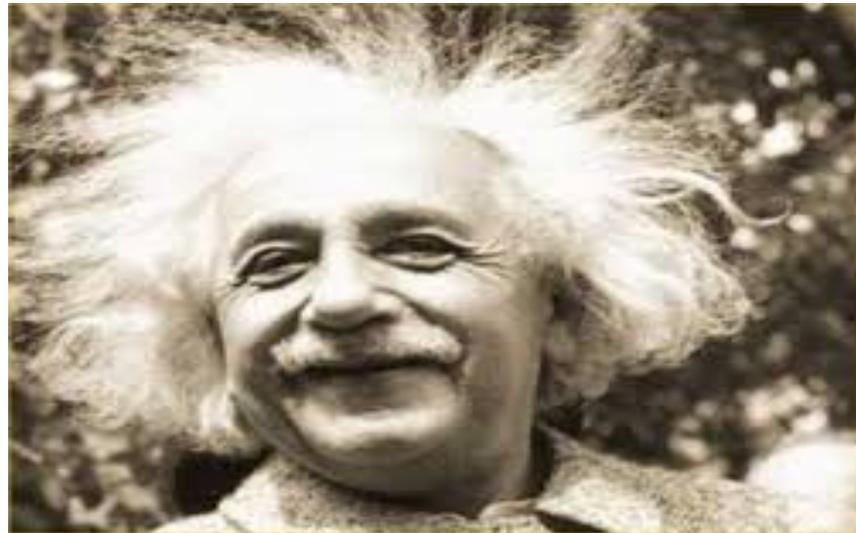


Creativity as primary in effective psychotherapy

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Generative Psychotherapy

- Creativity is the deepest human principle.
- A primary focus on *problems* is “the “error-correction error” that blocks creative development.
- Effective therapy reconnects client with their creative consciousness to generate a life that “includes yet transcends” problems.

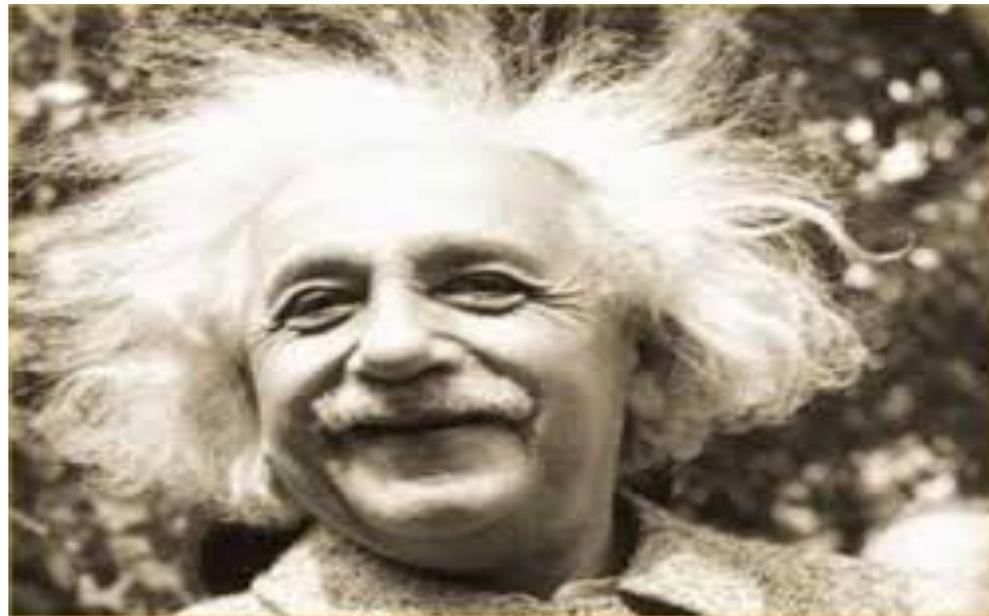


What we will cover

- The five basic premises for generative work
- The six practical steps for sustainable transformation.



Basic Premises of Practical Creativity



Premise 1:

**We create
Our reality!**



Examples of reality creation

- Phantom limb pain
- Emotional state dependency
- “Placebo” pills
- Kennedy: We will put a man on the moon!
- China economic “miracle”



Premise 2:

Reality is created from conversations.

1. A main conversation is between the creative unconscious (*quantum*) and the conscious (*classical*) worlds.
2. The creative unconscious is a holographic wave field containing “infinite possibilities”
3. The conscious mind “collapses the quantum wave” to create a specific reality.
4. Creativity moves between these two worlds; each completes the other.



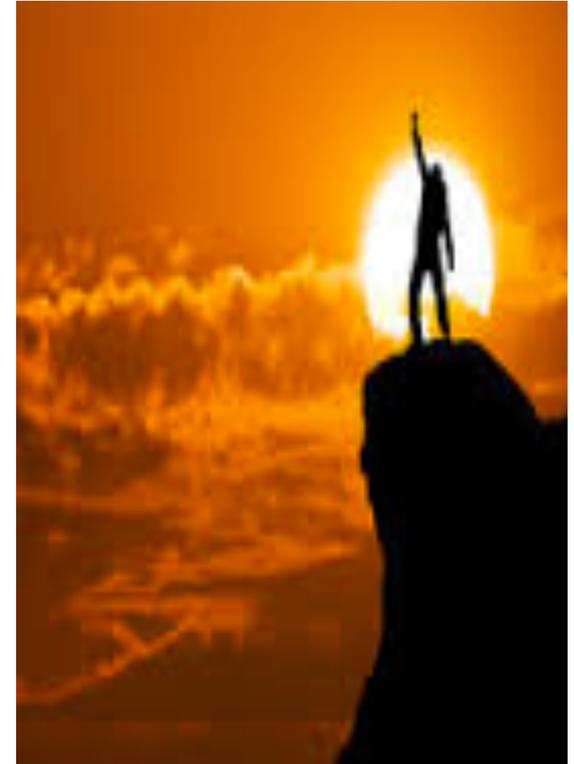
The quantum-classical conversation: The key to creativity

1. Pribram/Bohm: Holonomic universe: *implicate to explicate to implicate...*
2. Pribram: The brain/mind/body operates similarly (simultaneously computing quantum and classical representations)
3. Pribram: quantum to classical via: *intention/ attention/ tension* (“stretch toward”, *purpose*); classical to quantum (*release, open*)
4. Quantum/classical: nerve-based vs. muscle contracted, *rheostat* vs. *homeostat*, peripheral vs. focal (whole vs. parts), deep structure vs. surface structure, symbol vs. signal, creative unconscious vs. conscious, etc. *Creativity is the conversation between the two.*
5. *Neuromuscular lock* blocks the return to the quantum field, thereby reducing consciousness to *fundamentalism*.
6. *Generative presence* is the base that allows the conversational flow between the two worlds.



Four step model of creativity

1. **PREPARATION**: Intense focus and effort on goal (conscious mind)
2. **INCUBATION**: Rest period (“no mind”)
3. **ILLUMINATION**: “Light bulb goes off:Aha!!”
4. **TRANSLATE INTO REALITY**. Hard work to make it real. (conscious mind)



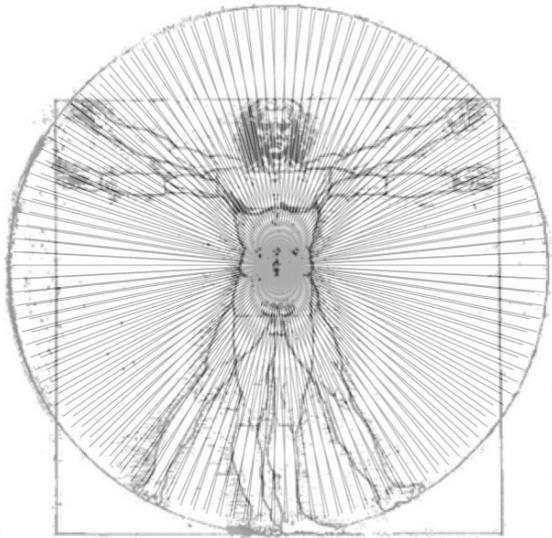
Premise 3: This conversation is mediated via filters

1. Filters translate quantum imagination into classical reality.
2. Three general types of filters: **Somatic, Cognitive, and Field.**
3. All we know is what our filters produce: Our maps are our reality.
4. With *generative presence*, we can creatively engage with our filters.



The three minds (filters) for creative consciousness

Three “minds” form the basis for the “creative unconscious”:



- **Cognitive** – Brain/Intellect
- **Somatic** – Body/Feeling
- **Field** – Relationship/System

Examples of filters (conditioned learnings):

1. Simple filters: a belief ; an image of the future; an image of the past; an emotional mood state; a posture; a word or phrase; body image.
2. More complex filters: a person or group as reference structure: What is *intimacy*? *Family*? *Trust*? *Sexuality*? *Success*? *Strength*? *Happiness*? *Culture*? *God*?
3. Effect of filters. Filters can create negative or positive realities, depending on the human presence holding them.



Premise 4:

Filters (systems) are held with HUMAN PRESENCE: COACH vs CRASH

1. When held without presence—in the *neuromuscular lock of fight, flight, freeze, or fold*—problems develop and repeat themselves.



2. When held mindfully **with human presence** in *creative flow*, solutions and new learnings are possible



The CRASH State

“The Unconscious without human presence”

- ◆ Contracted
- ◆ Reactive
- ◆ Analysis Paralysis
- ◆ Separated
- ◆ Hurting/Hating/Hitting



CRASH as “neuromuscular lock”: Brain maps get fixed/ frozen

The Four F’s of Neuromuscular Lock

Fight



Freeze



Flight



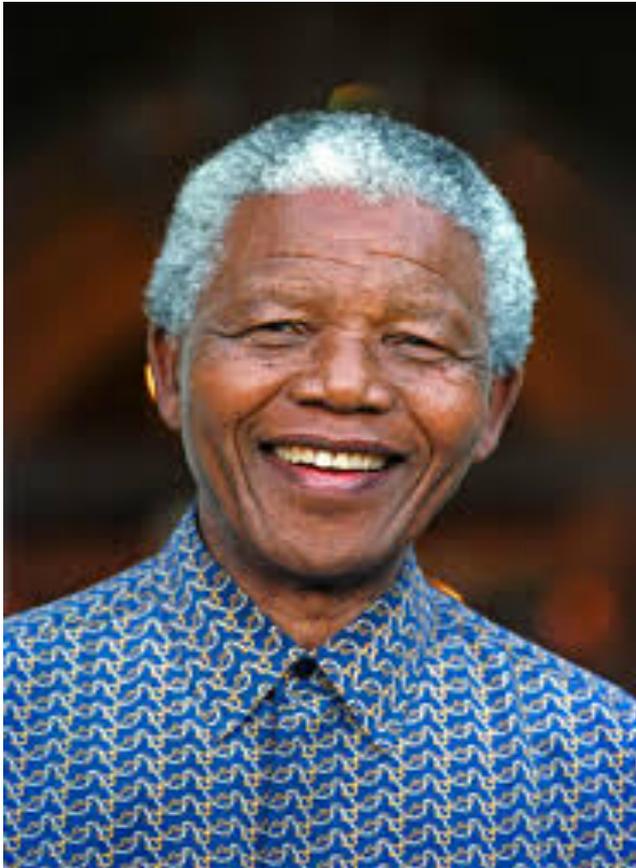
Fold



The COACH State

Generative Presence:

“The lights are on and someone is home”



- ◆ Centered
- ◆ Open
- ◆ Aware
- ◆ Connected
- ◆ Hospitable

Premise 4: Generative psychotherapy is a conversational COACH field that allows creative transformation

1. When systems are in CRASH state, they are de-generative and problem-creating.
2. When (the same) systems are in COACH state, they are generative and solution-creating.
3. The goal of Generative Change work is to move systems from CRASH to the generative presence of a COACH state, thereby facilitating transformation and generativity.



6 Steps in Generative Change

1. Open a COACH field
2. Set Intention/Goals
3. Develop a generative state
4. Take action
5. Transform Obstacles
6. Deepening the Changes



Step 1:

Open COACH Field



Open a COACH state: Revivifying client's COACH experiences

1. Settle in, settle down
2. Set intention to open COACH field
3. Ask Client to identify COACH experiences in personal life (e.g., peaceful place, deep connection), or an imaginary place.
4. Ask client to slowly describe sensory elements of experience, alternating with silence/breathing through body. Therapist limbically attunes and uses/feeds back Client's description to unfold parallel state
5. Use self-rating (1-10) to identify when deep Coach state has been developed



Step 2

Set Intention/Goal



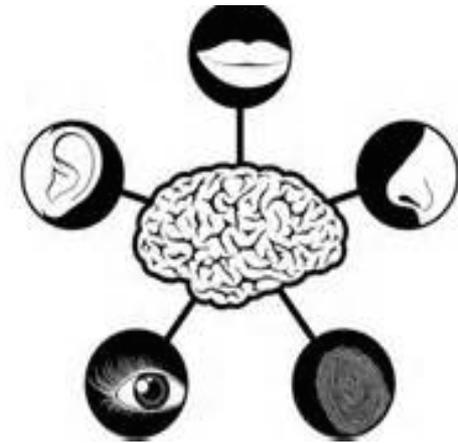
The core question for the hero's journey of the generative self:

**What is it
that you
most want to
create in
your life?**



Three ways to represent intention

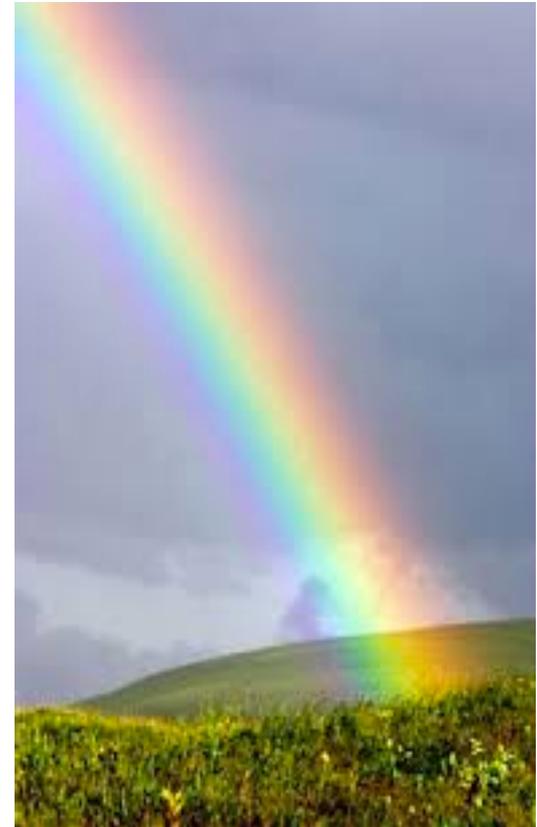
1. **Verbal statement** (positive, succinct, five words or less, resonant)
2. **Visual image** (color, literal or symbolic)
3. **Somatic model** (posture and movement)



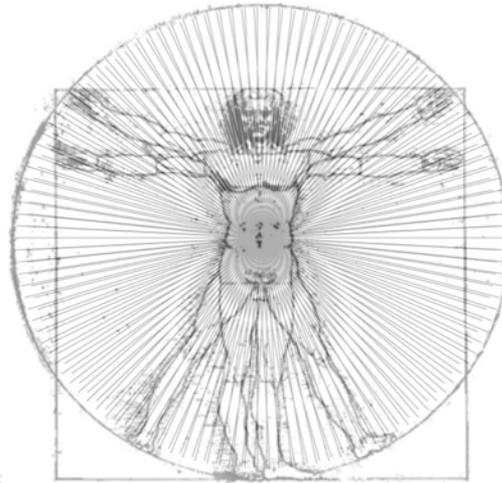
Exercise: Speaking intention

1. Client: What I most want to create in my life is (**verbal statement**)
2. --The **image** that goes with that is _____
3. --And the **somatic model** of that is (show movement)

This 3-part statement is spoken slowly 2-3 times...



Step 3: Develop a Generative State



“Your reality is a function of your state”

The three positive connections: The platform for generative change

1. **Positive intention/goal** (succinct: 5 words or less; resonant) *What do you most want to create in your life?*
2. **Mindbody center** (experiences of well-being) *Where do you most deeply feel the connection in your body?*
3. **Positive resources** (people, places, things, skills, ancestors, etc.) *What connections would best help you achieve your goal*

Preparation Step: Attuning to 3 positive connections

1. Settle in, settle down
2. Set general intention for session, develop somatic model: ***This is what I want to create...***
3. Attune to somatic center (heart, belly): ***To do so, I stay connected with my center...***
4. Attune to general resources (guides, protectors, friends, nature places, etc.) ***...and also to all that supports me...***
5. Find slow, graceful movement between three connections to develop generative trance.
6. Maintain and renew these connections throughout trance work.



Step 4: Take Action



Three General Methods for Coaching Action Plans

I. Timelines

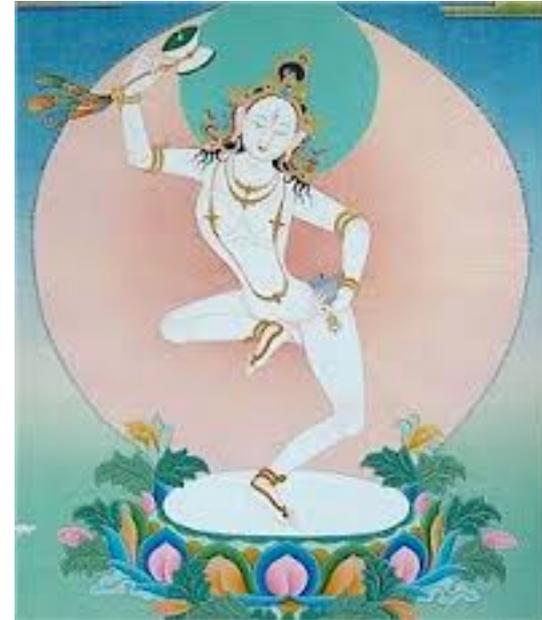
I. Story boards

I. Daily Diaries



Timeline method: Create Action Plan

1. Preparation Step: COACH
2. ID goal and action ideas, lay out timeline
3. Position I: Somatic model, visual images, verbal ideas (metaphor AND literal maps)
4. Slowly move to each successive position, finding somatic/visual/verbal representations
5. Slowly walk through timeline, each time adjusting/clarifying/elaborating
6. From Position I: See steps, make commitments.



Step 5:

Transform Obstacles:

Change problems into resources



Core experiences as problems or solutions:

Two level theory of reality construction

1. At the primary (**quantum**) level of the creative unconscious, patterns are archetypal *deep structures* that have infinite possible forms/meanings/values.
2. At the secondary (**classical**) level of the conscious world, these deep structures “collapse” into a particular “surface structure” with specific forms, values, and meanings.
3. A pattern become negative or positive, depending on the HUMAN PRESENCE connecting with it. (COACH vs. CRASH)
4. Thus, a negative experience is an archetypal resource that has been held with negative human presence.
5. To transform a negative experience into a positive resource, bring skillful GENERATIVE PRESENCE (COACH) to it.

Problem or Resource:
Depends on HUMAN PRESENCE:
COACH or CRASH

1. Archetypal (core) pattern + CRASH = problem (“negative trance”)
2. Archetypal (core) pattern + GENERATIVE PRESENCE (COACH) = Resource
3. Problem + **GENERATIVE PRESENCE (COACH)** = Resource



“Transformational mantras”

1. *That’s interesting...*
2. *I’m sure that makes sense....*
3. *Something is trying to wake up (or heal)*
4. *Welcome!*



Case examples

1. The woman with the elephant foot crushing her heart
2. The man who abused alcohol
3. The “African Violet Queen of Milwaukee”

Step 6: Practices for Sustainable Creativity

“You become what you practice”



Keep unfolding the path: Developing Daily practices

Find basic practices that:

- ◆ Are pleasurable and challenging
- ◆ Increase mindbody harmony
- ◆ Release you from responsibilities
- ◆ Release neuromuscular lock and deepen creative flow
- ◆ Awaken appreciation of the mystery and beauty of life



Thank You.....
And May the Force be with you!



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