

Practicum Guide

Creating a Thriving Sexual Ecology



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For the Coach

For this practicum, you can move quickly through the Coaching Core steps, as you've already covered these in the previous module. You can skip some steps if you need more time, as the most important goal in this practicum is to practice the new tools:

- The Lasering Tool: The Ecology of Thriving
- The Blueprinting Tool: Creating High Vibration and Ecological Support in the Nervous System

Be sure to find out your client's current desires and get a clear goal with your client to do the rest of the Coaching Core process with.

With real clients, you would already have done the whole Coaching Core with them in previous sessions and you would be doing this module's tools after a few sessions of work together, so it's okay to jump right into the tools in the practicum.

Foundational Tools

Focus on asking great questions during this whole session. The quality of your session is directly related to the quality of your questions. Ask simple, direct questions, one at a time.

For the Coachee

Please show up to the session ready to work on sexual thriving. If your bigger desires are oriented towards love or relationships right now, you can work on how sexually thriving would support these in your life.

Have your sheets numbered 1-10 ready and set up on the floor in a ladder for the session.

Step One: Core Coaching Part One

Celebrations

Invite your client to celebrate three things that they are proud of/happy about in their life from the past week.

Step Two: Core Coaching Part Two

Present-Moment Curiosity

Build rapport with your client and find out what is alive for them right now.

Ask questions like:

- How are you doing today?
- How are you feeling right now?
- What's been going on in your life?
- What is alive inside of you in this moment?

Step Three: The Lasering Tool

The Ecology of Thriving

Objective:

- Find out what it is that a client needs to thrive and build that container for them.
- Find out what emotions they want to have when they achieve their emotions
- Support them to embody those emotions in the present

Part One: Introduction

There are three key pieces of information to get from your client in this phase. These are:

- The two Key Indicators
- The Ecological Supports
- High vibration emotions associated with the indicators

1. Start by asking the question, "What would it look like for you to sexually thrive?"
 - You're looking for two concrete and physical examples of what they would experience in their life if they were sexually thriving. These are the two Key Indicators.
 - My client's two Key Indicators of sexually thriving are _____ and _____.
2. Then, you want to find out the Ecological Supports: what they need to be able to have the two Key Indicators.
 - Support your client to find the Ecological Supports by asking, "What would you need to know to be absolutely true in order to have your {Key Indicator #1}?"
 - Also ask, "What would you need to know to be absolutely true in order to have your {Key Indicator #2}?"
 - You are specifically looking for needs that appear in Maslow's model: love, safety, belonging, respect, etc. However, it could be something that doesn't appear in this model.
 - My client's two Ecological Supports of sexually thriving are _____ and _____.
3. Finally, you will discover their High Vibration Emotions by asking, "How would you feel inside if you were sexually thriving and were experiencing {Key Indicator #1} and {Key Indicator #2}?"
 - My client's two High Vibration Emotions related to sexually thriving _____ and _____.

Part Two: The Ecological Levels Process

4. Have your client stand by the number ladder.
5. Describe that 1 = not sexually thriving at all and 10 = fully sexually thriving.
6. Ask them, "Which number represents the level at which you are sexually thriving in your life right now?"
7. Invite them to step onto that number and ask them to describe, "What does it feel like inside to be sexual at this level?"
8. Then ask, "What level do you want to allow yourself to sexually thrive at?" and give them time to describe this.

9. Invite them to move forward to the number they desire to thrive at, one number at a time. Let them describe what it feels like in their body to let themselves sexually thrive at each level.
10. Check in with them before moving on to the next level, and make sure they feel safe to progress.
11. When they get to the desired number, ask them, "What does this feel like inside your body?"
12. Take notes to remember the high vibration emotions associated with their desired state.
13. Ask your client to step off of the number ladder.

Part Three:

14. Describe to your client that now the number ladder will represent the level of their Ecological Support.
15. Remind them of their first Ecological Support. Explain that 1 = the lowest level of this and 10 = the highest level of this.
 - Example: If the Ecological Support is love, then 1 = they don't feel any love at all and 10 = they experience the maximum amount of love.
16. Then ask them, "Which number currently represents the amount of {Ecological Support} you currently have in your life?"
17. Invite them to step onto that number and ask them to describe, "What does it feel like in your body to experience {Ecological Support} at this level?"
18. Then ask them, "At what level would you need to be in order to sexually thrive?"
19. Invite them to step forward, one number at a time, and to describe how it feels in their body to have this {Ecological Support} at this level.
20. Check in with them before moving on to the next level, and make sure they feel safe to progress.
21. Have them move forward until they reach their desired level and describe how this feels in their body.
22. If they encounter resistance or can't step forward or have a strong response in their body, you can use the Integration Adventure process to support them.

Part Four:

23. Repeat the previous steps for the second {Ecological Support}.

Part Five:

24. Once this is done, let them step off the scale and embody their two ecological supports at the maximum level.
25. Ask, "Would it be possible to allow yourself to experience these two {Ecological Supports} at this level in your life?"
26. Ask them, "If you allowed yourself to have these two {Ecological Supports} at this level at what level could you sexually thrive?"
27. Invite them to step onto this number and describe what life would feel like or be like if they sexually thrived at this level.

Part Six: Integration

Have them describe this experience and what they learned from it.

Step Four: The Blueprinting Tool

Creating High Vibration and Ecological Support in the Nervous System

You can do this process in 3 different ways depending on what best serves your client:

1. Meditating: Sit with the experiences and call them in as they are lying down in bed in the morning or night.
2. Breathwork: Combine it with breathwork to supercharge the experience. This way is a bit more powerful and intense.
3. Self-pleasure: Use self-pleasure to connect with your body and heighten the experience, and bring in higher level emotional experiences.

Part One:

1. They will meditate, do breathwork, or self-pleasure while invoking the embodied {Ecological Support} inside the body.
2. They should know how this feels from doing the Ecological Levels from the Lasering Tool, but if you haven't done it with them you can ask:
 - What does this {Ecological Support} feel like in your body?
 - How do you know that you're experiencing the {Ecological Support} inside your body?

- Or if this is too difficult for them, you can say, "Imagine yourself feeling the {Ecological Support}. What would it take for you to feel this {Ecological Support}, and how does that feel inside your body?"

Part Two:

3. Let them sit with that state for a little while, experiencing it as an embodied state.

Part Three:

4. Invite them to whisper to themselves over and over: "Safety, safety..." or "I am safe."
(Adapt this for different Ecological Supports, e.g. an Ecological Support of feeling loved would be: "Love, love..." or "I am loved.")

Part Four:

5. Turn up the volume on the Ecological Support. (For example, from a 2 to a 6.)

Part Five:

6. Repeat the above process for {Ecological Support #2}.

Part Six:

7. Have them embody both {Ecological Supports} inside of their body strongly.

Part Seven:

Invite them to experience sexual thriving as a blossoming that happens when they allow themselves to have the two Ecological Supports.

NOTE: Usually, you would walk a client through Part 1 - 6 and then give them Part 7 as homework.

Part Eight:

Call in the high-vibration emotions that are associated with their Key Indicators.

Step Five: The Coaching Core Part Twelve

Daily Focus/Daily Practice/Daily Action

Make small, achievable steps out of the inner work and the outer work, inviting your client to co-create these steps with you.

Step Six: The Coaching Core Part Thirteen

Setting Up Accountability

How will you track their progress? Ask the client how they wish to remain accountable. Set up emails, texts, follow-up or accountability before the next session.

Step Seven: The Coaching Core Part Fourteen

Favorite Moments and Gratitude

Have your client share two moments that most deeply affected them during the session and two things they are grateful for.