

Janell Rardon, MA, Trauma-informed Board-Certified Life Coach
Certified Practitioner of Aroma Freedom Technique

ALWAYS LEARNING. ALWAYS LISTENING.



Welcome to *The Heartlift Practice*. It is an honor to guide your emotional and relational health journey. Walking alongside you, your marriage, and your family brings me great joy. As promised, here is a list of resources to aid and assist the healing process. I've studied and researched long and hard to find gentle, highly effective and efficient tools for your emotional health toolbox. If you have any questions, email me: janell@janellrardon.com.

The Speak Healing Words Podcast

Initially created to aid and assist my clients, [The Speak Healing Words Podcast](#), offers an "overflow" and "ongoing conversation" post-client sessions. Even in our intensive work, we simply can't cover the intricacies of every single issue. These podcast episodes enable you, the client, to continue growing in-between our heartlifting intensive sessions. Currently, there are three seasons available:

1. Inaugural Season One: Moves through my current book, ["Overcoming Hurtful Words: Rewrite Your Own Story,"](#) and introduces the power of healing within community.
2. Season Two: An introduction to the three-fold cord of emotional health and wellness: a healthy sense of self, healthy behavior patterns, and healthy communication skills.
3. Season Three: A special series, "The Hallways of Home," as we were all "forced home" to "shelter in place" and practice "social distancing," through COVID-19, a global pandemic that shook our world.

Healthy Communication Skills

The journey towards strong interpersonal relationships begins with HOW we speak to one another, with both verbal and non-verbal skills. One of the best methods is non-violent communication. Start with this book:

- [Say What You Mean](#): A mindful approach to non-violent communication by Oren Jay Sofer.

Aroma Freedom Technique

1. Visit <https://www.janellrardon.com/aroma-freedom-therapy/> and <https://aromafreedom.com/> and read all about this revolutionary healing modality that combines neuroscience, psychology, and aromatherapy to shift awareness away from negative thoughts, feelings, and memories, in order to initiate a positive outlook and mindset. This results in greater confidence and inner freedom. When we are no longer stuck in negative mindsets, we are free to [live our very best God-breathed \(Genesis 2:7\)](#) lives. I've seen great success in using AFT with any trauma-based issues.
2. After your initial AFT Clearing Session, [follow the strategic plan of action](#) given in your session. The ["next steps"](#) are as important as a medical prescription and when followed, bring forth neural pathway clearing and wholeness.
3. Read more about [memory reconsolidation](#).

The Enneagram of Personality Types

1. Read more about [The Enneagram](#) and enjoy several resources from my favorite Enneagram experts:
 - a. Roxanne Howe-Murphy, <https://www.deeplivinginstitute.org/about/roxanne-howe-murphy/>
 - b. Ian Morgan Cron: <https://ianmorgancron.com/about/>

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- c. Beth McCord, <http://www.anniefdowns.com/2017/09/21/that-sounds-fun-episode-53-beth-mccord-the-enneagram/>.
 - d. Beatrice Chestnut and Oranio Paes: <https://www.mundoeneagrama.com/> whose training and leadership have benefitted me immensely. I studied with them in Norfolk, VA.
2. The Enneagram is not strictly a “Christian” system, but as with many great emotional health/psychology tools, has tremendous value in its’ ability to access the “motives,”—the hidden, oft-in-the-shadows, “motives” behind our behaviors. I’ve found this tool to save hours and hours of counseling and therapy, as it directly targets behavioral patterns.
3. Take the Enneagram Test and learn your number:
<https://tests.enneagraminstitute.com/>.
As my client, I will order your test and send you the code, via your email.
Together, we will assess your results.
4. Books, in order of recommendation:
 - [Deep Living](#), Roxanne Howe-Murphy
 - [The Road Back to You](#), Ian Cron and Suzanne Stabile
 - [The Subtype Booklet](#), Beatrice Chestnut
 - [The Sacred Enneagram](#), [The Enneagram of Belonging with Workbook](#), Chris Heuertz
 - [The Path Between Us](#), Suzanne Stabile
 - [The Wisdom of the Enneagram](#), Riso & Hudson
 - [The Enneagram](#), Helen Palmer (digital download).
5. Podcasts: Begin here and search iTunes/Google Play/SoundCloud for additional podcasts that include “Enneagram” interviews and conversations:
 - [Typeology](#) with Ian Cron
 - [The Enneagram Journey](#) with Suzanne Stabile
 - [Enneagram Mapmakers](#) (for historical and spiritual context): Chris Heuertz
 - [Your Enneagram Coach](#): Beth McCord
 - [Annie F. Downs](#)

Attachment

1. What is Secure Attachment? [Watch this short video](#) and [this for additional information](#).
2. How Childhood Shapes Your Relationships: [Watch this short 10-minute video](#).
3. Styles and Patterns of Attachment: [Watch this short 8-minute video](#).
4. Testing:
 - [Relationship Attachment Style Test](#)
 - [How We Love](#) (website and test)
5. Workbook: We will use this workbook in our session work, [Attachment: 60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan](#)
6. Videos and Blogs:
 - [Exploring Your Love Styles](#), Milan and Kay Yerkovich
 - [Core Patterns of How We Love](#), Blog by Milan and Kay Yerkovich
 - [Relationships and Conflict Management](#), Video with Kay Yerkovich
 - [How We Love](#), Video with Milan and Kay Yerkovich
 - [Surviving and Thriving in Your Homes](#), Video with Milan and Kay Yerkovich
 - [Mercy in Your Marriage](#), Video with Milan and Kay Yerkovich
 - [How We Love Sexually](#), Video with Milan and Kay Yerkovich

Childhood Trauma

1. Why can't we just "let go" and move on? Trauma is simply "emotions that are too big for our bodies to hold." When children experience highly charged,

negative emotions and receive no emotional repair, they are left to fend for themselves, and therefore, develop coping strategies and defense mechanisms to help them survive. A “personality” or “false sense of self” forms and this “personality” becomes how we show up in life, how we protect ourselves from further harm or trauma, or how we hide from the world our true, inner essence. These highly charged, negative emotions are then stored in our Amygdala, the fight-flight-freeze-or-fawn center, and we move through life from this high-adrenaline, “always-on-alert,” place. We become hyper vigilant and our nervous systems never rest. Listen to Dr. Dan Siegel in this short explanation of this altered state of being: <https://www.youtube.com/watch?v=Hzl5vLBrX8A>.

2. Aroma Freedom Technique is our first line of healing modalities. There are four different modalities in AFT:
 - a. The AFT Clearing
 - b. TMRT, Trauma Memory Reconsolidation Technique
 - c. The Aroma Reset
 - d. The Aroma Boost

With childhood trauma, I traditionally begin with TMRT, using therapeutic-grade (Young Living, ONLY) essential oils: The Memory Release Blend (Lavender, Stress Away, and Frankincense), Sarah, and Trauma Life. Read and learn more: <https://www.janellrardon.com/aroma-freedom-technique/>.

3. Attachment Style Assessment is our second step (see Attachment above).
4. Grounding Techniques are implemented to introduce Attunement and Embodiment: The Body Scan, Mindful Self-Compassion, Mindful Yoga, Guided Meditation, and Mindfulness Techniques.

Enmeshment & Boundaries

1. Enmeshment is a description of a relationship between two or more people in which personal boundaries are permeable and unclear. This often happens on an emotional level in which two people “feel” each other’s emotions, or when one person becomes emotionally escalated and the other family member does as well. A good example of this is when a teenage daughter gets anxious and

depressed and her mom, in turn, gets anxious and depressed. When they are enmeshed the mom is not able to separate her emotional experience from that of her daughter even though they both may state that they have clear personal boundaries with each other. Enmeshment between a parent and child will often result in over involvement in each other's lives so that it makes it hard for the child to become developmentally independent and responsible for her choices (<https://www.fulsheartransition.com/enmeshment-symptoms-and-causes/>).

2. Enmeshment is different than two people being very close. Close relationships are a wonderful part of life and often **allow for appropriate independence** within the relationship. Enmeshment, however, becomes a problem because the individuals involved start to lose their own emotional identity. They lack a certain level of autonomy that they need in order to grow emotionally and relationally. In a parent-child relationship this creates a dynamic in which teenagers who need to develop appropriate autonomy become developmentally stymied. They are either too afraid to venture into increased autonomy and become dependent on their parents, or they become reactive to the enmeshment and run too far in the other direction, sometimes making poor choices in their effort to be independent.
3. A good relational balance involves family members recognizing that they have different emotions and can make independent decisions, while also recognizing that their decisions affect others. In these relationships a parent can see that their daughter is upset and anxious and can even empathize with her, but this does not get the parent into an aroused emotional state in which they feel like they have to fix the emotion (or that which caused the emotion) of their daughter. **They empathize and show nurturing concern for their daughter but allow her the emotional space to solve her own problems with their support.**
4. Listen to Speak Healing Words, the Podcast: [S3E14: Autonomy](#).
5. Visit Dr. Henry Cloud's vast resources on Boundaries: <https://www.boundaries.me/blog/>.
6. Short video (VLOG) conversation on emotional enmeshment: <https://www.youtube.com/watch?v=FkYZalgGQ4Y>.