

7-Step Integrative Healing Model
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- 1. Assess Levels of Distress, Disagreement, or Conflict – Assess how you are feeling in this moment and score from 0-10.**
- 2. Encourage Expression of Feelings – Express your feelings of distress in this moment, be detailed in your description.**
- 3. Provide Empathy and Validation – Validate and acknowledge the other person’s emotions.**
- 4. Encourage Discovery and Expression of Meaning – Express lessons learned from your experience today.**
- 5. Provide Information – Resources that could be helpful to an individual today, i.e. books, supplements, etc.**
- 6. Nurturing Mother Earth – How do you connect with nature?**
- 7. Breath Work, Soul-Surfing & Meditation – Move the negative energy out of your body with movement, breath work and meditation.**