

Afterward

Soul Medicine

I have asserted throughout this book that the experience of abuse fragments and fractures all the way to the core—all the way to the soul. And as with a house, if we weaken the foundation, all that is built on the foundation will be affected. The experience of abuse likewise compromises a person's energy matrix, psychological function, and relationship with his or her body. I offer that individuals who have experienced abuse—and there are so many of them—need and deserve therapy relationships that support healing on all dimensions of their experience: healing that filters through to the very core of their being—their soul. As I have suggested, psychotherapy, as historically developed and currently practiced, is not well positioned to offer the multidimensional healing that survivors need to achieve a lasting transformation that reconnects them with their essential or core self.

This book is an invitation to you, the reader, to step outside of the traditional paradigm and offer survivors an opportunity to heal their hearts, their bodies, their minds, and their souls. It is an invitation to commit to a larger, more fluid therapy space unencumbered by ethical and legal myths; embrace the multidimensional reality of our human experience; reconsider how you view the impact of abuse; set and maintain sacred space in your office; employ an inner dialogue or virtual psychodrama to actively engage clients in the material of their lives; maintain a focus on embodiment; harness the power of the energy and spirit dimension; and dare to love and be loved by your clients.

Applying any one of these, I believe, supports a more comprehensive and powerful healing experience for survivors. Embracing one or more begins to tilt you toward a more

transformative healing experience for survivors that most certainly can be medicine for their souls. The power and resources to be this transformative healer are in your hands.

This book is also an invitation to do something *more*. It is an invitation for you to discover the medicine of *your* soul. In many Native American traditions the word *medicine* means something entirely different than what it has come to mean in our Western culture. It often refers to the unique presence or power that a person, place, event, or object holds and can embody. Frequently, it is believed that this power or presence is imbued with Spirit or mystical potency. This book thus invites you to discover the unique power and presence, imbued with Spirit, that *you* hold and that *you* can embody.

What aspect of your core self, long ago lost in the professional acculturation process, can you reclaim and integrate? What unique integrative style of therapy will you discover if you turn within and listen? What spirit guides are waiting in the wings to help, guide, and protect you in the work that you do? What soul-led, mystical work will you do when you too embrace your soul's medicine?