



WIYS Minicongress

How to integrate a walk

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1 What helps me to walk further

1.1 About me

My name is Marianne Dietz-Grebe. Since 2014 I am an teacher to learn WIYS facilitation and since I am teacher for the training of WIYS facilitators. I hope that Corona will allow me to continue to do so in 2021. I got to know and appreciate WIYS in 2011 and since then I have attended courses and trainings by Joseph Culp, by Christian Assel and also other WIYS leaders.

1.2 Introduction

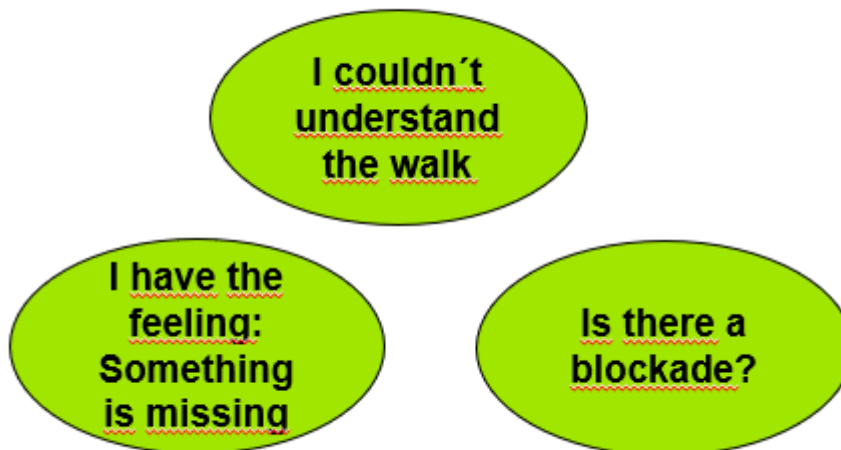
I write this article because there have always been situations where I did not understand a walk or I had the impression that the walk was not yet "finished", although nothing more showed up. We were sometimes confused and did not know what the walk meant and how we could integrate the walk into ourselves. If we then stayed on the ball, we were able to gain even deeper insights. So it's worth to keep walking and don't give up only because a walk is difficult to understand.

For your support here are a few ideas how to proceed in such situations.

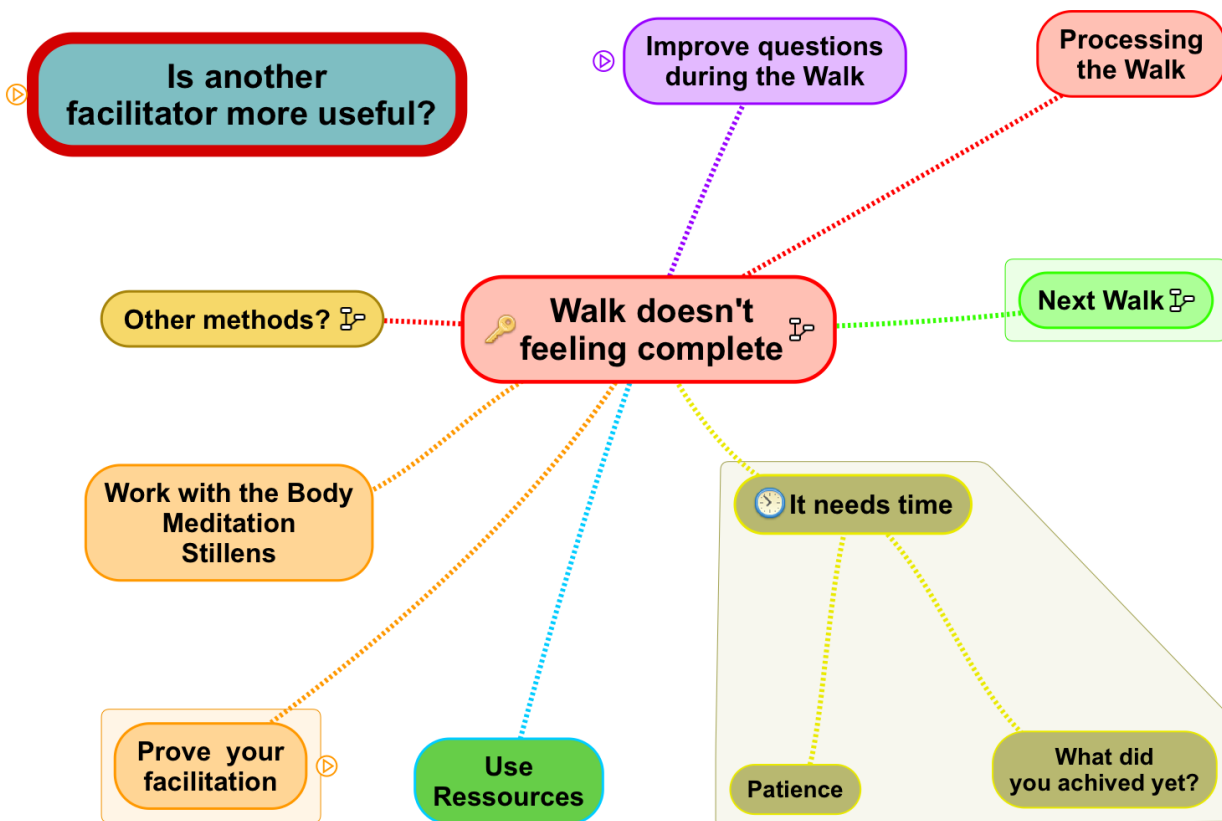
I finish a walk when there is nothing new to feel or say. But if a new question come up in the walk and there is still time, we walk this new question.

Example: A feeling of sadness was present in the first walk, but the details did not show up and then it might be good to explore this feeling even more (theme of the walk: "My sadness from the previous walk"). So I work a lot with follow-up walks.

These are my reasons:



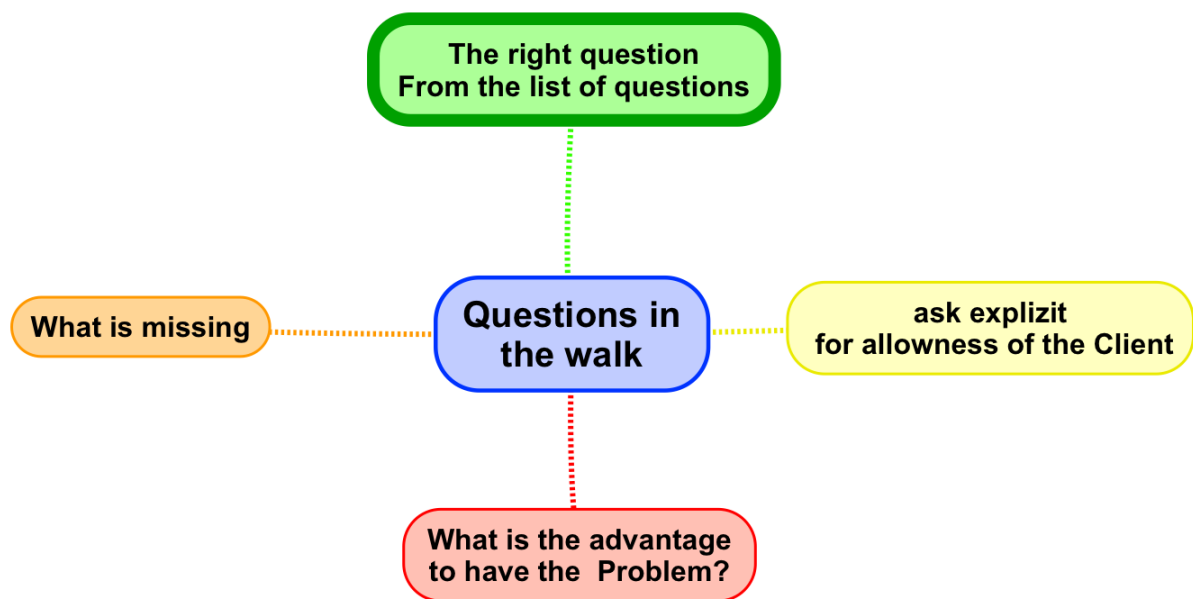
1.3 Overview



1.4 In the Walk

If you are still in the walk and you have the feeling that the walk has not shown all, I do the following:

- I ask myself if I have the right questions: The right questions and the leading back to the body help. See Joseph's list of questions and the picture below.
- If someone hesitates to go further, explicitly ask for the permission of the person seeking advice. He or she should confirm that he/she really wants an answer. This has often taken things a step further.
- It may be that the person seeking advice has an advantage of the situation and should keep it in mind



1.5 Post Walk Processing

In the post walk process something can also become clearer. For this purpose there is the checklist from Joseph for the follow-up discussion.

Example: In the walk a person who was a predator tamer showed up. For me, as an outsider, that made no sense at all. In the follow-up discussion it became clear that the person seeking advice had a childhood wish and that the whole thing made sense. This did not become clear during the walk.

1.6 Let time pass

It could be good to let time pass.

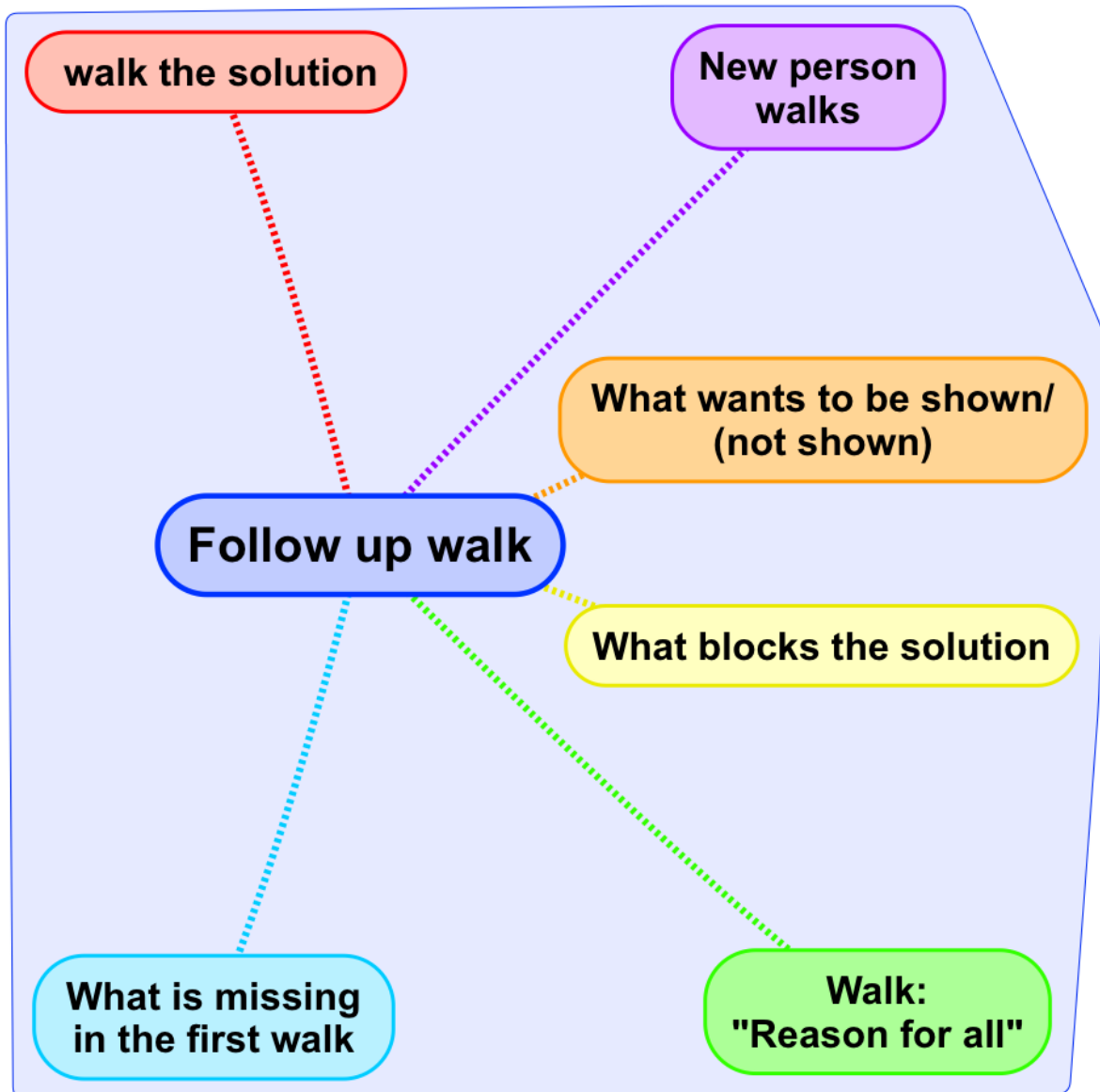
- Later you could do a Walk with the question, “what wants to be seen in addition to the previous walk” and usually you get more information.
- If traumas are present, walks are sometimes unclear and you can simply work on the resources until it is possible to continue. Then it is helpful to be able to deal with trauma (see Trauma workshops by Joseph) or to refer to a trauma therapist.
- Maybe in a dream or in conversations we come across some information that will help us to move forward, so the walk could be better understood and integrated.

1.7 Subsequent Walks

The picture concerning the subsequent walks contains a section of possible questions for a subsequent walk, which can be done immediately or later at any time.

It can help if a new person walks the same topic. This is useful, for example, if someone has not gotten that far in a self-facilitated walk (he comes to his blind spot) and someone else takes over. I may be that we choose a new question for the next walk. You could say "I am now what was left open in the previous walk".

Here some examples for the subsequent walks

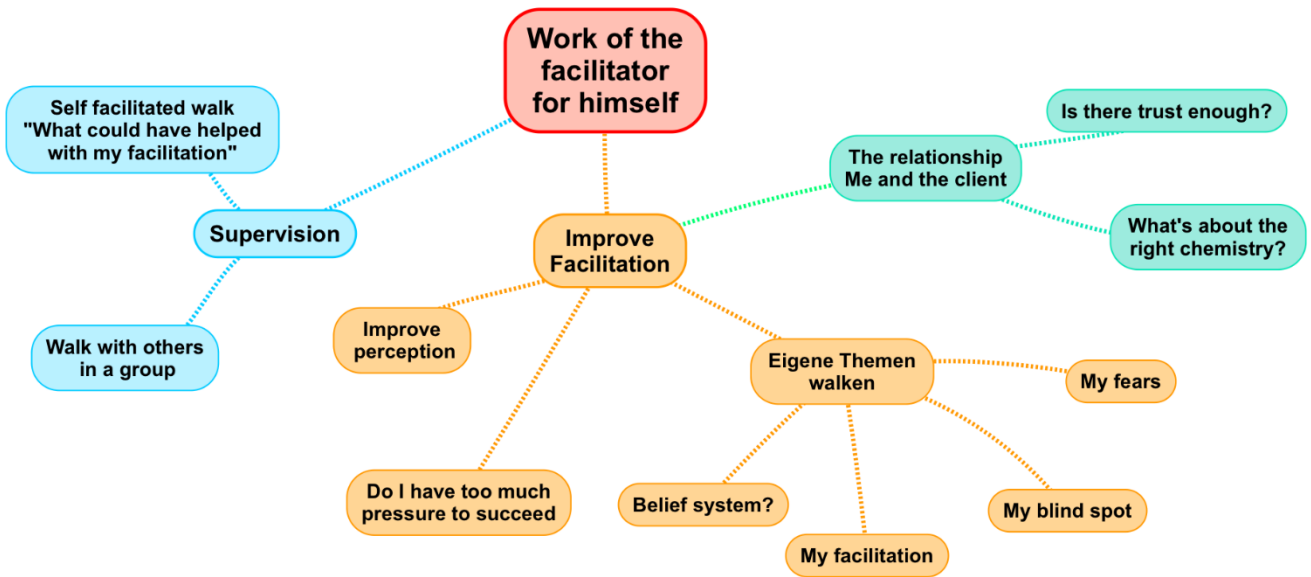


1.8 Work on your own leadership

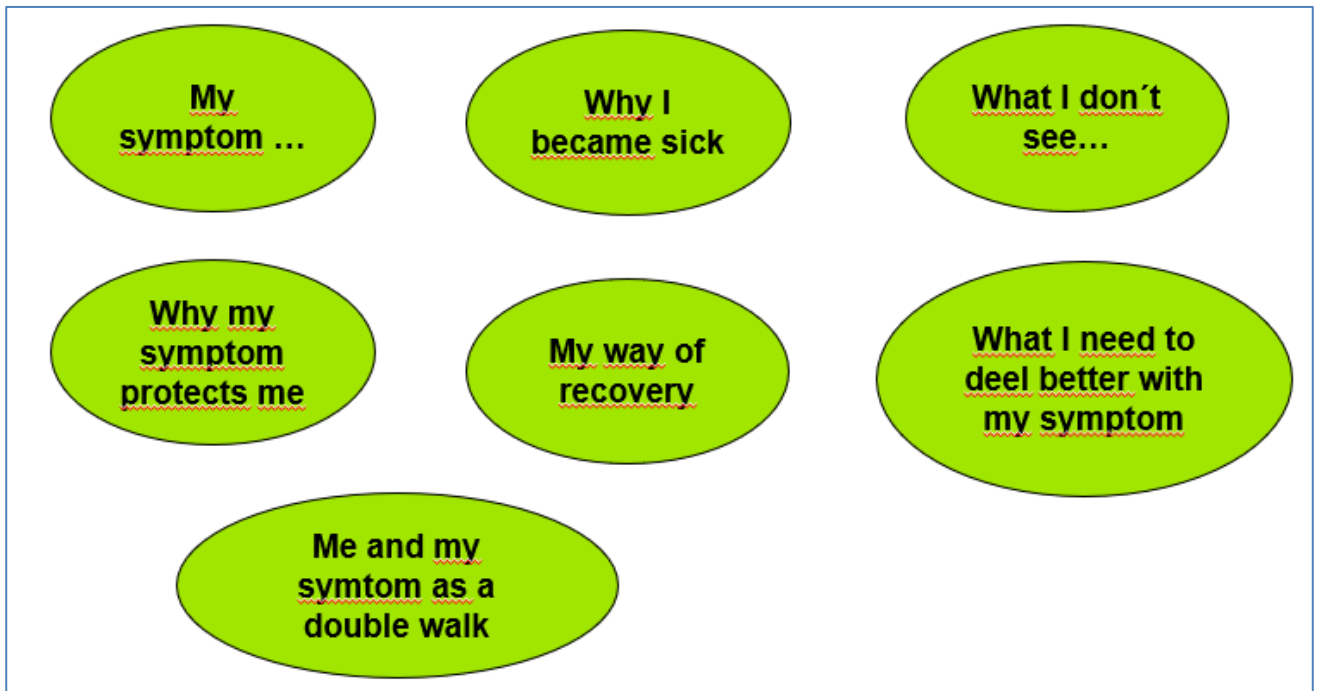
Sometimes it may be that the facilitator should continue walking his own facilitation and go to a supervision in a group or to a college. It may be that you have touched your own blind spot.

If you notice that you should not walk with someone (e.g. with family members or if you are not allowed to work with trauma because you are not a therapist) you can recommend another person or you use other methods you know.

Perhaps there are believe systems or fears, perhaps there is something in the connection to the client or you don't have the right chemistry to the client.



1.9 Extract with Walk topic from Sabine Ott (WIYS Congress 2017)



These questions are also well suited as follow-up walks if you want to investigate a symptom further. They are taken from Sabine's talk at the WIYS congress in 2017.

1.10 Bodywork/ Exercises or Meditation

In a workshop it can be a good way to support walks through meditation and/or with physical exercises. A moment of silence before a walk or at the beginning of a seminar day generally helps to get in the right mood for the walks, to let go of everything and to put oneself in the service of the walks in an unconstrained way.

1.11 Further Ideas for walking

Possible questions for walking in the integration sections of the Mini Congress

- **My own facilitation**
- What do I need to keep cool when I am facilitating?
- My perfectionism
- My fear of not being able to help
- My insecurity
- My acceptance of the walk
- My blind spot in facilitation
- What do I need to support my client

If you have questions, please write me: Marianne@dietz-Grebe.de

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