

Introduction to IDL Interviewing for Parents and Caregivers

Welcome to Integral Deep Listening!

This is not a course about fixing children.
It is not a method for correcting behavior.
It is not therapy.

It is a practice of learning how to listen.

The Listening Gap

Most of us were not deeply listened to as children.

We were guided.

Corrected.

Encouraged

Advised.

Sometimes criticized.

Very rarely were we invited to fully express what we wanted, what we feared, and what we needed — without interruption.

Deep, Integral Listening

Listening is more powerful than we think.

When a perspective is heard, emotional intensity decreases.

When emotional intensity decreases, defensiveness softens.

When defensiveness softens, learning becomes possible.

Dreaming Healthy Families

Healing begins
not with discipline
But with listening.

Perspective Before Questions

Before asking questions

we become the perspective.

The Animal Doorway

Especially with children, emotions are often easier to express through animals.

Anger may be a lion.

Fear may be a rabbit.

Sadness may be a turtle.

Something Important Happens

Especially with children, emotions are often easier to express through animals.

We are no longer correcting a child.

We are listening to a lion.

We are no longer managing behavior.

We are listening to a frightened rabbit.

That shift changes the emotional climate of a family.

Keep It Gentle

We will practice interviewing mild emotions

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Nothing overwhelming.

You will practice with yourself.

You will practice with someone else.

You may even practice with a dream.

Invitation

You may feel awkward or uncertain.

That is normal.

If resistance appears, we will interview that too.

You do not need to do this perfectly.

You only need to practice.

Let's Begin

Listening changes relationships

Listening changes identity.

Listening changes families.

Let's begin.

