

The Process of
Discernment

InterPlay
ACADEMY

“We consider it our most important job to create emotional safety, which is intended to help you slow down, ground yourself, go within, listen to your intuition, and come to a decision that’s right for you.”



Our Discernment Process is FREE of charge.

It’s an opportunity **for you to discern whether or not you could benefit from our approach, and for us to discern whether or not we can help you.**

Intuitive Integration is intended to resolve the dynamics within your psyche that may be causing unconscious resistance and preventing you from following your soul’s path of growth and transformation.

While it’s not possible to guarantee an outcome, our work has the potential to change many things about your inner and outer experience, and **your life may feel quite different after receiving an Integration.**

In addition to experiencing numerous possible benefits, you may also feel a temporary sense of loss, confusion, or fear about your identity or purpose in life, as well as uncertainty or impatience about the future.

After the Integration process is complete, you may need further self-examination, skill building, guidance, and support to help you adjust to the changes you may experience in yourself, your life, and your relationships.

The 3 Steps of *Discernment*

Step #1

Read our website and this Discernment document

Please take your time and **read all the pages on our website, making sure to follow all the links. Then read this document, "The Process of Discernment."** Take notes and write down any questions you have.

www.interplayacademy.com

Step #2

Read our Intuitive Integration Guide

If you've completed step #1 and you're ready for more information, please email us using the form on our site and **we'll send you our Intuitive Integration Guide.**

The guide contains a detailed, step-by-step, description of the three session series, what to expect before, during, and after an Integration, as well as our recommendations for self-care and support.

Please read the guide, in its entirety, and make note of any questions you have.

We want you to feel fully informed before you proceed.

Step #3

Discernment Conversations

If you've completed step #2 and you feel ready for more information, **it's time to begin your Discernment Conversations.**

These conversations are intended to **provide a safe space for us to get to know one another and see if we'd work well together. Conversations can last up to 2 hours depending on need. You'll have your first conversation with Ginger. After this first call, Mark may join these conversations as needed.**

You're free to ask any questions that surfaced from reading our materials. I'll also have a list of questions for you which will help me discern whether or not our approach could benefit you, and whether or not this is the right time for you to receive our work. I'll be curious to hear your story, what brought you to our work, and your experience reading the website.

After our first conversation, I encourage you to think about what we discussed and consider your needs before making a decision. If you have additional questions, please reach out by email with your questions or schedule another discernment conversation.

Our Clients

We work with people from all walks of life, with many different stories and challenges. The people who resonate the most with our work typically share these characteristics.

They've been on a personal growth path for a while and have a support system they feel connected to and can reach out to for emotional support. They have some experience processing emotion and are curious, creative, highly motivated, and open to new ideas and ways of understanding themselves.

Having done a lot of personal growth work, they have a solid sense of self. They're resilient to emotional ups and downs, and have a deep desire to live an authentic life. Many have lived through profound hardship, a difficult childhood, a dark night of the soul, or other challenges that shaped them into who they are today.

Despite the work they've done, they're still struggling in some ways. They've tried many approaches and made some progress, and yet there's still something left unresolved. They can't quite put their finger on why they continue to experience the same patterns and disappointments.

They can function day to day, have families and careers, and may be skilled practitioners in their own right. They know how to support and guide others but there's still something missing in their lives.

They feel a call; the still small voice of their soul beckoning them forward. They hear it, but they're not sure how to follow it. They may feel lost, confused, stuck, and frustrated that they haven't been able to find a solution.

Life feels hard, and the satisfaction they're seeking feels so close, but so far away. They're hungry for the fulfillment that comes from living into the truth of who they are. They're ready for the life they know they were meant for, but something is preventing them from moving forward.

They've been searching for a way to identify the true cause of their resistance, resolve it at its origin, and finally have the freedom to move forward.

If any of this resonates for you, please read on.

Some indications of Unconscious Resistance may include:

- Inner conflict that feels like being “torn” between different needs
- Feeling stuck, trapped, immobilized, or paralyzed and unable to move forward
 - Being unable to accomplish your goals or dreams
 - Fear of rejection, criticism, or abandonment
- Patterns of activation or feeling “triggered” in relationships
 - Memories or past experiences that still impact you today
- Uncomfortable emotions; feeling “flooded” or overwhelmed
- A fear of failure or success, or a lack of fulfillment in your career
 - Feelings of self doubt or a lack of self confidence
- A difficulty or inability to make decisions; “decision paralysis”
 - Chronic feelings of fear, panic, sadness, or despair
- Inability to break unhealthy patterns in life or relationships
 - Feeling shy or socially awkward in relationships
- A deep unfulfilled desire for self actualization or self expression
 - An inability to reach your potential
- Patterns of avoidance, passivity, distraction, or procrastination
 - Chronic stress that affects your physical health
 - Feelings of insecurity, worry, or dread
- Self deprecating thoughts, self criticism or self sabotage
 - Feelings of ambivalence or confusion
- A lack of clarity about your direction or purpose in life

Your Support System

Our Discernment Process is intended to help you examine and enhance your support system so it can carry you smoothly and safely through the Integration process.

Your safety is our top priority. And, since our services are not licensed and we're not an emergency crisis service, concerns may arise when someone's current mental, emotional, or physical health may cause them to need more support than we're able to provide.

Though I (Ginger) am a licensed marriage and family therapist in the state of Washington, the services I provide through InterPlay Academy, LLC, are separate from and not part of my psychotherapy practice. **Therefore, I'm not legally permitted to provide emergency mental health services.**

With this understanding, in order to protect ourselves and our clients, **we need to make sure clients are willing and able to access any additional support they may need** outside of our work together, if necessary.

This may mean seeing your doctor, hiring a therapist, joining a support group, a twelve-step program, or even simply communicating your support needs to a partner, family, or friends before you move forward with us. We encourage creative ways of **accessing support that can meet the needs we're unable to meet.**

Every person's needs are different, which is why the discernment process is so important. **We'll help you assess the areas of your life where you may need additional support and, if needed, suggest resources that could meet those needs.**

With this additional support in place, we can move forward with confidence in your safety and well-being.

The Reality of Positive Change

When we completed our own Integrations, we were blown away by the positive changes in our lives.

As much as we wanted this work to be the answer to everything, we slowly began to realize that it just wasn't that simple.

Yes, the benefits were undeniable, AND though you may have heard or witnessed very positive and even miraculous things about our work, it's important for you to understand that...



This is not a quick fix, and no approach eliminates the need for ongoing inner work.

Even if you've been longing for these improvements for years, **rapid positive change can be stressful, scary, disorienting, and can even be perceived as negative.**

While our clients often experience very beneficial results from the Integration process, these **results can take time to unfold and the post-Integration process can be challenging and unpredictable.** It can take several weeks to many months of emotional and energetic release work, self-reflection, awareness and skill building, and daily practice for the mind and body to transition and adapt to a new way of thinking, feeling, behaving, and relating.

And, it's important to understand that we're still learning; **this approach is new, it's experimental, it's still in development, it's not yet a proven modality, and it's risks and benefits are not fully known. While we can predict some of what you'll experience, we can't guarantee results of any kind, nor can we guarantee a smooth adjustment to life post-Integration.**

If you choose to work with us, **we'll do our best to provide as much support as we can for as long as we're able,** and will continue to develop and expand the support system and resources available to you as our business grows.

We've been through this process ourselves, and we know how challenging it can be, day to day, while transitioning to a new way of being.

The answer to that challenge is a supportive community, and **we're in this together.**

Post-Integration Support

The majority of the difficulties clients may experience post-Integration are due to the residual belief systems, habits, and tendencies developed over years of coping with unconscious resistance.

These habits kept us safe in the past and were necessary for our survival. As a result, it's hard to let go, even when the people and circumstances that made us feel unsafe are no longer present. It takes time, self-awareness, trust building, and regular practice to reassure ourselves that we'll be okay without them, and begin to replace them with new beliefs, habits, and skills that support our needs going forward.

Our Skills Library

Your Intuitive Integration package includes access to our online Skills Library. This is our core curriculum and it's intended to provide the education and skill building necessary to move smoothly through the post-Integration process.

Support Services

Ginger and Mark offer a combination of text/email support and individual support sessions intended to provide structure, guidance, and support throughout your post-Integration process.

Ginger also offers additional Intuitive Integration sessions as well as Tarot readings and intuitive guidance to help you understand where you are in your process and discern what could be your best path forward.

(See the "Rates" and "Readings" pages on our site)

We've been told by our clients that **support is everything on this path**, and we'll continue to improve our support services, over time, in response to this need.

We're all learning together, and community is so important for our success. **Being witnessed and understood, as we learn and grow, can give us the safety we need to take risks and step into a new way of being.**

Full-body consent

It's important that you understand what it really means to enter into this journey with us.

We want you to have all the information you need to feel safe and comfortable in our hands, and to understand the investment of time, energy, and resources this process will require.

We ask that you take your time to learn all you can before moving forward. We're here to hold space for you throughout the discernment process until you either choose a different path or reach what we call **"full-body consent" which is a deep feeling of knowing, in the whole of your being, that this is the right path for you.**

Are you ready for the next step?

If so, send us an email from our contact page.

Tell us who you are, how you learned about us, and a little bit about what brought you here. We'll respond within two business days and send you our **Intuitive Integration Guide**, so you can learn all about what you may experience if you choose to work with us.

We look forward to learning about you and the road you traveled to arrive here. It's our sincerest hope that our work can support you on the next leg of your journey and that we can learn from each other as we grow together.

Thank you for taking the time to learn about us and our work.

We look forward to hearing from you,

With deep gratitude,
Ginger and Mark

