Transforming Negative Experiences in Psychotherapy

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Transforming negative experiences

1. Each life is a creative journey.

2. On this creative journey, many negative experiences will be encountered. They are integral and necessary parts of any creative path.

3. These negative experiences can become symptoms or solutions/resources, depending on the human connection with them.

4. Traditional psychotherapy has a dehumanizing ("negative it") attitude towards symptoms, thereby iatrogenically contributing to their reification as enduring symptoms.

5. Generative psychotherapy takes a positive approach towards such negative experiences, to turn them into essential resources.

The Generative Psychotherapy model:

Three principles, Six steps

Premise 1: Reality is constructed via conversations

1. One of the main conversations 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 one 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.

# *Premise 2: This reality construction occurs 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. We can generatively work with our filters

Premise 3:
Filters are held by human consciousness: "Mindless" or "Mindful"

1. When held mindlessly with *neuromuscular lock--fight, flight, freeze, or fold*--problems develop and repeat themselves
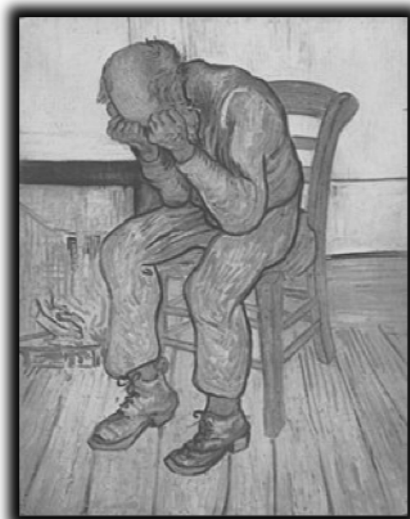
2. When held mindfully with *creative flow,* solutions and new learnings are possible

The **CRASH** State
The Underlying Context of Symptoms

◆ **_C_**ontracted

◆ **_R_**eactive

◆ **_A_**nalysis Paralysis

◆ **_S_**eparated

◆ **_H_**urting/Hating/Hitting

CRASH as "neuromuscular lock"

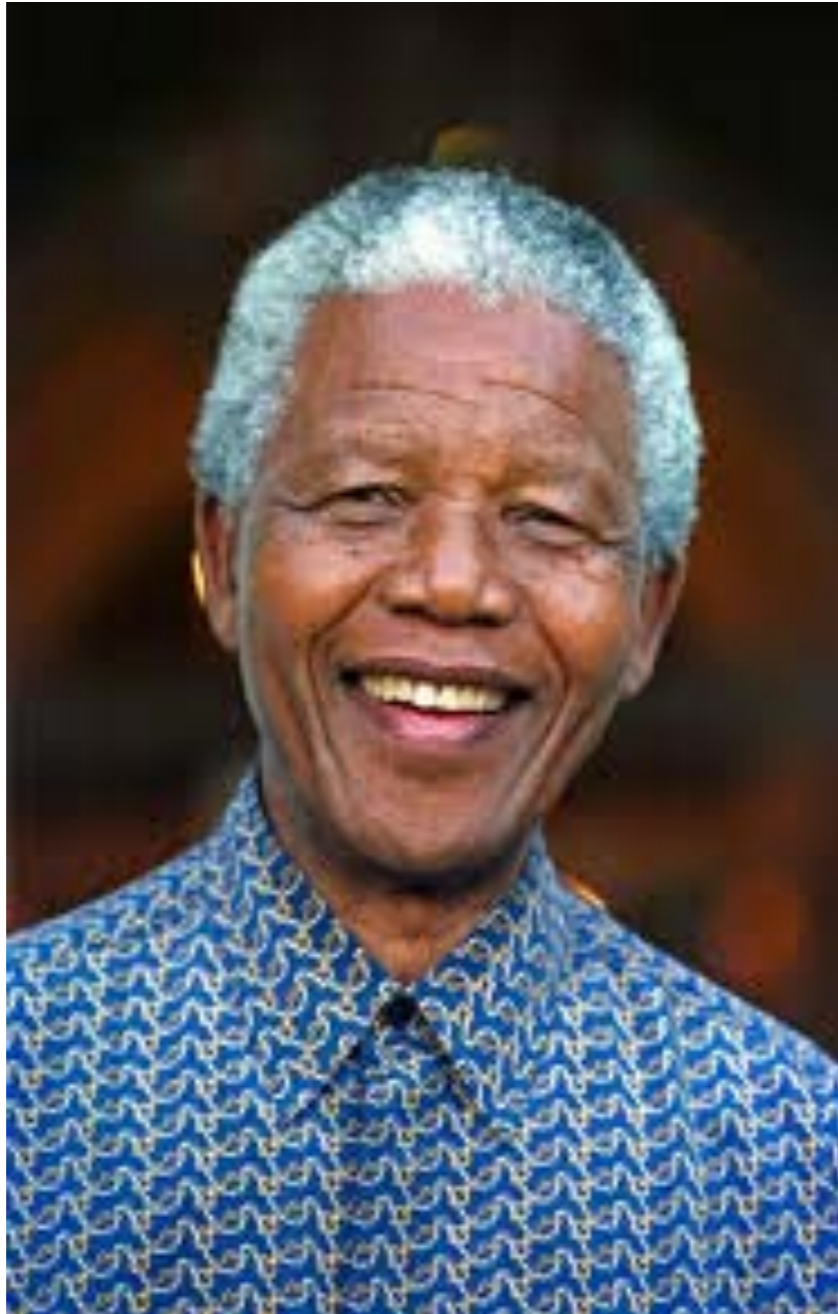## The Four F's of Neuromuscular Lock

Fight Freeze

Flight old

The COACH State
The Basis for Creative Change

- ◆ **_C_**entered
- ◆ **_O_**pen
- ◆ **_A_**ware
- ◆ **_C_**onnected
- ◆ **_H_**olding

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, positive human presence (COACH/ generative trance) to it

Problem or Resource:
Depends on Human Connection/Context

1. Archetypal (core) pattern + CRASH = Problem ("negative trance")

2. Archetypal (core) pattern + COACH = Resource ("generative trance")

3. Problem + COACH = Resource
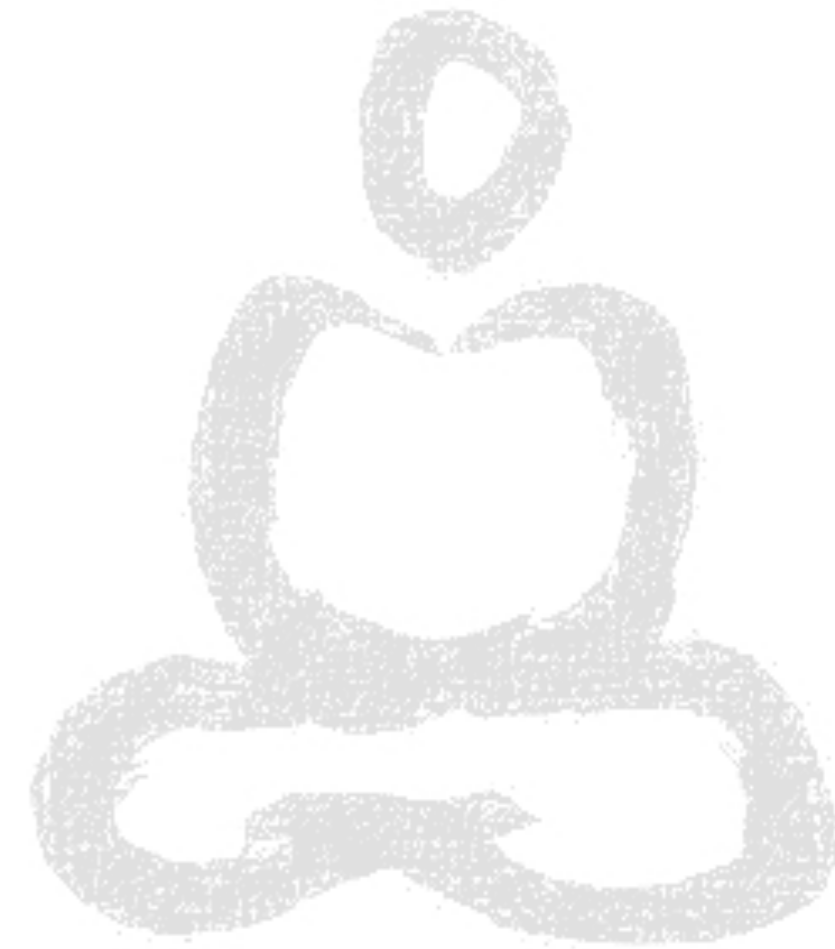
Case examples

1. Neil Young: The guy who writes and sings the songs
2. Chinese sword champion
3. Woman with panic in chest
4. Woman with "black wall"

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

Two general methods for transforming negative experiences into resources

1. **Somatic centering** (*Where do you feel that in your body?*)

2. **Somatic modeling** (*What is a posture and simple movement that represents this pattern?*)

Transforming negative experiences through somatic centering

1. A negative experience is located in a somatic center.

2. A negative experience has two levels: (1) the unwounded core and (2) the negative outer form.

3. A negative outer form reflects a negative human connection with it.

4. To transform its meaning and form, develop a positive skillful human relationship with it.

Simple prototype: Transforming negative experiences with somatic centering

1. Preparation: COACH field, 3 pos. connections.

2. Identify goal and interfering "problem".

3. Locate somatic center and sponsor:

   a. Relational resonance: Touch w/ mind/hand

   b. Personal pronoun ("he" or "she")

   c. Related age ("Let a number come….")

   d. Four relational mantras (*That's interesting, I'm sure that makes sense, Something is healing, Welcome*)

4. Move into generative trance, allow new meanings, connections, images, expressions to develop

5. Future orient: See positive future, vows, gratitude.

Problems as parts of solution paths: *When I move towards X, Y shows up*

1. I want to complete this important project, but I end up procrastinating

2. I want to live a healthy life, but I end up drinking alcohol every night.

3. I want to be a good father, but I lose my temper with my children

4. I want to present my ideas to others, but I end up feeling scared and panicky

Transforming conflicting parts in with somatic centering

1. Develop COACH, generative state

2. Identify conflict: *I want X, but Y stops me*

3. Attune to *X*: Sense center, sponsor, self-scale

4. Attune to Y: Sense center, sponsor, self-scale

5. Optimize X and Y intensity levels, then move into generative trance to develop energy flow between them

6. Elaborate and deepen in generative trance

7. Future orient: See positive changes, note learnings, vows, gratitude

The use of *somatic modeling* in Generative Coaching

- *Somatic model*: A posture and simple movement to represent a pattern (goal, resource, relationship exchange, problem)

- *Somatic models* illuminate the deep structure pattern the creative unconscious is bringing into play

- Via a "trance dance" in generative trance, the positive value and intention can be realized and expressed
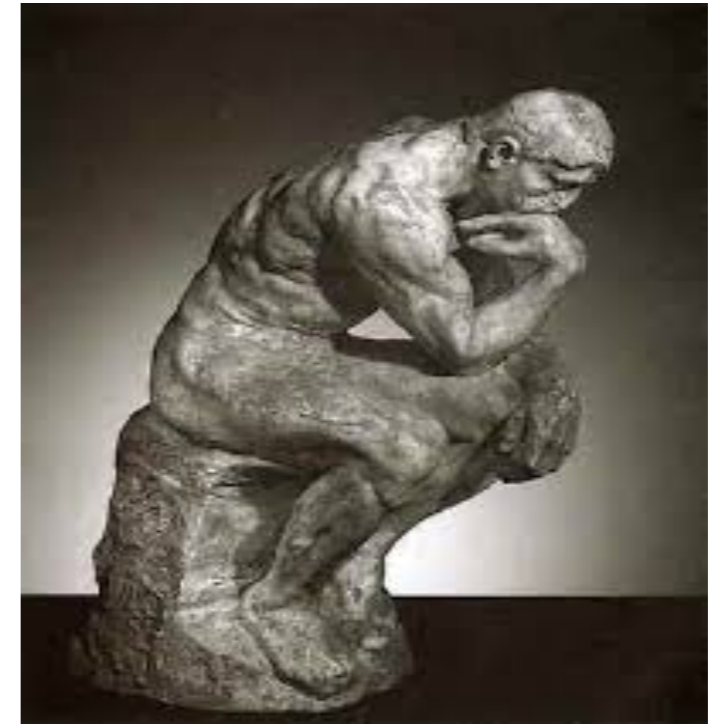
Generative transforming of negative emotions/habits with Somatic Modeling

1. Open COACH field, develop generative state.

2. ID goal: *I want to transform X (or achieve Y)*

3. Develop somatic model

4. Develop generative trance by repetitively moving through somatic model with generative resources: *positive intention* (**What is my unconscious trying to create?**), *limbic resonance, slow repetition, curiosity, relational mantras, etc.*

5. As positive intention is sensed, ask creative unconscious to unfold new (more ecological) ways to honor it.

6. Future orient: See positive future, note learnings, vows/commitments, gratitude.
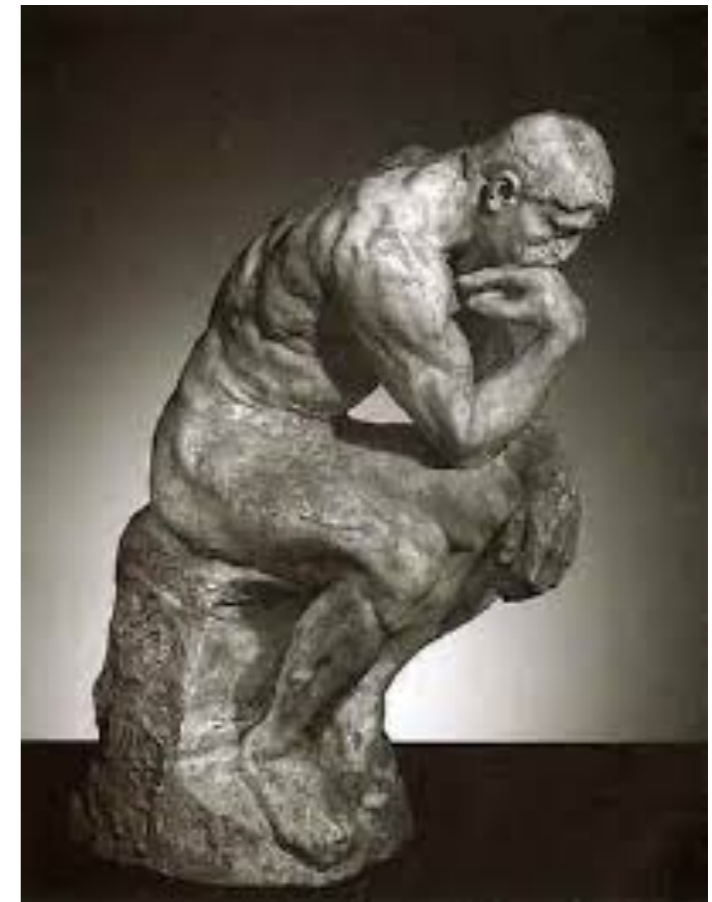
Exercise: Somatic modeling of goal/ problem relationships

1. ID goal/problem: *I want X, but Y interferes*

2. Develop somatic models of X and Y

3. Develop COACH state (center, goal, resources)

4. Move through "trance dance" of X/Y with centering, slow graceful movements, mindfulness (*What is my inner self trying to create?*)

5. Sensing positive intention, continue "trance dance," wondering about new ways to express intention, allowing modified somatic models.

6. Integration, sensing "both/and" relationships of X/Y

7. Future orient, vows, gratitude, reorient.

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

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The participant/observer levels of the COACH state:

1. The COACH state has two levels:

   a. The ***participant self*** (the internal and external expressions of each moment)

   b. The ***observer self*** that can observe, sponsor, guide, and intentionally organize experience in each moment

2. The relational integration of these two selves gives a generative quality of "self-Coach" or "Generative Self"

CRASH vs. COACH: Whether a negative experience becomes a problem or a resource

1. When negative experiences are held in a CRASH state, they are de-generative and problem-creating.

2. When (the same) experiences are held in a COACH state, they are generative and solution-creating holons.

3. The goal of *generative psychotherapy* is to move a client from a CRASH to COACH state, thereby facilitating transformation and generativity.

BREAKDOWN
OR
BREAKTHROUGH

BECOMING RESILIENT TO CHANGE