

# Practice Guidelines

## Purpose of the document

The purpose of this document is to provide a shared context for practice work.

## Document content

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## Document cross references

- Terms and Conditions

## Date of ratification

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## Version

V1.0

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# Practice Guidelines

<p>1. Purpose</p>	<p>Participants understand that the purpose of practice sessions is to practice interactive experiences with the objective of emotional restructuring and <u>relational capacity building</u>. The twin imperatives of connection and transformation require the efficient formation and repetition of new positive neural pathways.</p>
<p>2. Safety first</p>	<p>Nervous system safety is our primary concern. Within each session we strive to maintain a high ratio of uplifting experiences to challenging experiences. Interactional reciprocity is also a key part of our practice. Safety does not mean participants will not feel pain. It means safe enough that participants can manage and explore the practice from a strong home base of <u>regulation</u>. Only share what you can hold.</p>
<p>3. The role of facilitators</p>	<p>Facilitators create and <u>hold a container</u> for the practice session. As such, they offer structure (in an invitational sense), they model communication, along with some minor associated teaching at specified times. Facilitators are to provide clear expectations of what the session involves. They are leaders in the sense that we are all leaders. While they may possibly have some capacity to co-regulate participants, they are not therapists, coaches or counsellors. To maintain safety, facilitators reserve the right to require a participant to pause, or leave the session.</p>
<p>4. The role of participants</p>	<p>Each participant attends and participates from a place of deep <u>responsibility</u> for their own boundaries and choices. All practices are optional, and participants make informed consent whether or not to participate in any given exercise, and to what degree. Participants attend to their biological requirements for example to stretch, hydrate, or use the bathroom. If you are unsure of something, ask the facilitator.</p>
<p>5. Consent</p>	<p>Participants are encouraged to make requests in service of meeting their needs. On the other side, you can say yes or no. If you say no, you do not need to understand or explain why. Treat maybe as a no. You can change your mind later. As a rule, <u>seek consent</u> before giving advice, explaining others' experience, asking personal questions, sharing feedback, or touching participants.</p>
<p>6. Enhanced listening</p>	<p>Participants are <u>invited to listen</u> before expecting to be heard, and listen from a frame of welcoming everything. Listening involves not speaking, not thinking about speaking, and using non-verbals that say "I want to know you"</p>
<p>7. Measured vulnerability</p>	<p>Participants speak from their own experience, and seek a radical balance between the needs of <u>self and other</u>. We know that change is expedited when the qualities of lightness, humour and holding our identities lightly are added to our witnessing. When in doubt slow it down, and ask yourself, will my share be in the service of connection.</p>

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<p>8. Lean into your edge</p>	<p>Keeping regulation in mind, you are invited to notice your comfort zone limit, and from a place of intention, to play into that edge. When you have the resources, we invite you take a chance to <u>lean a little further</u> than you usually do. Each participant's edges are their own. It may not look the same as anybody else's. It's OK to make mistakes. And, we lean into repair as a pathway to connection.</p>
<p>9. Confidentiality</p>	<p>Seek consent before sharing other participants' content outside the container that it was shared in. Also, if there is something a participant would like to share in special confidence, it is recommended that they seek consent before doing so. Both facilitators and participants agree not to make recordings of practice sessions, of any kind, without consent.</p>
<p>10. Punctuality</p>	<p>We endeavour to start sessions on time. Punctuality is a gift we give each other. If you need some buffer time please come early. Facilitators reserve the right to not admit participants arriving more than 10min after the start time</p>