

A Brief Overview of Generative Psychotherapy

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Basic Premises

1. **Reality is constructed via FILTERS:**
Somatic, Cognitive, Field
2. These filters are held with human presence: **CRASH VS. COACH**, which generate negative or positive realities.
3. Good therapy supports a client in constructing positive realities, which often includes transforming negative realities.

The CRASH State

The Underlying Context of Symptoms

- ◆ Contracted
- ◆ Reactive
- ◆ Analysis Paralysis
- ◆ Separated (isolated)
- ◆ Hurting/Hating/Hitting



CRASH as “neuromuscular lock”

The Four F’s of Neuromuscular Lock

Fight



Freeze



Flight

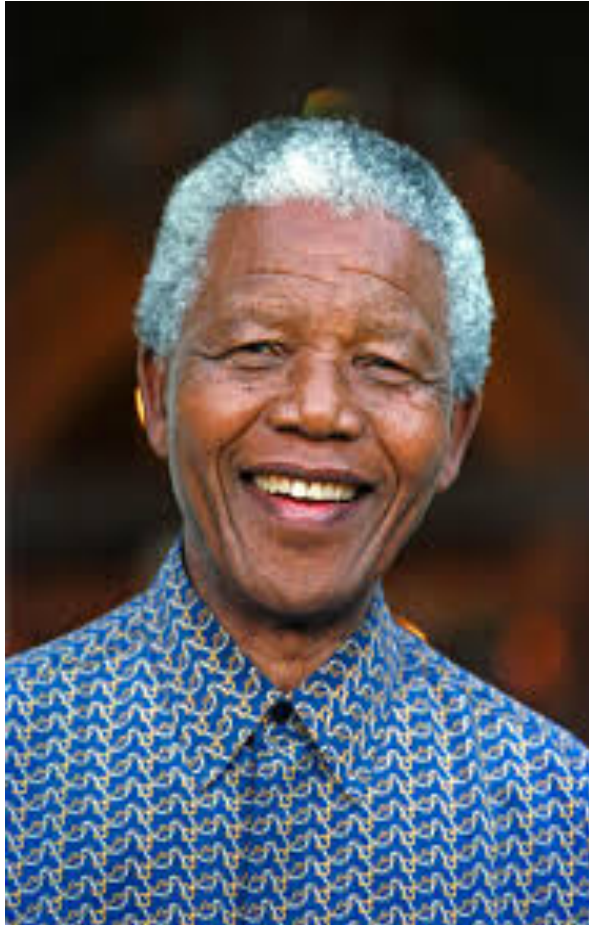


Fold



The COACH State

The Basis for Creative Change



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

6 Steps in Generative Psychotherapy

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



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



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