

# How to deeply open to a client with safety and skill:

The relational base for generative psychotherapy

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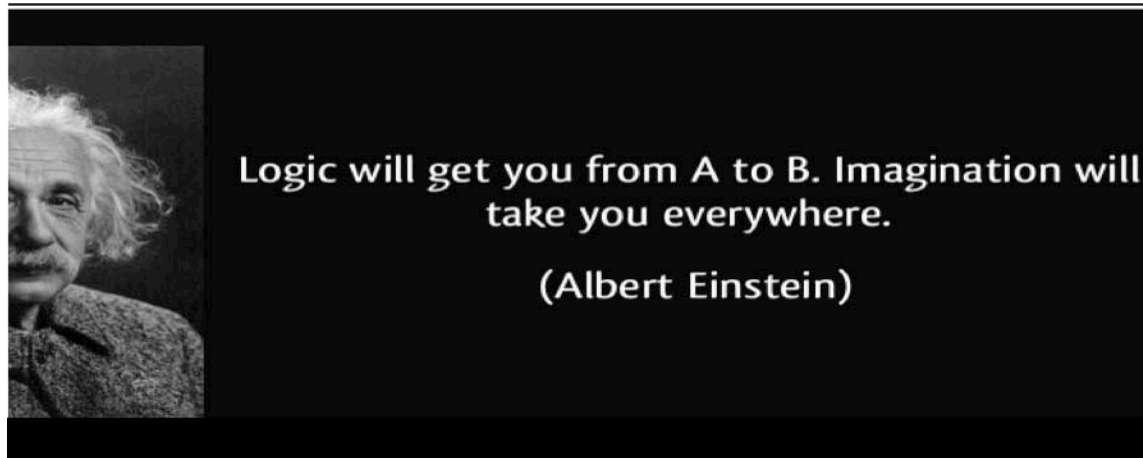
# Basic themes

1. Persistent problems (e.g., symptoms) represent disconnection.
2. Sustainable solutions develop via positive re-connection.
3. Clients come to therapy when they can't make these connections on their own.
4. To help clients change, the therapist must be deeply connected in many ways (to self, client, and a larger field).



# Premise I: Reality is created from a conversation between different worlds

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



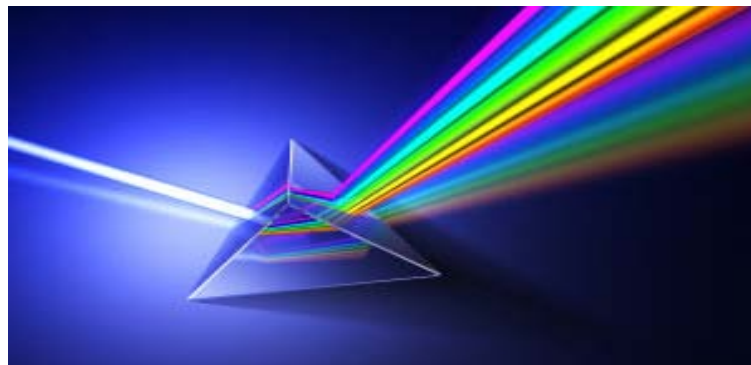
# Three important conversations that determine whether an experiential pattern becomes a problem or a solution

1. Somatic/Cognitive
2. Individual/Collective (universal)
3. Self/other(s)



## Premise 2: This reality construction is mediated by filters/brain maps

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: CRASH vs. COACH

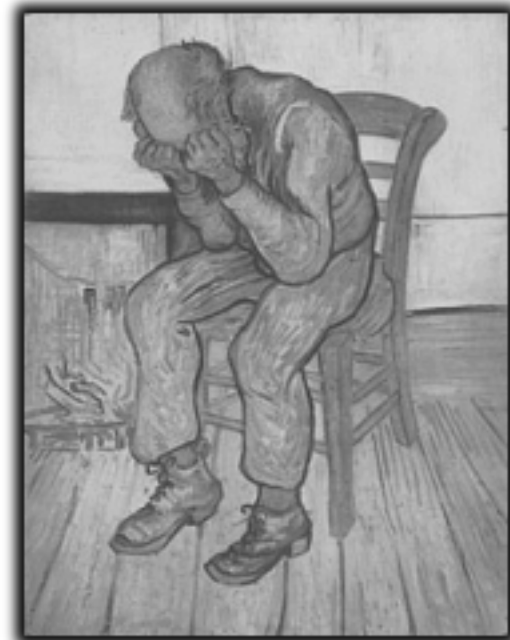
- 1. When held mindlessly with *neuromuscular lock--fight, flight, freeze, or fold--* problems develop and repeat themselves
- 2. When held mindfully with *creative flow*, solutions and new learnings are possible



# The *CRASH* State

## *The Underlying Context of Symptoms*

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



# CRASH as “neuromuscular lock”

## The Four F’s of Neuromuscular Lock

**Fight**



**Freeze**



**Flight**



**Fold**



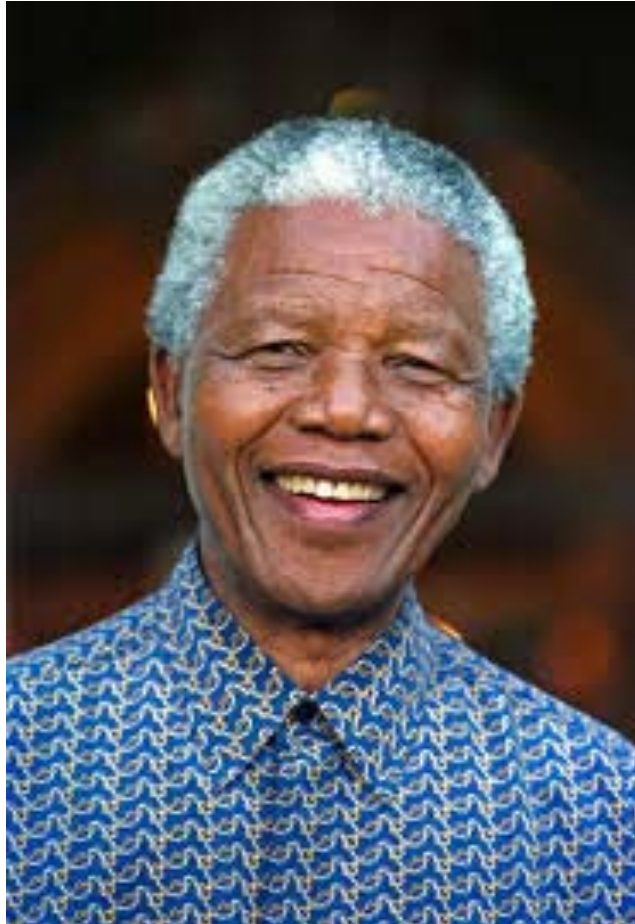


CRASH is a state of disconnection of a part from its greater whole. When locked, persistent suffering occurs



# The COACH state:

## *The Basis for Creative Change*



- ◆ Centered
- ◆ Open
- ◆ Aware
- ◆ Connected
- ◆ Holding

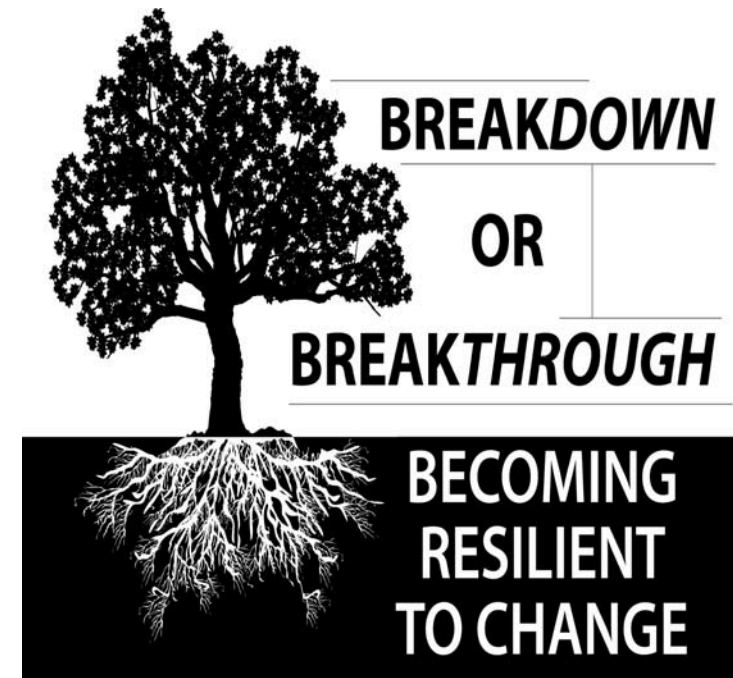
# The COACH field as the platform for therapeutic conversation

1. COACH is a state of creative wholeness where different parts can fluidly connect and generate new realities.
2. Clients come to therapy when they can't get out of their CRASH states.
3. To help them do so, the therapist first opens a COACH state and includes and invites the client to explore their experience within it.



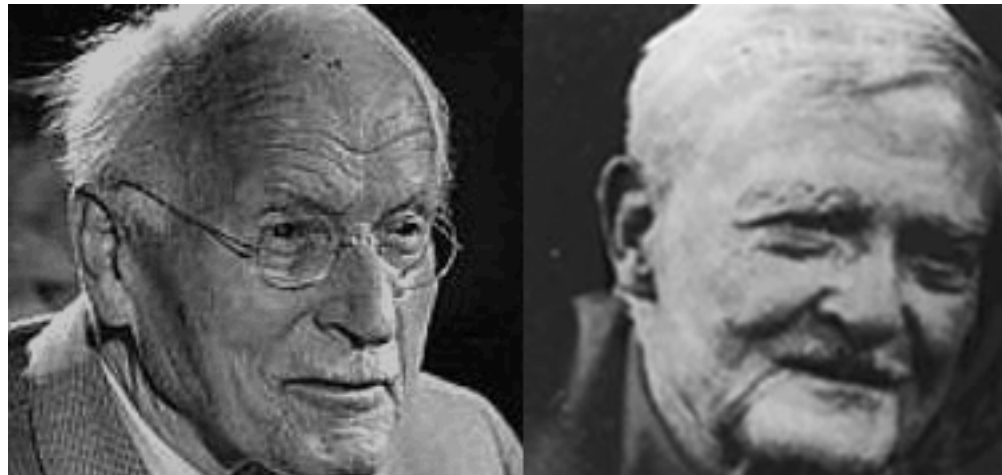
# CRASH vs. COACH: Whether a system is problematic or creative

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 holons.
3. The goal of Generative Psychotherapy is to move systems from CRASH to COACH, thereby facilitating transformation and generativity.
4. This starts with the therapist, and extends to the client.



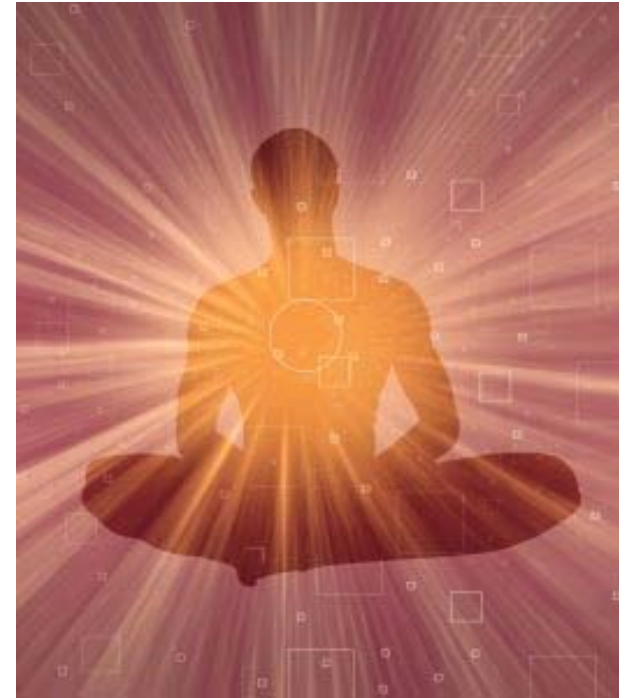
**Premise 4:**  
**For sustainable creative change, develop**  
**and maintain a generative state**

1. Create COACH field in Therapist, Client, and Therapeutic Connection.
2. Identify goals/intention.
3. Bring all relevant patterns into the COACH field to achieve creative goals.
4. Track dual levels (underlying state, performance activity) simultaneously, always giving priority to state.



# Some values of working from the ”relational mind/body” COACH state

1. It is the underlying base for all creative performance.
2. The subtle awareness allows continuous flow of information/energy, enabling a person to “be with without becoming” each experience.
3. This provides a great model for the client.
4. The creative flow allows connection to many resources, including archetypal/transpersonal.
5. Can hold and integrate contradictory realities, thereby allowing curious and creative nonviolent engagement with conflicting “parts”.
6. Rheo-stat (vs the homeo-state of CRASH): fluid shifting.
7. Relational “interbeing”:  $1 + 1 = 3$



# 4-step Connection Process for Generative Relationship

1. Center (self)
2. Open to field
3. Limbic resonance (with client)
4. Therapeutic conversation (6-step process)



## Simple method for joining with another person's emotional centers:

1. Good posture: Settle in, settle down.
2. Breath chi (“heaven and earth”), relax through body.
3. Bring connection to own heart mind:
  - Touch, breathe, smile, extend kindness
  - Gently speak: *I see you, I feel you, I accept you, I love you.*
4. Keeping positive connection with self, sense and attune to partner's heart center, apply same process.
5. Repeat same process with belly mind of self and other.
6. Speak or interact with partner only when you feel this connection.
7. Practice this process every day.  
Whenever stuck, repeat this process.





# Relational focusing

1. Preparation: Open COACH field.
2. Client talks, Therapist listens to “client music” (not words).
3. Therapist finds and touches own resonant center.
4. Maintaining own center, Therapist becomes curious about Client center, asks client to pause and sense it.
5. Client centers, begins to speak again, only in way that sustains felt sense of center.
6. Both Therapist and Client attune to center, using it to guide process.
7. Reorient and discuss.



## Trance-formation of conflicting parts using somatic centering in generative therapy

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 state to develop energy flow between them.
6. Elaborate and deepen in integration process.
7. Future orient: See positive changes, note learnings, vows, gratitude.



# Parts/Whole Relationships in COACH vs. CRASH

- Each part can be acknowledged or not
- Each part can have infinite representational forms/faces/meanings
- Each part can have negative or positive forms
- Each part can be connected or disconnected to other parts
- In problems (CRASH), parts are unacknowledged, fixed form, negative valued, disconnected from larger whole.
- In creative systems (COACH), parts are acknowledged, form-fluid, positively valued, interconnected with others (especially complementary )



## Characteristics of a de-generative (problem-based) system (CRASH holon)

1. Underlying field context: CRASH (anger/fear/disembodied/depressed)
2. Some parts are not welcome or recognized.
3. Some parts are negatively valued (“bad”).
4. “Fundamentalism”: maps are rigid and feedback-unresponsive (surface content, forms, meanings)
5. Functional isolation (“dissociation”) of parts.
6. Parts are in “zero sum” competition.
7. No systemic integrity: no center, no unified field, imbalanced and fragmented relationships



## Moving a system from problem (CRASH) to solution-based (COACH)

1. Underlying context: Limbic resonance, musicality, curiosity, feedback and feed-forward.
2. Each part is welcomed
3. Each part is valued.
4. Each part's maps are fluid and context sensitive
5. All parts are aesthetically balanced (e.g., both/and)
6. Actions of part/whole are guided by aesthetic resonance (*rheo-stat*)



# Humanizing the mammal (unconscious) mind

1. What comes) out of the unconscious is not fully human; its value and human form comes from human presence (conscious mind)
2. When the conscious mind ignores or negatively treats the unconscious (CRASH), problems and symptoms develop
3. When these problems and symptoms are brought into positive human presence (COACH), transformation can occur
4. The positive human presence requires embodied and subtle awareness (*relational mindfulness*)



# 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



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



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