

Normal rules loPT

considering security and confidentiality

Identity oriented Psychotrauma therapy/theory does work with trauma.

Security and confidentiality are very important here. With this rules we try to respect that.

If you participate in Venus Constellations workshops or sessions, you agree to adhere to the following rules:

- We are respectful to each other.
- No verbal, physical or other violence is used, or transgressive actions are taken. If necessary, you can indicate that you feel this way, but no action is taken.
- No recordings will be made unless with the express permission of the participants present.
- You ensure that you sit in a room where others cannot listen or watch, unless with the permission of the people in the meeting.
- You ensure that there is as little distraction as possible - the sound of notifications and the phone are turned off.
- You are not under the influence of alcohol, drugs or other substances that influence clear feelings/articulation/finding right words/definitions/boundaries.

- After the meeting it is allowed to talk about the meeting, provided that:
 - o no names are mentioned.
 - o no data that can be traced back to persons is mentioned.
 - o it is about how **you** experienced this and what **you** 'learned'.

In addition:

- You are and remain responsible for your own well-being:
 - as resonant:
 - you ensure that you do not 'damage' yourself
 - you ensure that you de-role well
 - as enquirer:
 - you ensure that you can turn to support people when you need it
 - you take care of yourself in the process: you can always say STOP
 - you check for yourself to what extent you accept what comes from the resonance: sometimes something needs a nuance, or it is a metaphor for something else. It is also possible that an interpretation of a feeling is belongs more to the resonant.
 - you make sure you reach out if you need support.

In principle, I won't let you swim, so you can always reach out, you can also ask for further explanation.

However, I am not a mind reader, so you will have to indicate yourself if you are not sure how to proceed. This can also be done in the days after the session.