



Rejuvenation Series: Formative Memories

Psychological experts tell us that our early memories lay the groundwork for the emotional formulas we use to govern our current lives. Many of us can hardly remember the most formative times of our lives, but, with help, we can reach back in time and recall some experiences that made us who we are today. Our teens and twenties can also have a profound effect on the way we conduct our lives. As memories surface, facilitated discussion and close questioning can lead us to new reflections on how our current thought-patterns were formed.

The memory aids we use in the workshop are:

- Scents
- Guided Meditation
- Chronological mapping
- Geographical reference points

Digging into the emotional reactions of one memory can give us perspective on ourselves in a way that telling our chronological history does not. The intimacy of sharing our responses to these memories can give group members new compassion and appreciation for themselves and each other. This often re-energizes the motivation of a group that has settled into a routine of predictable responses or protective reticence to share the more vulnerable parts of their lives.

My expertise in autism has given me insight into the ways our early experiences shape our modern-day selves and the techniques I use can be deployed powerfully for people or groups that feel stymied.

Custom sessions are available from 2 hours to all day.



Questions or scheduling requests:
Sylvia@vanMeertenConsulting.com
828.458.0313