicable).
- 2) Based on findings, assign/demonstrate somatic integration work from YES Store, so client can
 - a. Utilize and integrate each somatic center, by themselves self and with others
 - b. Challenge them using specific “YES Factor” aspects of dyadic communication
 - c. Use the Somatic Basics as a base set of support for this phase of the process
- 3) Reference the relevant aspects of the e-book, *The YES Factors*, as a short cut review for client.

Live Session #6

- 1) Cover the features of Transitional States 5 & 6. Conduct a Field Test (if applicable).
- 2) Based on findings, assign/demonstrate somatic integration work from YES Store, so client can
 - a. Utilize and integrate each somatic center, by themselves self and with others
 - b. Challenge them using specific “YES Factor” aspects of dyadic communication
 - c. Use the Somatic Basics as a base set of support for this phase of the process
- 3) Reference the relevant aspects of the e-book, *The YES Factors*, as a short cut review for client.

Prior to proceeding to the 2nd Cycle, have the client document their progress using the *Spectrum of Positive Gains* diagram and having them offer additional feedback from their (LTI).



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3rd Cycle

This 90-day window is where we focus on the transferring the skill of COUPLING to the client/family as they benchmark their somatic integration. The aim is to help clients verbalize/document their stated payoffs with the Life Transition Indexes (LTI) so they can live from a coherent witness position.

Live Session #7

- 1) Cover the features of the “Me vs. World” Self-Conflict. Conduct a Field Test (if applicable).
- 2) Based on findings, assign/demonstrate somatic integration work from YES Store, so client can
 - a. Connect each somatic center in series and in concert with each other
 - b. Challenge them using specific brain-based resources for speed/accuracy.
 - c. Use the Somatic Basics as a base set of support for this phase of the process
- 3) Reference the relevant aspects of the e-book, *The YES Factors*, as a short cut review for client.

Live Session #8

- 1) Cover the features of the “World vs. Me” Self-Conflict. Conduct a Field Test (if applicable).
- 2) Based on findings, assign/demonstrate somatic integration work from YES Store, so client can
 - a. Connect each somatic center in series and in concert with each other
 - b. Challenge them using specific brain-based resources for speed/accuracy.
 - c. Use the Somatic Basics as a base set of support for this phase of the process
- 3) Reference the relevant aspects of the e-book, *The YES Factors*, as a short cut review for client.

Live Session #9

- 1) Cover the features of the “Me vs. Me” Self-Conflict. Conduct a Field Test (if applicable).
- 2) Based on findings, assign/demonstrate somatic integration work from YES Store, so client can
 - a. Connect each somatic center in series and in concert with each other
 - b. Challenge them using specific brain-based resources for speed/accuracy.
 - c. Use the Somatic Basics as a base set of support for this phase of the process
- 3) Reference the relevant aspects of the e-book, *The YES Factors*, as a short cut review for client.

Prior to proceeding to the 4th Cycle, have the client document their progress using the *Spectrum of Positive Gains* diagram and having them offer additional feedback from their (LTI).



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4th Cycle

This 90-day window is where we focus on the transferring the skill of REGULATING to the client/family as they benchmark their somatic integration. The aim is to help clients verbalize/document their stated payoffs with the Life Transition Indexes (LTI) so they can live from a coherent witness position.

Live Session #10

- 1) Cover general features of the Seasonal Somatic Systems. Conduct a Field Test (if applicable).
- 2) Based on findings, assign/demonstrate somatic integration work from YES Store, so client can
 - a. Connect all somatic centers in series and in concert with each other, interactively.
 - b. Challenge them using the coupling patterns learned in the 3rd cycle
 - c. Use the Somatic Basics as a base set of support for this phase of the process
- 3) Reference the relevant aspects of the e-book, *The YES Factors*, as a short cut review for client.

Live Session #11

- 1) Cover the relevant features of Spring & Summer System. Conduct a Field Test (if applicable).
- 2) Based on findings, assign/demonstrate somatic integration work from YES Store, so client can
 - a. Connect all somatic centers in series and in concert with each other, interactively.
 - b. Challenge them using the coupling patterns learned in the 3rd cycle
 - c. Use the Somatic Basics as a base set of support for this phase of the process
- 3) Reference the relevant aspects of the e-book, *The YES Factors*, as a short cut review for client.

Live Session #12

- 1) Cover the relevant features of Fall & Winter System. Conduct a Field Test (if applicable).
- 2) Based on findings, assign/demonstrate somatic integration work from YES Store, so client can
 - a. Connect all somatic centers in series and in concert with each other, interactively.
 - b. Challenge them using the coupling patterns learned in the 3rd cycle
 - c. Use the Somatic Basics as a base set of support for this phase of the process
- 3) Reference the relevant aspects of the e-book, *The YES Factors*, as a short cut review for client.

Prior to proceeding to a Legacy Cycle, have the client document their progress using the *Spectrum of Positive Gains* diagram and having them offer additional feedback from their (LTI).



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Legacy Cycle

These are 90-day windows where we focus on the reviewing a specific skill or a set of sessions that are self-directed by the client/family according to their LTI. The aim is to help them get used to verbalizing/documenting their stated payoffs with the Life Transition Indexes (LTI) so they can merge their guiding image with their coherent witness position. These are the two components of *lasting* change.

As we've made the migration from a purely clinical focus to a multidisciplinary one, many clients from previously applied protocols have progressed with us. Below is an abbreviated checklist of objectives we ask our Legacy Clients to meet. Some of the names of the various resources have been altered since, and some are additional ones we used clinically that are now only mobilized as a case warrants.

- The Holmes-Rahe Social Re-Adjustment Scale
- Life Change Unit
- Life Transition Profile (LTP)
- Interpersonal Aspects of somatic integration or YES (Your Extended Self) awareness
- The Somatic Centers
- Somatic Challenges/Going Beyond The Baseline
- Somatic Basics/Everybody Knows
- Intrapersonal Aspects of somatic integration or YES (Your Extended Self) awareness
- Life Transition Index (LTI)
- Blissful Practices from e-Book, *The YES Factors*
- The Cycle Of Transition/Somatic Interfaces
- The Transitional States
- Self-Conflict Patterns/Used in the 2004 version of the 'Open Hour'
- The Seasonal Systems
- Seasonal Transition Surveys & FYI
- Personal Checklist and Action Steps – Support Inventory (Go Sheets)
- Spectrum of Positive Gains
- Conversational Arc
- Tacit Journey Concepts
 - ie. The 4-Second Window, Open/Closed Identity, Universal Life Transitions, The Big Six, The Bigger Three, and THIS TIME-NEXT TIME - MEANTIME