

Capacitar Practices Summary and Reflection Report

Bio.

Counsellor / Psychotherapist, Reflexology and Reiki Therapist.

I work as a Holistic Therapist with individuals, families and adolescents. I use Talk Therapy in conjunction with the mediums of art, movement and music. I also work as a therapist in the fields of Reiki and Reflexology.

Description of group:

I began by using Capacitar practices with teenagers and I introduced the work to adults on a one to one basis, and this in turn led the way to introducing the work into family systems. I also incorporated the Capacitar practices into a Reiki course which I recently facilitated. I found that in nearly all cases there was willingness and openness along with an underlying excitement in the participant's reactions to the practices. It has been my experience that Talk Therapy is not for everyone and I found the Capacitar practices to be a very beneficial tool to have as an alternative.

Practices taught:

Breathwork

Visualisation

Finger holds (Balancing emotions)

Acupressure points

Tai Chi

Pal Dan Gum

EFT (Emotional Freedom Technique)

Protection and Boundaries

Salute to the sun.

Summary and evaluation of the work:

I found when I first began to use the Capacitar practices that people were hesitant and curious. I noticed that as I became more confident in the use of the practices that the participants were more willing to explore and take risks. With this flow of enthusiasm I observed positive change in all the participants, and people began to seek out the practices that were best suited to them. It then became apparent to me that there was much more ease at all the gatherings. I also became aware of how the practices impacted on the participants particularly in the areas of creativity and trust.

Insightful comments from group members:

One young man stated that he found Finger holds ideal because he could use this technique anywhere without anyone knowing. He stated that it helped him cope with his vulnerability. Several people stated that Breathwork helped them to reduce anxiety and thus improve their quality of life. A lady said that EFT has helped her with clarity and motivation. I personally find all the practices beneficial however I particularly enjoy Tai Chi meditation in my garden.