

Wholeness-based Relating for Gifted People

Course Module Overview

Taught by Karin Eglinton-- Summer 2018

(Based on 4 Basic Tenets of a Relational Approach to Life)

Module 1: Self-relationship

LEARNING TO TRUST AND BEFRIEND THE SELF

The Self-relationship is the most important one to cultivate. In particular when--living in a world where we're a minority-- we've experienced distorted and distorting mirroring,. Therefore, we need to go exploring within to find out what the truth is about ourselves, so we can move through life fully anchored to our essence and experience the qualities of agency, sovereignty, authenticity.

The Self-relationship includes how we connect with our wounded and shadow parts (that which we would most likely rather edit out of wholeness). Non-productive relating with these parts-of-self will be reflected in coping mechanisms; addictive behaviors; in the measure of how functional our relationships with others are, and above all, how we feel inside regardless of who's there with us/ what we're doing.

"If we fail to plumb ourselves and speak up for our deepest needs, which admittedly can be a scary prospect, life will never feel authentic, we will never see ourselves with any clarity, and everyone will always be the wrong partner"— Ken page, (psychotherapist who specializes in relationships, intimacy and authenticity).

Module 2: Cultivating Our Ecosystem

Turning to the Other and with discernment about everything we have learned on how we work; imagining what kinds of people, spaces, groups are going to be nourishing for us. This is also about our contribution, there are many things we are dying to share with the world, and the magic of discovering who those people are whom you can offer those parts of self, organically.

THE FOCUS IS SHIFTED FROM "SERVICE" TO "SHARING THROUGH BEING". So it's not how the other can help me, nor how I can help them. How can we be in synergy through simply being ourselves?

This is like constructing a menu/ buffet for yourself based on your nutritional needs. Noticing the elegance and synergy in our world where it already exists, strengthening those parts, one hand; on the other, getting

creative and curious to solve the puzzle of as yet unfulfilled needs and desires.

Module 3: The Cycle of Connection and Maturity

Through this part of our exploration inside the course, we focus more on the developmental aspect of connection: the fact that in many ways violence, trauma, lack of mirroring means we're missing crucial nutrients to be living a brand of adulthood that is joyful, and moving toward developmental stages of lived, embodied wisdom. Here we'll get to see where we are at in our developmental stage of relatedness, and see where in our lives we encounter codependency as a relational strategy.

Many of us gifted individuals are known and recognized for being “wise beyond our years” and are left to our own devices, because we seem better off and better adapted psychologically (even when we're dealing with extreme psychological pain, mental health challenges, Complex PTSD, etc). So we actually don't get to find out to what vast degree our maturity and wisdom *could be* actualized. In this course module, we explore the virtuous cycle of connection with maturity: that the more we put ourselves in a space of intimacy (with self the world, other people), the more we get to embody maturity, *even beyond what is currently mapped in the human collective*—whether in the spiritual or secular realms.

Module 4: Communication and agreements

If we're not making conscious agreements, we're making unconscious one (your agreements have been made for you, so to speak). With the strong foundation gained from the previous areas of exploration, we can now focus on how to tweak the ways we express ourselves and how we listen, how we enter into social situations with awareness, and how we translate and bridge differences with others, across giftedness levels and with non-gifted people.

This will be the most skills-focused and practical module-- all about getting ways of interaction that create win-win solutions into “muscle memory”.

Here we will also be applying a framework for consent in all areas of our lives, not just the sexual aspect.

Course Logistics:

Content will be co-created according to your needs and preferences: I will ask you to help me tailor the course content by sharing the most urgent questions and issues you wish to address.

Self-study part and homework:

I will share the course module with you with enough time that you can deep-dive on your own. The format will be a document compiled with information and concepts from my own body of work, along with materials to read and/or watch, to fuel your understanding, and as jumping-off points for your self-reflection.

You will also receive homework and /or exercises to work through, and as part of the homework before each session, I ask that you share your responses and questions that come up for you. ***I will ask you to have your homework complete at least 3 days before our session so that we all have time to read your thoughts, and for me to have time to answer your questions.***

The course will invite very intimate sharing (you will set your level of comfort): Your boundaries will be respected at all times, so you can be as reserved or as open as you need to be when sharing with the group. The group will get to decide the format of sharing: for instance, whether we will read each other's responses over email, on a temporary secret Facebook group, or another preferred way of connecting.

Participants get to set the best date: It will be important that we decide together as a group what the best date/time to meet will be for each session, and how much of an interval we leave ourselves between dates. ***I suggest between 3-6 weeks to give you time to integrate the material in the self-study portion.*** This also means we can decide all our dates at once or choose from session to session what the next meeting date will be.

Hands-on during the session itself: During our session the focus will be to practice the material in the way that is most relevant based on what came up for you during the self-study part, as well as clarifying parts that you had questions about. This means we will have discussions, role-play, situational analysis, and other hands-on exercises (again, with the disclaimer that you get to participate respecting your level of comfort).

Meeting Length: 3-3.5 hrs each.