



# Self-Sync™ Method Level 1 Course

**SYLLABUS**





# Syllabus for Level 1

## Parts-Based Training Course

*Each Self-Sync™ lesson is divided into three sections: A) a brief presentation explaining the new technique along with two to four meetings to practice it. B) a live demonstration C) practice time in small breakout groups of three to four students.*

*As a side benefit of this training, you will get to know some of your own parts and how they interact with each other. You will learn how to map out these parts (ego state mapping). Finally, through experiential learning, you will gain insight beyond the theory and better relate to what is happening with your patients/clients in the future.*

*Throughout the course the methods and techniques will build upon each other. By the end of Level 2 you will be well equipped to work with your clients using the Self-Sync™ method on its own or by integrating it into your current method.*



# Lesson 1

## Introduction & Meet Your Parts

**Introduction to the Self-Sync systems based model, including a light overview of parts work and the model's three core pillars.**

- A. Connecting a part to a grounded Self (often transformative for the part)
- B. Bringing parts into present time (many parts are stuck in time)
- C. Separating negative outside energy (internalized via mirror neurons from past negative experiences)

### **"Meet Your Parts" Exercise: Guided by Dr. David Schultz**

This exercise will guide participants to meet and describe their parts' personality, appearance, age and other features, along with their relationship to other parts that show up.



# Lesson 2

## D-EFT Tapping Technique

**An advanced way to deepen an effective tapping technique that combines thinking from EMDR and Dr Schultz on to the EFT method.**

This is not a parts work method but an effective technique for lowering any type of high emotional state clients' might be in at the moment, be it anxiety, worry, fear, etc. This is taught early in the course so participants have a useful tool for self-soothing, any time it is needed.

This is a valuable method for students to teach their clients as well, it is only a bandaid compared to parts work, but even bandaids have their purpose. It works for different reasons, one being issues become less personalized which in turn, is calming.



# Lesson 3 - 6

## The Somatic Interview

**This protocol will teach you how to guide your clients' to find, connect and talk with their parts triggered by the issue being worked on.**

Parts-of-self can manifest in our thoughts, emotions and/or in physical sensations in the body. Stronger emotions are often felt in the body (somatic) and connected to one of our parts. During this interview, you will learn how to guide your clients to energize and bring forward their parts affected by the issue they wanted to work on. Next, you will get a baseline measurement for each emotion or physical sensation triggered by the topic.

**Clear Communications** is an important sub-technique you will also learn during this exercise. It can be applied to communication between "Self" and the part, between two different parts in disagreement or even between couples. During this process, parts will feel heard, understood and validated, becoming less defensive and more relaxed. When an upset part becomes more calm, so does your client.

*Note: This Somatic Interview is taught across four meetings, giving each participant two opportunities to practice this protocol in their breakout group.*



# Lesson 7 & 8

## Connecting a Client to a Part They Like

This is what you will do with your patients the first time you do parts work with them, usually by the second or third meeting.

You will guide them to meet a part of themselves connected to an activity they like to do, like hiking, reading, etc., this way protector parts are less likely to intervene.

During these lessons students will learn to separate parts from their clients and map them out on the **Self Reflective Clock** to better understand the relationships between the parts which show up.



# Lesson 9 - 12

## Group Meeting of Parts

During these four lessons you will have two chances to practice the group meeting on another student's parts, based on a light topic they choose to work on. During the first group meeting you will invite their parts to the meeting and interview them as they show up. In the second group meeting, you will have them all show up first (on the Self Reflective Clock) and then see who wants to go first and then interview them one at a time.

These are the two prototypes for a typical Self-Sync™ parts work meeting. After these lessons, you will be able to do parts work with your current clients/patients at a basic level, or you can wait until you gain more experience with more indepth methods and techniques provided in the Level 2 training.

From this point on, you will learn more techniques for the pillars listed below, to better assist you in facilitating a group meeting of your clients' parts:

- A.** Connect parts to a "good enough" grounded Self
- B.** Bring parts into present time
- C.** Separate negative outside energy

Parts may have a variety of concerns for doing parts work and you will learn how to work with their concerns. We call these types of parts the gatekeepers.



This is actually a very fun and exciting part of the parts work process, resolving the concerns of the gatekeepers.

For example, a common gatekeeper is a skeptical part, which does not believe in the idea of parts work. As you interview this type of part, it always feels ironic to me that it is talking to you, since it should not exist according to its own thinking. Either way, you will learn how to work with this type of part and several other types of gatekeepers.

## **Next: Level 2**

*Level 2 will present a more in depth way  
to work with your parts*



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Self-Sync™ Method  
**Thank you**

[www.self-sync.com](http://www.self-sync.com)