



The use of the AIP model in Celebrant work

Dr Glenda Wallace

Aim of Celebrant

- Elicit information from the couple to gain an understanding of why they wish to marry, build a ceremony which fits their needs and wishes and compliments the couples significant others wishes.

My Frame

My work is informed by the AIP model, polyvagal theory, how memories are encoded, core beliefs and memory associations.

Yet I do not have my Psychologist hat on



My process

- Why do you wish to get married?
- What does love mean to you?
- What are your hopes for the future?
- The information gathered helps shape the ceremony



Their stories

- Reasons for marriage
 - Expectations
 - Belief systems
 - Dreams



What does love mean to them?

- Hope
- Pain, rejection
- Control
- Finding 'The One'



Hopes for the future

- Pollyanna
- Tough road ahead
- Planned and 'will fit timetable'



My awareness of memories being triggered

- Explain why 'weird' dreams, fears, arguments, cold feet, performance anxiety
- Introduce grounding, breathing and AND calming dependant on need- often for groomsmen and bridesmaids

Childhood dreams

- Superhero's
- 'Child part'
- Gentle steering, reframing.
- Space to work through



Bridezilla

- Female- control ++
- Male- limited emotional language
- History provided and checking myself
- 1:1 meetings to explore wishes and needs
- Asked to 'hold space' for difficult family members



Party

- Differing wishes been together 30+ yrs
- Rigid thinker/subservient
- Notice interactions and words
- 'Stay with' as we explored dislikes
- New idea



Making new memories

- Within ceremony
- Strengthen connections
- Generalise
- Integrate
- Resource for tough times

