

Hello! Welcome, I'm so glad you're interested in this offer.



### How can I join?

Sessions are Aug 25, Sep 1, Sep 8, and Sep 15, 1-3pm Eastern US time, over zoom. [Venmo @Elena-Lake-](#) (last 4 digits of phone 5094) \$50/session, or \$180 for all four.

In your venmo comment or twitter DM, let me know which sessions you would like, and I will reserve your spot! And also through the same channels, let me know your email. I will send reminder emails – five days before, 24 hours before, and one hour before :) these emails will contain the zoom link.

### Who are you, and what is drop-in somatic emotional healing, exactly?

James is a somatic coach with 10 years of experience helping people tune into their bodies and relate healthily to their emotions. And, I, Elena - a mathematician-turned-massage-therapist - have been his client since last July. If you read my Twitter feed, you'll see me working through a lot of chronic emotional pain, and much of that was with James's help.

I could link you to [James's website](#), but honestly I don't like it very much :P I hope to eventually help him upgrade it. I found him in-person in Asheville because I was talking about Somatic Experiencing at an ecstatic dance, and someone runs up to me and says "if you're into somatic experiencing you should try working with this guy I just met, James!!!!!" and I did and it's dearly served my unfolding.

I'm really familiar with his work with me, not so familiar with his work with other people. I like the group coaching format because witnessing other people's processes is really great for helping me feel less alone in the world. Also, it's more affordable, and I believe in the healing power of this work, and I'd like to see it more widespread and accessible and commonplace. I would say one session with James was about four of my standard therapy sessions, and I'd been in therapy since 2017 already. The somatic piece - getting my body online, finding the sensations in it - is what really helped.

### **The format of the session:**

Each session will be capped at 8 people, not including James or Elena. We'll all do a round of check-ins. After that, we'll split time roughly equally between everyone who wants to work, with consideration given to flexibly completing an emotional process, rather than leave somebody hanging and emotionally open at an exact minute cut-off mark.

So, every attendee will get equal time with James. What can this time be used for? Either attendance to and facilitation through one of your emotional processes – grief, shame, anger, loneliness, mild frustration, literally whatever – or, “office hours with James” where it could be more of a teaching style, where you ask him questions and he teaches about emotions. So for example he has a framework of meeting basic needs, and what order helps to go in about them, and you're free to use your time to ask questions about that. Or, for example, attachment theory and how it influences the health of relationships.

My own example: when I first started working with him, many many months went towards me untangling that my romantic relationship pinged some serious anxious-avoidant dysfunctions, and what the feeling of ‘attachment’ felt like in my body, and what it felt like when it was hurting me rather than healthy. Now, we're mostly working on my safety needs - stable housing, grounding, my own relationship to the chronically-ill part of myself, etc etc.

And, this is drop in format – so we can definitely go deeper within a container, especially if it may help you to sign up for all four. But this is a soft launch overall, we will probably build out into more formal offerings down the line. For now, I really wanted to make James's level of skill and devotion and training, easily accessible to people on the internet whom it may help.

Also, I say 1-3pm Eastern time, but James is willing to hang on up to 1 hour longer for anyone who would want even more time. The session will formally conclude at 3pm, with that extra hour available if desired.

### **What's in-scope versus out-of-scope for this container?**

Realistically we probably won't heal the deepest ancestral traumas in one session. However, can we make incremental progress on them and shift your relationship to them and give you a felt experience of unblocking, and hope? Yes. So, I'm very confident to offer ‘progress’. Also, James has enough skill with emotional work that he won't

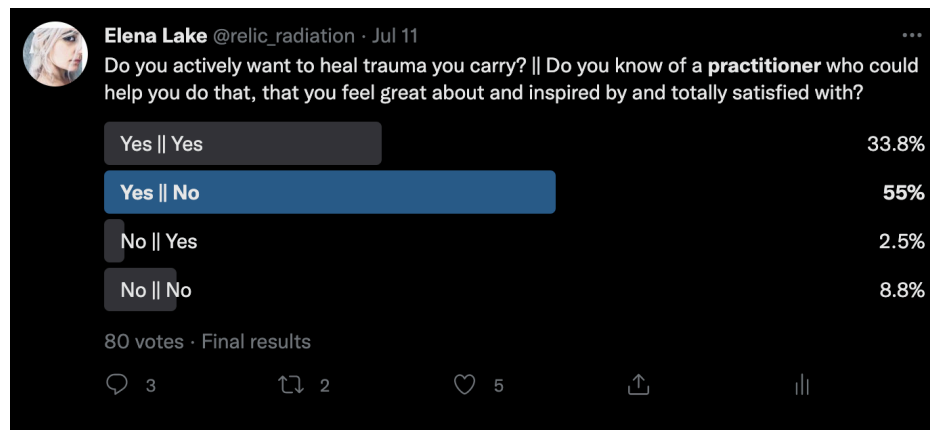
blast-you-open-and-leave-you-hanging, we'll do the level of work that wants to be done in that time and context, and come to a point of resolution.

As for "what's in scope - well, really anything emotional or somatic. And it doesn't \*have\* to be deep-ancestral-trauma! It could be as simple as "I keep forgetting to eat, even though I want to eat, what's up with that?" So, very wide scope. We can triage it more precisely live in the session.

In my experience James has a Mary-Poppins style infinite bag of somatic/emotional tools and tricks, so... I don't even know the limits of his craft, let's find out. Here are some words from his website about what he does: "inner child healing, mother wound / father wound healing, core wound work, emotional healing of fear/anger/grief/shame, somatic inner parts work, inner safety cultivation, inner power development."

### Anything else you have to share about this vision?

Hope to see you there 💜 truly, the experience of feeling emotionally supported – I wish that for you. I ran this Twitter poll and was shocked at the results, living as I do in the healer enclave that is Asheville. If you're in the "Yes || No "category I especially encourage you to come. Not everyone will resonate with James just because I do, that's an important aspect of choosing a healer. But this is what's working for me, I invite y'all too.



And, keeping it kind of casual and conversational - is intentional on my part. No hyperfancy landing pages, because that's more overhead than I have bandwidth for right now! I want world-class emotional support to feel casual and accessible. And also, to actually \*offer\* it, done-is-better-than-perfect style.

### What's Elena's role in this?

So, I'm not included in the 'eight people max', though I will come in with my emotional processes if there's fewer than eight people. If there are eight people, I'll just sit back and witness the whole time, I'm really happy to do that, I still learn from it.

FYI I will, after each session, post a tweet thread of what I personally learned, in a way that totally preserves everyone's confidentialities. Hope to see you there, and thanks for reading! Let's level up your emotional quality of life 💜