

# Parts Conflict Integration

## VCA Coach Gym:

Have the client take a deep breath, and ask them to play a game with you  
Invite them to hold their hands out front, palms up, facing the ceiling (you go first)

Have them close their eyes & imagine a 3-inch high **little self 1** on one palm (allow the client to share about little self 1: *how old? what are they wearing? emot. state? demeanor? mood?*)

With their eyes still closed, have the client imagine 3 inches high little Self 2 on other palm (allow the client to share about little self 2: *how old? what are they wearing? emot. state? demeanor? mood?*)

Inquire which little self is willing to lead a connection & say hello...then invite that little self to ask other: "Hello, I see you are standing for something important, what do you see that I don't see? What can you teach or show me? Or...what are you protecting? (Listen carefully)

Try to get one part to share their truth and values with the other, then ask other part if they'd be willing to answer the same questions: "I see you are standing for something important, what do you see that I don't see? What can you teach or show me? Or ...what are you protecting?" (Listen carefully)

Coach is looking for how both parts are trying to do something good for their owner (client)... each part is optimizing for some kind of safety/ security/ looking good and the other is optimizing for some kind of proactive growth/ change/ novelty/ adventure, all in service of healthy life for the client at large.

Help the client see how both parts are taking care of them in different ways (innovation/growth & safety/ protection), and point out how they're actually on the same team (pro-life). Suggest that they can both work together as allies

collaborating to create a safe & pro-growth future. What's possible if they worked together honoring both sets of values, learning to tessellate them?

Have the client bring both parts (hands) closer together (only if it feels right, so check with them first), ask if the parts would be willing to connect physically: shake hands/ hug and if so, ask the client to gently put hands together in prayer so parts can be joined and have client press both palms into their heart, where 2 parts can now continue to work together in the unconscious, as allies.

If the client doesn't want to put two parts together, then let the client know these two parts have now met and begun a conversation, they can continue talking & sharing in service of a possible future friendship where they work together. Ask the client to press both palms into their chest separately and allow the 2 parts to continue talking to understand each other better.

Deep breath, ask the client to open their eyes & gently orient to the room...and ask them a random, unrelated, easy question to break the trance: What did you have for breakfast? What is your favorite color? What is your favorite food?

You imagine the whole process along with the client...silently in your on head.  
Coach goes first!

Take a minute at the end of your session to give feedback to coaches in this empowering format:

"What really worked about your coaching was...  
What could make it even better is..."