

## **DYNAMIC HEALING**

### **A integration of psychotherapy and spiritual healing**

**by Delcia McNeil**

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#### **What is Dynamic Healing?**

Dynamic Healing is the term I have come to use to describe the way I am working with some individual clients and with specific groups. The nature of this work is such that those involved need to have an openness to both spiritual or subtle energy healing *and* psychotherapeutic process, so I only offer it to certain clients. The results are rewarding: many clients are reaching levels of their being that they have not reached before, cutting through stuck patterns of inner conflicts and coming into a greater sense of inner peace. This is particularly inspiring for me when clients have already done a great deal of psychotherapeutic work on themselves and/or received a lot of healing.

#### **Brief background summaries**

*Subtle energy healing* - be this traditional spiritual healing, Reiki or Therapeutic Touch – involves the healer preparing him- or herself through grounding, centring, protection and attunement. The healer is generally concerned with the deeper spiritual concerns of their client, and will be interested in what is happening for them on a purely energetic, vibrational level. It is what the healer picks with their senses, and particularly their sixth sense, which is used to help in their subjective ‘diagnosis’ and treatment. The recipient is either seated or lying down and the healer lays on hands either on or off the body, working with his or her own learned or developed style of channelling, modulating, and transmuting universal life force energy. Usually the healer employs a knowledge of the chakra system, the aura or human energy field, the use of colour and sound, clairsentience (feeling sensations or emotions through one’s body), imagery (using one’s inner eye) and clairaudience (using one’s inner listening capacity). The beneficial effects are far reaching – varying from pain relief, long-term help with chronic conditions, reduced anxiety and so on. At the least, healing by laying on hands offers the recipient the experience of relaxation, being cared for just as they are and ‘held’; relaxation in itself is known to strengthen the immune system.

*Psychotherapy* is usually associated with talking and being listened to in a focussed way. For me it is about learning – discovering, identifying and exploring all the different

parts of myself. This includes the parts I like and the parts that I don't. It is about learning to listen to all the messages I receive from my body, my senses and my dreams. As a field of psychological knowledge, skills and techniques, psychotherapy is vast, and within the profession there are many different styles and approaches.

People use psychotherapy for a number of reasons. They may be extremely anxious or fearful, sometimes to the point of being phobic. They may have difficulties with relationships, sexuality, addictions, or finding the work they wish to do; they may be depressed or chronically unhappy; or they may be seeking self-fulfilment and personal growth. The psychotherapist may use a number of techniques to help the client reflect upon and become more aware of what may be the causes of their problems and how their thinking and behaviour, including communication style, serve to keep the problems or issues alive. This involves exploring patterns - how the past is affecting the present, and how the client's way of relating to the therapist may reflect their relationships (or lack of them) in general. Built into the psychotherapist's practice is professional supervision – a confidential setting in which the therapist works through their own responses to their clients. In this way the psychotherapist takes responsibility for their part in the interactions with clients.

### **My own background**

I began my own psychotherapeutic journey in 1977 when I entered therapy after having had a depressive breakdown, including a suicide attempt, and suffering from bulimia nervosa. I had made a commitment to finding ways of healing myself emotionally. In 1979 I fractured my sacrum – so then needed to heal myself physically as well. I found that both my physical and emotional healing needed a spiritual context – like many depressed people I had lost my connection with the universe and all that lives within it, most especially myself.

After a career as a qualified social worker in the mental health and childcare fields, and graduating with a degree in social sciences as a mature student in 1981, I trained in healing in the early 1980s. Since that time I have wanted to integrate subtle energy sensing with working through emotional processes. I qualified as a humanistic and integrative psychotherapist in 1994.

It took me around fifteen years of working separately in the fields of both healing and psychotherapy before I felt sufficiently integrated within myself to begin to bring them together and 'come out'. I was finding that people were coming to me for healing because they knew I was also a psychotherapist; they were also coming for psychotherapy because they knew I was a healer!

In the last two years I have been developing a way of working which I am very excited by. It is proving to be potentially powerful and profound and so I am ready now to begin to write about how I am working.

### **How I work in one-to-one sessions**

We begin by discussing what the client is seeking help with and together get clear about what our intention is for the *dynamic healing* session. In spiritual healing, intention is a key concept – it's as if the universe can support a person energetically once they have made a commitment to themselves. I share with the client how I work and what they may expect – for instance I will tell them that when I begin giving healing they may get an image – including colours, a bodily sensation, an emotion, a thought or set of thoughts, or a memory come to them. I will ask them to let me know. I may have any of these experiences myself as I work with laying on hands. I will share this with them and see if it feels relevant to them. I explain that I will support them to explore their responses through, for example, talking, silence, or movement.

In healing mode I am using the experience of resonance all the time – using my own body to pick up clues and tune in to the client. For example I may feel a moving sensation in my gut or heart area, I may notice a change in my breathing pattern, I may quite suddenly feel sad or angry. Quite often an image comes to my mind, which stays in my imagination. When an image persists in this way I need to take it seriously - it is very often a clue or a key which helps the client find their way into what is hidden and awaiting healing in their psyche. In psychotherapy mode I am doing the same thing, but usually through a face-to-face conversation with the client. I believe there are different possibilities that come with being in a more meditative state of mind. As a dynamic healer I am moving between the 'attuned state' to the cognitive, interactive state, and I will support my client to do this as well.

After the face-to-face contact I invite my client to lie down on my treatment couch, and I prepare myself for giving a healing. After a few minutes I will ask them what is happening for them and/or if they are ready and willing for me to talk to them about what I am noticing. At this stage, and throughout the session, I am open to recognising and resonating with the vibration associated with a particular psychological issue or emotional state. There is a way in which I become a tool for recognising what is going on for the client. When we have together discovered an image, thought, or other clue which holds some 'emotional charge' for them - that is, they are curious about it, and want to explore it further, - then I will verbally support them to reflect on what it may mean to them. As they do so I

may become involved in supporting them through a creative visualisation process which is generated by them, or they may get in touch with grief or anger which needs time and space to be expressed. Where there is anger it may be necessary for them to get off the treatment table to do some expressive work such as beating a cushion with a bat, or stamping their feet. If it is I who on a psychic level have picked up an image, thought or feeling which they connect to, then I will support them to find their own words or images to explore this. Often this seems to be associated with a very early experience – confinement or intrauterine memories, or even a past life. They may need to have space to regress and reconnect emotionally to the time when trauma or deprivation occurred. In this way we can be cutting through several layers of consciousness and getting to the unconscious core of the person's life where are stored the traumas that are underpinning their present life. We are doing this within the exceptionally supportive and loving context of spiritual healing – working within a charged-up energy field, a sacred space in which the vibration and power of love has been consciously invoked.

Throughout the session I work with my hands in their energy field, or in direct hands-on contact. It is remarkable how my perception of their energy flows and aura mirrors their movement through emotional processes. As the client communicates what is happening for them when this is appropriate (they may need to be silently within their experience for some time before being ready to speak about it or even needing to), so I notice how my hands are resonating with and following the flows of energy as they move towards a resolution. I usually complete the 'treatment' on the couch as I do an ordinary healing session – that is I may ask them if there is a colour that would support them and if and when they have made their choice I mentally project that colour into every cell of their body and throughout their aura. I invite them to join me in this process if they wish. I then take a physical step back, imagine them wrapped up in white light and do the same for myself. I then tell them I am going to wash my hands and that they have a few minutes by themselves to be with their experience. After I return we spend some time reflecting on what has happened and look at what may be needed to help with the integration of what they have discovered and felt.

### **In groups**

I am now working with small groups made up of people who have had experience of receiving and/or giving spiritual healing, and who are also interested in psychotherapy or counselling and wish to explore working with me in this way. I work with the energy of the group, as well as my own. If some of the participants are healers themselves, this adds to the

possibilities of holding a powerful energy field of unconditional love which can support the individual who is working. If some are psychotherapists we have a high level of understanding and experience of emotional and psychological process.

The participant chooses to work on a specific issue, such as childhood abuse, bereavement, chronic anxiety, or maybe the feeling that they don't belong on this planet. They are invited to lie on the treatment couch. The group then prepares as if to give a group healing, that is they each ground, centre, protect and attune, firstly with themselves and then with each other. After a period of meditation together we begin giving healing. Some participants may lay on hands, others may simply sit back quietly while they 'hold' the energy.

I will then proceed as in an individual session, except that psychic information may come to other members of the group that we can use. We continue as if giving a group healing but with me leading the process for the recipient. Everyone in the group is affected by the work and there is time given afterwards to discuss and process individual experiences.

### **Into the future**

This is my first attempt at putting into words what I am doing. It is not easy for me because to describe this without either healing or psychotherapeutic jargon is a challenge. I am still also I very much finding my way and there are many questions still to be explored - questions that differ depending on whether you are coming from a healing or psychotherapy background. For example, there is a change in the experience of power within the therapeutic relationship when the client moves from sitting facing the dynamic healer to lying down. Even though the client is active it they may still experience 'being done unto'. This is particularly important where there is a history of sexual or physical abuse. Occasionally a client coming for dynamic healing actually needs a straightforward, silent healing – sometimes because they need to integrate the work we have been doing, and sometimes because they are prone to overwork their mental faculties and need, if possible, to move beyond thought. On the other hand someone may choose to receive healing in silence as a way of avoiding, or distracting themselves from a painful emotional issue which really they have come to work on.

## **Conclusion**

There is much for me to learn about working in this way, and any feedback is welcome. If anyone is interested in experiencing this for themselves I work on a one off one-to-one basis or a series of sessions. I also run workshops.