



2020 Re-Creation of the Self

Learning Objectives

At the end of this training, you will be able to:

1. Demonstrate the ability to recognize the Organic Self when embodied as a state in a client or in oneself
2. List 4 of the 18 existential absolutes of the Organic Self
3. List the four types of fragmented self-states
4. Apply the technique of tracking for fragmented self-states with a client
5. Demonstrate the ability to identify a distinct self-state as it spontaneously arises in a client
6. Apply contacting the limbic feeling state of the self-state a client is currently embodying
7. Demonstrate the ability to distinguish half-full resourced states from half-empty fragmented self/limbic feeling states
8. Assess an appropriate clinical direction for pursuing client wholeness based on the results of sorting half-full and half-empty states
9. Explain how neural networks create trance states
10. Describe the impact of trance states on a client's behavior
11. Explain how unconsciously repeating a self-limiting behavior affects a client neurologically and impacts their chances of achieving therapeutic success
12. Describe how facilitating a client to consciously stop an unconscious behavior supports psychological and neurological change
13. Describe at least 2 of the 9 methods for facilitating state shifting
14. Apply at least 2 state shifting methods to support a client to shift from a fragmented self-state to a preferred limbic state or self-state
15. Apply at least 2 state shifting methods to shift your own inner state
16. Apply the state shifting method of consciously embodying at least 1 of the 18 existential absolutes
17. List at least one example of the organic motivation or intention underlying a behavior, attitude or belief presented by a fragmented self-state
18. Demonstrate the ability to reflect back the organic motivation or intention underlying a fragmented behavior, attitude or belief to facilitate the client's movement towards wholeness