

Study Group Ideas

Many thanks to the instructors/coordinators who have shared their experiences with how they conduct their study groups and what they have learned. Some of their suggestions were similar. I have compiled them all. There was a resounding “yes” that these study groups are important to build their matrix, encouraging students to go on to become CBPs, encouraging the prodigal students to come back, or to just feel supported and continue learning.

- Once a week, from 7pm - 10pm. Discussion and question/answer period to start, and then Innate chooses who works with whom. Amy Freund and also at Janet Galipo's clinic.
- Monthly practice group at my home clinic and charge students £10 and also a free monthly Skype call, most often addressing Fundamentals questions and preparation for CBP exam. The content is guided by the needs of the students. Leslye McIntyre
- Mini Mindscape workshops when traveling to different areas, for those who have already done Mindscape. Great deal of email response – all my students know that I love to hear from them. – Dale Fox
- In Brasília, in 3 years we have gone from 3 to 40 - 45 CBPs. Study Groups are a BIG support for the development of our local matrix. What seems to have been working is weekly meetings. They prepare to become CBPs and, after certification, students keep on meeting, studying advanced modules, presenting case studies, discussing different subjects going deeper than class time allows, and so on. I had a group at my clinic for about 2-3 years, which then led to different members of the group hosting groups of their own. After that, I followed up with groups studying advanced work and serving as support meetings for hospital projects. At these hospitals where we have BodyTalk going on as a volunteer basis, there are also weekly study groups to follow up with the work.

In the beginning, we initiated a study group which, a couple of years later, stopped meeting because some of the members were ready to host groups of their own. This formed a network of study groups, facilitating access to studies in different areas of town and also enabling students at different levels to continue developing their understanding of the System. I observe a significant difference in the students who actually take part on a long-term basis in these study groups compared to those who do their CBP and decide to venture on in practice "on their own". There's solidity and a sense of connection to the matrix, which greatly assists in the further development as practitioner. “Salima” Juliana Resende

- A few more ideas from Katharina Hirsh:
 - Putting concepts into your own words. Practicing "What is BodyTalk" in 1,3,and 5 minute explanations.
 - Think tanks of collective inspiration of individual challenges that are presented - personal or professional.
It is important to create a group atmosphere where people feel acknowledged and safe. (don't forget the fun factor)
 - Discussing protocol questions that occurred in practice.
 - Reviewing specific parts of the protocol.
 - Playing games around the procedure and protocol.
 - 2 people pair up – A thinks of a link without telling B. A is only able to respond to B with yes or no verbally. B goes through the protocol and asks priority to find the link step by step, or this can be done with a group with one person playing innate.
 - The whole group agrees on a link that is written down and, as homework, they will write down step-by-step how they got to this link. The next time the group gets together, they discuss the outcome.
 - In my experience, after people have done that 4 to 5 times, everyone will know the ins and outs of the procedure and protocol.
 - I have visited study groups in different cities where people have been in BodyTalk for a while, and they could not tell me how they got to a simple link when I presented one that way. So, I think practicing the procedure and protocol in different ways, in a more right-brain way, and including the fun factor is crucial in the beginning.
 - In my experience, study groups work better if they are guided and have focus on specific topics rather than simply getting together and exchanging sessions. That has a value as well but it doesn't teach or practice the basics – Katharina Hirsh

- Telewebinar – I created a telewebinar in which I used a power point and did it live and reviewed each section of the manual. I had a question and answer period at the end of each session. The total session was about 60 – 90 min.
I also videod a demo session of each section. If I were to do it again, I would pre-record it so they could download it and listen to it when they wanted, and then commit to a Q& A once a week. There is too much that can go wrong and create problems in the moment. Be aware some people are just not computer savvy enough to figure out how to download, save and watch later, so you have to be willing and able to offer technical support to the students.

Study Groups - Having people pair up to do sessions, come back to one place when finished, and then pair up with someone else. The goal is to increase their speed by trusting what is coming up. No time to doubt.

One person on the table, one person is asking the questions but all students are participating. The person asking can include others as part of the protocol. Instead of other modalities, it is “other practitioner”, or they just get the intuitive hit that another practitioner in the room comes up with the next link. Once the new practitioner/student finds the next link, the same person who started asking the question continues to ask the next link or next practitioner. Fun way to keep everyone on their toes and in their right brain. - Melanie Buzek

- Tele-study groups seem to allow for the maximum amount of people to be able to regularly access them given that I teach over a few different locations. For FreeFall study groups, those are typically done in person, though I have done the odd forgiveness tele-call.
<http://www.totallyfreeconferencecalls.com> – Allison Bachmeier

- Study groups 2 times a month. One time on a week-night and once on a weekend so that more people can attend at least one time each month.

We like to have each attendee choose one specific item off the protocol chart and do a small presentation on it the next time we meet. It could be an organ that is researched in detail on its' function, or it could be something such as belief systems. It can be a short report on how it is coming up in the practitioner's sessions and what their own experience of it is. Or it can be an anatomy & physiology description.

Then we have some discussions and question & answer. We like to play the innate game to help people navigate the charts, and we like to trade sessions if we have time. We meet for 2 hours each time we gather.
Carol Stanton

- Facilitate small group trades and gatherings by offering tables and being available for questions. – Karen Atkins

Also, doing apprenticeships and clinics have been a good way to support new CBPs. Laura Stuve has been doing that down in Saratoga. – Karen Atkins

- LA Meeting Format:
 - 1) **Start with Access.** I find not only is it great to do Access, but it really helps those studying for the CBP exam, especially with reciprocals. If I have a group member I know is on the exam track, they usually lead us through reciprocals at the end.

- 2) **Meet and Greet.** Everyone tells their name, how they got into BodyTalk, and what one thing (or more) they would like to work on in the study group specifically that day. I ask: "**What is your focus for the study group today?**" If I have a new person, I always start with asking them how they feel about their yes/no competency.
- 3) **Questions.** If anyone comes with a question, we field the question, and anyone in the group is open to answer the question. This gets everyone participating and understanding their participation in group is valued.
- 4) **Practice, Practice, Practice!** Spectating is NOT allowed. Everyone has to practice. They have to roll their sleeves up and do a formula.
 - If there are enough students, they can break up into groups of 3. One person is client, one person is practitioner, and one person writes the session. Then they rotate until all 3 have done each thing. Usually, the newest person starts off as the client, then goes to writing, and then is practitioner. The host is available to answer any questions and can support the newer people.
- 5) **Wrap up** with any final questions and **remind people of next study group.**

Key tips for a study group host:

- 1) Make sure each person either writes their session or is **writing a session during study group.** The second roadblock I see next to yes/no comfort is that new people are afraid to write their sessions. Breaking the ice and having them write sessions is HUGE. I do tell them that it won't count toward their 50 until they have memorized the chart but even a new session counts toward: their study, another person's healing, and increasing their proficiency with the chart and the techniques.
- 2) Emphasize that **STUDYING IS NOT REQUIRED** to join a study group. It would be great but NOT REQUIRED. The most important thing is **getting the body in the door and to have them practice.** This reminds them that they LOVE BodyTalk, and it has great value in their life. If you follow the above steps, pre-study does not matter because each person will work at their own pace and comfort level, keeping the matrix flowing. If they are truly going to follow the CBP path, they will be inspired by the group, start studying, and eventually sit for the exam.
- 3) Refer to the manual. I open the book, and we walk through it together. When not in study group, **encourage them to at least touch the manual each day** even if they don't read it. Remind them to look at it, touch it. It's good that they touch it and become friends with it. To increase their success and comfort with the material, have them put tabs in their book to mark each technique. This is so important for newbies, as they don't fumble

around trying to find the technique, and lose their nerve. With tabs, they can quickly find a technique and move on. (I find that people who do this are usually the ones who go on to sit for the exam.)

- 4) **Don't chase a time for study group that is not convenient for you.** If I scheduled groups around other people's feedback of availability (which I have), I would be resentful and burned out. If they tell you, "I would come to group but it's not at a time that works for me," chances are, they probably wouldn't come anyway. I have tried several times to change my schedule (to match other people's) to capture more people, and they still don't come. I have held a study group in LA for 3 years, at least twice a month, because it is at a time I can commit to fully.
 - 5) Don't forget the **energetic exchange**. We worked hard to get our certification. People paid a lot of \$\$ for Fundamentals. They can then afford to boost their studies by paying a CBP to assist them. – Julie Jbara, CBP
- Online format for a study group using Instant Teleseminars <http://instantteleseminar.com>. The members pick the main topic (from a survey), and I create a six-week series. The online format works well from the feedback we received because: (1) Fits any schedule, (2) Learn at own pace, (3) Listen to topic downloads on any device, (4) Helps people feel connected, (5) Meets any level of practitioner where they are, (6) Provides a place of belonging for people who do not have a local group or people in their environment who are not supportive, (7) No embarrassment or pressure about not knowing enough, (8) Improves sessions and expands their observation of possibilities.

The main focus on starting the group from my end was to reach out and reconnect with students who had dropped out of the IBA. We have people in the group that had taken BodyTalk in 1998 and had never taken another class since then. I promote the other courses as well as Dr. Veltheim's courses so it's been a good fit. The group does not require IBA membership and focuses on topics, personal care as practitioners, communication with others, managing sessions, ethics, and tips to consider enhancing their sessions. I charge \$99 for a six-week series. If they are an active member of their local BodyTalk study group, then they can join for \$80. I did this to encourage people to join a local group or form one. After the start of the series, the price is \$120 for the six weeks regardless if they are in a study group or not. It's been fun, and people from about 9-10 counties have joined. – Todd Adkins

- Conference call style using a free conference call service (example: freeconferencecall.com or totallyfreeconferencecall.com), everyone got a phone number and a pass code and then called in. I could even record it so that people who could not attend the live call could still go on and listen

to the recording at a later date. I did them monthly, for free, as a way to offer follow-up support to my students. I usually did them on specific topics, or answered questions, or did a free group session....basically whatever I was inspired to do. I feel they really helped me clarify some of the concepts and answer questions that the students didn't know they had until a few days after the course because they needed to integrate the material before they could formulate questions. It was also a great way to stay in touch with students and casually talk about up-coming courses. They were usually between 45 minutes to an hour depending on the number of people and the number of questions. – Amanda Rollefstad

- I have been offering a MindScape study group that meets 3 times a month by a live conference call. I also offer a 30 minute Q&A session at the same time. The calls are recorded if they can't make it at the designated time. We focus on any topic that they request and observe the common themes/synchronicity that we all share. I have been doing this for about 4 years. I charge \$96 per month. These study group members also receive \$30 off personal sessions with me along with priority scheduling, because I often book up to one month in advance. - Angela Adkins
- Study groups have been great for our local matrix. Our group likes consistency of days for their planning. At a Fundamentals practice, often the newer BodyTalk practitioners say they like a lot of demonstrations and, when comfortable, to trade at the end of the study group. We have really had a lot of fun in our MindScape study group. Hosting advanced module study groups for people who have taken the courses and PaRama study groups have also been successful.
- Heidi Reid