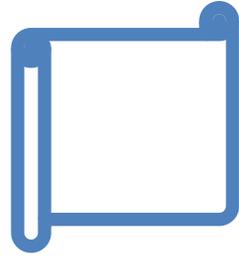


DIY THERAPY



ASSESSMENT TASKS

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(New Age Power™)

INTRODUCTION

The following is a collection of questions and tasks designed to help you understand the concepts and techniques within the book *DIY Therapy: Simple Self-help Skills*.

As outlined on the *Tutorial* page of the *New Age Power™* website, the work is structured in Six Parts which is to be completed in three months (i.e. twelve weeks). You may ask as many questions as you like via email during this time.

Those of you doing the [email tutorials](#) send your responses every fortnight in a Word document to – helen@newagepower.net. Number each part and include your name. The tasks will not be graded however I will include comments with these documents before returning them to you.

The [in-person tutorials](#) require that you make an appointment ([by phone only – 0401 041 391](#)) every two weeks (or make all six of them in advance) to see me, the consultant/tutor. You need to bring along your completed responses which we will go through during the session, where you can take notes, ask questions etc.

The [Skype tutorials](#) require that you make an appointment every two weeks for an online consultation. You will need to contact me via email – helen@newagepower.net – in order to book each session (the initial email needs to include your Skype name). You must have completed the tasks for each part before every tutorial where we will go through your responses.

I hope you get as much out of completing this as I did putting it all together.

Happy Healing!

Helen Papadopoulos

PART 1

TRANSFORMATIONAL HEALING & THE ALL-KNOWING SUBCONSCIOUS

- 1/ How would you define **transformational healing**?
- 2/ Describe a time in your life when you changed a negative thought, emotion and/or experience into something positive. How did you do it?
- 3/ Define the right brain (SC) and the left brain (C).
- 4/ The C and SC are interconnected. How?
- 5/ Positive instructions are needed for the SC. Why?
- 6/ There are two ways by which to get insight from the SC in order to discover the causes and solutions to problems/issues. What are they?
- 7/ Describe a time when you have recalled a past negative experience either consciously or unconsciously, through a dream, for example. How did you deal with it?

PART 2

THE THREE-POINT THERAPY TECHNIQUE (T3)™

- 8/ What is your understanding of T3™?
- 9/ Define each Point in one sentence.
- 10/ **Transformational healing** may occur at which Point?
- 11/ Where would you use the methods to access the SC (i.e. which of the Three Points)?
- 12/ Which Point cannot be used on its own? Why?
- 13/ Refer to the six techniques described to tap into the SC on pp.12-15. Which are your favorites and why?
- 14/ Choose one of the combinations of T3™ as outlined on pp.15-17 in order to work through one of your own problems. Write down all of the information you receive for each Point. Include whether or not you used SC accessing techniques.

PART 3

GOOD GRIEF

- 15/ How would you define grief?
- 16/ How has grief affected you? (Describe at least one experience.)
- 17/ Describe the connection between grief and **self-transformation**. How is it related to **transformational healing**?
- 18/ Describe the three principles of my grief theory.
- 19/ T3™ relates to one of the three principles. Which one?
- 20/ Refer to pp.20 and 21 about the processing of emotions. What helps you express your emotions?
- 21/ Recall a period of grief in your life. Outline how you experienced this loss in relation to each of the principles. If you cannot do this for yourself, interview a friend, relative, neighbor or colleague about her/his experience.

PART 4

MEDITATION MEDLEY & DIY THERAPY KIT

- 22/ How would you define meditation?
- 23/ Outline the conditions of effective meditation.
- 24/ Name your favorite grounding technique.
- 25/ Experience one of the meditations or visualizations listed on pp.24 and 25. How did you feel during and afterwards?
- 26/ How is a DIY Therapy Kit useful? Explain your answer.
- 27/ Refer to the 'DIY Therapy Notebook' categories on p.26. Write down at least three of your favorites for each category.
- 28/ If you were to make the DIY Divinatory Cards, which words/phrases would you choose?

PART 5

TIME TO ASK FOR PROFESSIONAL HELP

29/ When would you ask for professional help?

30/ Describe PTSD.

31/ Refer to p. 29 – ‘Criteria for Choosing a Therapist/Practitioner.’ Name one other criterion.

32/ Refer to the ‘Categories of Therapy’ on p. 30. Have you experienced any of these modalities? If you have, describe them. If you have not which would you like to try and why? (Research unfamiliar therapies.)

33/ Do you have a Holistic Therapeutic Regimen? If you do, outline it in detail. If you do not, create one that will suit you.

34/ Do you need to go to the same therapist/practitioner all of the time? Explain your answer.

PART 6

TEN REASONS WHY THERAPY MAY BE INEFFECTIVE &

THE TRANSFORMATIVE HEALING POWER OF LETTING GO

35/ In relation to therapy being ineffective there are five reasons relating to the therapist and five to the client. List and summarize each one.

36/ ‘Healing’ is ultimately what type of healing?

37/ Describe one time in your life when therapy (this may involve a consultation with your doctor) was not effective. How did you deal with and learn from this experience?

38/ How would you define ‘letting go’?

39/ **Transformational healing** may occur when you let go. How?

40/ **Self-transformation** may occur by releasing what is no longer necessary. How does this happen?

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