

PRE-OPERATIVE SESSION #1

COACHING SCRIPT

1) INTAKE INFORMATION: CONSENT FORM / SURGICAL DATA SHEET

2) REVIEW 5-SESSION PROTOCOL: GIVE COPY TO CLIENT / PRESENT GUIDEBOOK

3) GENERAL OVERVIEW OF COACHING SESSION

** State: "Today we will..."

- 1) Teach you "THE DAILY TUNE-UP"
- 2) Help you CREATE A SUPPORT SYSTEM, and
- 3) Have a HEALING TOUCH SESSION.

4) TEACH THE DAILY TUNE-UP

** Explain Daily Tune Up: (Daily Tune-Up ,GB p. 2)

1. This is a series of 4 short exercises designed to work together
2. Purpose: To initiate your body's healing response

STEP # 1: CHECK- IN (GB p. 3) Notes

** State: "This step identifies the feelings you want to **release** and the feelings you want to **bring in**"

** Dialogue:

- 1 "What are your fears/concerns?"
2. "What feelings do those circumstances create?"
3. "What circumstances do you want instead?"
4. "What is the feeling these thoughts create?"

State: "So you want to **release your feeling of _____ and **bring in** the feeling of _____. Let' do that now."

STEP #2: CLEAR OUT and SHIFT Anxiety Release Technique (GB p. 5) (Notes)

** Explain

1. This is an exercise that works with your energy meridians
2. Purpose: To release *negative* emotions
3. Why? To help you shift to *positive* emotions

** Teach ART Exercise (ART script/ GB p.5)

** Review / Do Entire ART Exercise: Steps 1-8

** State: "This positive emotion is now your **KEY WORD**"

STEP # 3: FOCUS Key Word Intake Exercise (GB p.6) (Notes)

** Explain:

1. This is a full-body, breathing exercise
2. Purpose: To *anchor* and *retain* the ART / Key Word *feeling*
3. Why? To pattern you for relaxation and stress release

**Teach/Do Key Word Intake Exercise: (Focus script / GB p. 6)

STEP #4: BOOST YOUR IMMUNE SYSTEM: HeartMath's Quick Coherence Technique® (GB p.7)

**Explain: This is an exercise to bring your heart rhythms into coherence/balance

1. Purpose: To raise overall frequency of body
2. Why? To raise your immune system function

**Teach/Do: Quick Coherence Technique®: (Quick Coherence® script / GB p. 7)

5) REVIEW DAILY TUNE-UP: REVIEW DTU (GB p. 9) DO ENTIRE DTU (if time allows)

6) MEDICINE MANTRA: CHEMOTHERAPY / RADIATION

** Explain: These exercises address feelings about your treatment /medication

1. Purpose: To help you "make friends" with your treatment/ medication
2. Why? To help your treatments work more effectively

** Explain / Draw SELF-PORTRAIT (if appropriate)

** Explain / Create MEDICINE MANTRA: (Definition / GB p. 10) (Notes)

** Teach / Do Medicine Mantra Exercise (GB p. 10)

7) YOUR SUPPORT TEAM: (Notes)

** Dialogue:

1. "What kind of support system do you currently have? Transportation? Help with daily tasks?"
2. "How good a receiver are you?" (Role play as needed)
3. "Who have you told? Do you like their responses?"
4. "If not, what would you like their responses to be?" (Discuss as needed)
5. "What kind of communication system would you like to create?" (GB p.21)

** Instruct: "Read Your Support Team in the Guidebook" (GB p.11-12)

8) WRAP-UP:

** Dialogue:

1. Ask: "Are there any other concerns we have not yet addressed?" (Notes)
 - a. Turn additional fears into Healing Affirmations
 - b. State affirmations while using Heart- Breathing
2. Ask: "Are there any positives that have emerged?" (Notes)
3. Recap Client Guidebook and CD
4. Establish: Date for *Pre-operative session #2* (Notes)
5. Discuss any Additional Recommendations (Notes)

9) INTRODUCE HEALING TOUCH w/ GUIDED IMAGERY:

1. Explain Healing Touch if necessary.
2. Dialogue using "Magic Wand" questions /create Guided Imagery for HT session (as in class)

10) COMPLETE HEALING TOUCH SESSION w/ MAGIC WAND GUIDED IMAGERY