

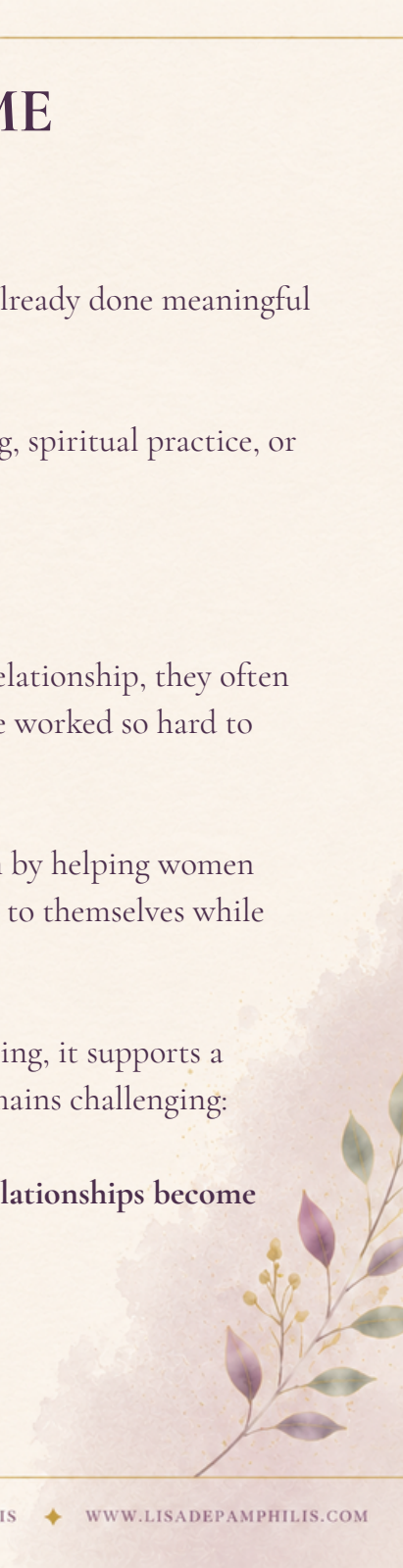
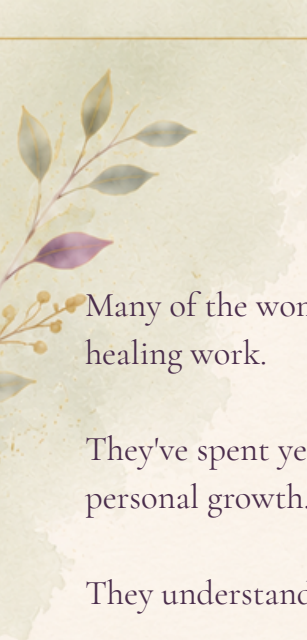
WORKING TOGETHER

A Guide for Practitioners & Collaborators



*Helping Self-Aware Women Stay Connected to
Themselves When Relationships Become
Emotionally Challenging*





WELCOME

Many of the women I work with have already done meaningful healing work.

They've spent years in therapy, coaching, spiritual practice, or personal growth.

They understand themselves deeply.

Yet when emotional pressure enters a relationship, they often lose access to the very awareness they've worked so hard to develop.

My work complements that foundation by helping women build the capacity to remain connected to themselves while those moments are unfolding.

Rather than replacing therapy or coaching, it supports a specific aspect of healing that often remains challenging:

Maintaining access to yourself when relationships become emotionally intense.

WHERE MY WORK BEGINS

The Presence Gap™

The gap between understanding a pattern and remaining present when pressure appears.

WHEN LIFE IS CALM

Awareness is available.
Insight is clear.



-  I see my patterns clearly.
-  I know what matters to me.
-  I set intentions for change.
-  I feel hopeful and motivated.

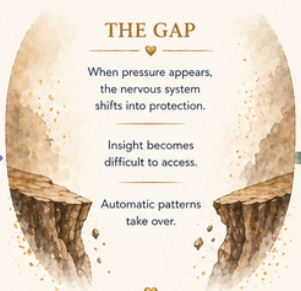
When I'm calm, I can think, reflect, and choose.

THE GAP

When pressure appears,
the nervous system
shifts into protection.

Insight becomes
difficult to access.

Automatic patterns
take over.



This is the space between
knowing and doing.
Between who you want to be
and how you respond.

WHEN PRESSURE APPEARS

Awareness is harder to access.
Reactivity takes over.



-  I feel overwhelmed or unsafe.
-  I react before I can think.
-  I fall into old protective patterns.
-  I feel regret, shame, or disconnection.

When I'm triggered, I lose access to awareness and choice.

THE GOAL

To close this gap by building nervous system capacity
so awareness remains available even under pressure.

Self-awareness isn't the problem. Access is.

Many women don't need more insight.
They already understand their patterns.

What often becomes difficult is maintaining access to that awareness once the nervous system shifts into protection.

My work focuses on helping women gradually build the capacity for awareness to remain available while emotional pressure is unfolding.

Rather than becoming someone different, they learn to remain connected to who they already are.

THE CLIENTS YOU MAY RECOGNIZE

PROTECTION RESPONSE MAP™

INTELLIGENT SURVIVAL STRATEGIES YOUR NERVOUS SYSTEM USES
WHEN IT PERCEIVES THREAT.



FIGHT

I will protect.

ACTIVATES WHEN YOU FEEL
attacked, challenged,
criticized, or invaded.

LOOKS LIKE

- Irritable or angry
- Argumentative or defensive
- Critical or judgmental
- Need to be right
- Pushes back or confronts
- Can lead to conflict or burnout



FLIGHT

I will escape.

ACTIVATES WHEN YOU FEEL
overwhelmed, pressured,
or unsafe.

LOOKS LIKE

- Anxious or worried
- Racing thoughts
- Restless or scattered
- Overthinking or rushing
- Seeks distance or distraction
- Can lead to avoidance or exhaustion



FREEZE

I will numb.

ACTIVATES WHEN YOU FEEL
overwhelmed, powerless,
or unsafe.

LOOKS LIKE

- Numbness or shutdown
- Zoned out or disconnected
- Heavy, exhausted, or stuck
- Difficulty thinking or speaking
- Pauses until the threat passes
- Can lead to shutdown or disconnection



FAWN

I will please.

ACTIVATES WHEN YOU FEEL
fear, rejection, or need
to belong.

LOOKS LIKE

- People-pleasing
- Over-accommodating
- Suppresses needs or boundaries
- Adapts to keep connection
- Hard to say no
- Can lead to self-abandonment or resentment



These responses are not flaws. They are intelligent protection strategies.

*The goal is not to get rid of them, but to build the capacity to **recognize them and return to presence.***



EMBODIED PRESENCE FRAMEWORK™
LISA DEPAMPHILIS

Protection responses aren't flaws. They're intelligent strategies the nervous system uses to preserve safety and connection.

Many of the women who resonate with this work are thoughtful, emotionally intelligent, and deeply committed to their own growth.



THE CLIENTS YOU MAY RECOGNIZE

(CONTINUED)

Yet during emotionally challenging moments they may:

- lose their words
- become defensive
- withdraw
- people-please
- over-explain
- shut down
- become overwhelmed
- disconnect from themselves

You may hear them say:

"I know what's happening, but I can't stop it."

"I understand my patterns when I'm calm."

"I lose access to myself when relationships get hard."





HOW MY WORK COMPLEMENTS YOURS

My work is not designed to replace therapy, coaching, or spiritual guidance.

It complements them.

Many practitioners help clients understand their history, attachment patterns, emotions, trauma, beliefs, and protective strategies.

My work focuses on helping women remain connected to that understanding while emotional activation is happening.

Many clients continue working with their therapist or coach while we work together.

The two approaches often strengthen one another, each supporting a different aspect of the healing process.



WHAT WE PRACTICE TOGETHER

This work is experiential.

Relational.

Body-aware.

Nervous system informed.

Together we practice the small moments that gradually create larger change.

Women learn to:

- recognize protection responses sooner
- remain connected to themselves a little longer
- repair more gently
- communicate with greater coherence
- stay emotionally available during difficult moments
- develop deeper self-trust

Over time, these repeated experiences help transform insight into something they can access when it matters most.



WAYS WE CAN WORK TOGETHER

Whether a woman is just beginning to explore this work or is ready for deeper relational integration, I offer several ways to engage depending on her needs and where she is in her journey.

♥ **Private Mentorship**

Personalized support for women ready to build greater relational capacity.

A one-to-one mentoring experience that helps self-aware women remain connected to themselves when relationships become emotionally challenging.

Together, we gradually build the nervous system capacity to stay present, repair more gently, and embody the awareness they already possess in everyday life.

♥ **Embodied Presence Gathering™**

A free monthly gathering offering practical teaching, guided practice, and compassionate community for women learning to remain connected to themselves under emotional pressure.



WAYS WE CAN WORK TOGETHER

(CONTINUED)

♥ Educational Resources

Free trainings, articles, videos, and practical tools introducing the Embodied Presence Framework™ and its application in everyday relationships.

♥ Workshops

Small-group learning experiences focused on nervous system capacity, relational healing, embodied presence, and real-life integration.

Every offering is designed to support one shared outcome:
Helping self-aware women remain connected to themselves while emotional pressure is unfolding.



WHAT SUCCESS LOOKS LIKE

I don't define success as never becoming emotionally activated again.

I define success as helping women recognize protection responses sooner, remain connected to themselves a little longer, recover more gently, and gradually build the capacity to stay connected to who they are while relationships become emotionally challenging.

Over time, these small shifts often create profound changes in how women experience themselves, the people they love, and the way they move through everyday life.





ABOUT LISA

Lisa DePamphilis is the creator of the Embodied Presence Framework™.

She works with self-aware women who lose access to themselves when relationships become emotionally challenging.

Drawing from nervous system-informed, relational, and experiential approaches, she helps women gradually build the capacity to remain connected to themselves while emotional pressure is unfolding.

Her work is designed to complement therapy, coaching, and other healing modalities by supporting the integration of awareness into everyday relationships.



LET'S CONNECT

The most meaningful healing often happens when practitioners work together, each supporting a different part of a woman's journey.

If you'd like to learn more about my work, explore how our approaches may complement one another, or simply introduce ourselves professionally, I'd love to connect.

Lisa DePamphilis

Creator, Embodied Presence Framework™

Helping self-aware women remain connected to themselves under emotional pressure.



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