



PSYCHOENERGETICS

A BODY-MIND APPROACH TO DEPTH WORK AND PROCESS FACILITATION

Entering a Transformative Process: Becoming A Disturbing Force For New Experience, Change & Growth

Key Concepts

- *Understanding the depth of awareness and clarity of intention required to build and sustain attention and interest towards what needs to be changed.*
- *Understanding the increased attention and energy needed (fire) to begin to shift an old pattern or to disrupt a same-ness, and move towards creating a new possibility.*
- *Understanding what is needed to forge ahead into new experiences and new territories in the psyche; learning to create a "holding container" towards what is being newly considered, explored and experimented with, and then at some point, to put one self fully into the new ground or a new direction.*
- *Tolerating initial dissonance in our sense of self. Establishing a pattern of new behaviors that gradually shift from being ego-alien to ego-congruent.*

Process Teachings for Entering New Experience

~ Variations on Becoming a Disturbing Force ~

- ***Becoming The Holding Container*** – *Keeping the Attention on the Interior of the client.*
 - *bringing an active, focused attention that supports embodiment, possibility and depth.*
 - *keep shifting from thinking to embodied awareness.*
- ***Immediacy*** – *Keeping the Process in the Room.*
 - *having a felt sense of something immediately happening.*
 - *working with direct experience, not something referential or abstract.*

- **Being Specific** – *Pointing out exactly what is happening as it unfolds.*
 - *do not get caught in the spell of generalities and abstractions.*
- **Pushing For Clarity** – *Make sure as a practitioner you are able to be present to what is being spoken by the client.*
 - *be present enough to become informed by how you can't seem to be present to what is being said.*
 - *Done by focusing on accompaniment rather than directing the process.*
- **Pointing Towards the Shift** - *Finding A Way To New Experience*
 - *insisting towards the necessary risk to be taken.*
 - *working towards what is actually do-able and doing it.*