

AH204 Focusing and Core Transformation - (5 clock hours)

This course covers the fundamental practice of the Focusing method of Dr. Eugene Gendlin and the Core Transformation method of Connie Rae Andreas as a means of uncovering and transforming the cause of one's problems. Special attention is given to the theme of opening the heart and working with the shadow side of the mind.

OPENING THE HEART

1. "The Talk"
2. Suppression
3. Expression/Acting Out
4. Transformation
5. Opening the Heart – **2 Audio Downloads by Matthew Brownstein at www.tfioh.com**
6. The Dark Side of the Light Chasers – Debbie Ford
7. Open Heart, Open Mind – Swami Chetananda
8. Focusing – Eugene Gendlin, PhD
9. Two major ways to access the subconscious – hypnosis and emotion – Opening the Heart during private sessions

When emotion is flowing we have access to the subconscious mind...

INTRODUCTION TO YOGIC PSYCHOLOGY

1. Witness Consciousness

2. Understanding Sanskars

3. Working with Energy/Emotional Blockages

FOCUSING – EUGENE GENDLIN, PhD

1. Clearing a Space
2. Finding Your Felt-Sense
3. Finding Your Handle
4. Resonating Handle and Felt-Sense
5. Asking
6. Receiving

CORE TRANSFORMATION

- **The Core State is understood by the following:**
 1. It's a state of being (as opposed to doing, getting, having, knowing, relating), such a "Beingness," "Inner Peace," "Love," "Ok-ness," "Oneness," "Fullness," "Wholeness," "Spiritual Connection."
 2. It's not dependent on others (like "appreciation from others," "Love from others.")
 3. It's not reflexive (like "loving myself.")
 4. It's not a specific emotion, such as confident, hopeful, satisfied, courageous, proud, etc.
 5. When your explorer reaches the Core State, he/she can go no deeper.
 6. The person often shows a major change of state; relaxation, skin color changes, changes in breathing, changes in tempo.

Notes:

- Write down the Outcome Chain from PHASE 1 as the explorer generates it.
- Trust your basic understanding of this technique more than the reading of it verbatim.
- Core Transformation is a process that incorporates very powerfully with other therapeutic modalities such as Focusing, Parts Therapy and Regression Therapy

Three major phases of Core Transformation

1. Eliciting the Outcome Chain

2. Reversing the Outcome Chain

3. Growing up the Part

CORE TRANSFORMATION

PHASE 1: Eliciting the Outcome Chain

Say to the explorer:

1. “What feeling, behavior or thought do you want to change?”...
“Where, when and with whom do you have this [_____]?”...
2. “Take a moment to relax and turn inward...think about a specific time that [_____] occurred...Mentally step into the situation, seeing what you saw, hearing what you heard, feeling what you felt at the time...As you relive this experience, notice your internal images, sounds, and/or feelings...Since you didn’t consciously generate [_____] , it’s as if some part of you generated it. You may begin to sense this part of you, in your body or around you. Where do you sense this part ‘lives’?”
3. “Even though you don’t know what the positive intention of this part is, you can begin thanking this part for being there, because you can trust that it has some positive intention for you.”...
4. “Ask this part of you, ‘What do you want?’ After you ask this question inside, relax and notice what response you get back from that part of yourself.”...
5. Thank that part for its response.
6. Invite this part to step into what it is like to have [_____].

Ask this part of you, “When you have [_____] fully and completely, what you do want. Through having [_____] , what’s even more important?”

REPEAT STEPS 6 AND 7 UNTIL YOU GET TO THE CORE STATE.

When you get to what seems to be a core outcome, ask this part of you, “Is there anything even more important you want through having {_____]?”

7. Thank that part for its response.

PHASE 2: Reversing the Outcome Chain With the Core State

1. “Somehow our inner parts get the idea that in order to experience Core States such as [_____] , we have to first do certain things and get certain things. Unfortunately, this doesn’t work very well. We don’t get to experience our Core State very often when we go about it that way. The way to experience a Core State is just to step into it and have it.”

2. “Invite this part of you to step into [_____] now, and ask this part, “When you already have [_____] in an ongoing way, how does already having [_____] make things different?”
3. Ask the part, “How does already having [_____] as way of being transform or enrich [_____]?”

REPEAT STEP 3 WITH EACH INTENDED OUTCOME BEFORE GOING ON.

4. Ask the part, “How does already having [_____] as a way of being transform or enrich the situation in which you used to [_____]?”

PHASE 3: Growing Up the Part

1. “Turn inward and ask this part, ‘How old are you?’
2. “Inner parts are usually much younger than we are. That means this part hasn’t had the benefit of all of your experiences and learnings and wisdom that you have gained over the years. So now, ask the part if it wants to make its job a lot easier by having the benefits that come from evolving forward through time?”
3. “So now invite this part of you to begin by having [_____] fully present at its age,...and then invite this part to evolve forward through time letting [_____] radiate through all of your experience, all the way up to your current age. As it does this, it will learn from each of your experiences, and it will enrich each of your experiences with [_____] . Nod when the part has arrived at your current age.”...
4. “Where is this part now located?”

If part is outside of their body say:

“Invite this part of you to now move inside your body, bringing the full sense of [_____] with it.”

5. “Now, just let the sense of [_____] spread into every cell of your body, becoming a part of your emotional coding. This [_____] is now available to all of you...As [_____] spreads throughout your body, you can allow it to integrate with the core of your being , enriching your experience of your essence....”
6. “Now this part of you is current age and fully throughout your body, you can notice what it’s like to now have [_____] as a way of being. You can notice how this changes your experience with [_____] } ... and [_____]...”

PHASE 4: Working With All Parts Involved

1. Do the first three phases with all the parts involved with the issue that you know of. Often there is only one part, and there could be more. This can include the part creating

the unwanted behavior or response, the opposite of that part (if there is one), objecting parts, interfering parts, and additional parts that have come up (if any). If you like, you may refer to the next section for more information about working with all the parts involved. You may work with these parts in whatever order is easiest for the explorer, as long as you end up doing a complete “module” (eliciting the outcome chain, reversing the outcome chain, and growing up the part) with each part.

2. “Ask on the inside, ‘Is there any other part of me that is concerned with this issue?’
3. “Ask on the inside, ‘Does any part of me object to having [_____] in an ongoing way?’

Continue only after you have done the first three phases with all parts involved.

4. “Now allow your entire past to be behind you in a line or pathway. Let your future flow out in front of you in a line or pathway...Now float up over your timeline with [_____] fully present, and go back to the moment of your conception. Bring [_____] into your conception, through your birth, and through all your experiences, all the way up to the present...When you have reached the present, see yourself moving into the future, with [_____] in every experience you will have...You can take all the time you want and when [_____] are fully integrated into your whole life, you can reorient to the here and now...”

Summary: Working With All Parts Involved

To reach the fullest resolution of an issue, it is important to do the Core Transformation Process with all of the parts that are involved with the issue. Often, there is only one part. Here are some of the ways you can notice if there is more than one part.

Parts in Pairs

Sometimes when we have a part of ourselves that is extreme in one direction, we also have its opposite. For example, one part wants to binge out and another part wants to have a totally rigid diet. One part wants to leave in a marriage, another part wants to stay. One part wants to be outrageous, another part feels shy. When your partner has described the part he/she wants to change, you can ask your partner whether he/she is also aware of a part that is the opposite of what he/she has described. If so, do the first three phases with one part first and then do the first three phases with the second one.

Objecting Parts

Usually, as you are doing the Core Transformation process with a part, all the other parts are happy about what’s going on. Occasionally, as you work with a part, another part may object about the process. If this happens, the objecting part is another part to do the process with. There are several ways that a part might let you know it objects. One is to give you a feeling that is a little uncomfortable, or to stop the Core State from spreading into an area of the body. Another is to give you internal words, like “Wait a minute! I have a concern.” Another is to give you an internal image that is a symbol of wanting to stop you, such as a

picture of a stop sign or a brick wall. In the event that something like this happens, thank the objecting part for being there.

At this juncture, you have two parts that you know you want to work with-the part you are in the middle of working with, and the objecting part that just came up. You have a choice of which to do the process with first. You can do whatever is more convenient. A simple solution is to ask your unconscious mind which part would be easier to work with first. You can call over an assistant if you need help deciding.

Other Interferences

Sometimes, there is something about the way the person approaches his or her internal process that gets in the way. For example, some people try to “figure out” what the responses will be ahead of time, instead of getting them from the part. If this happens, do the first three phases with the part that wants to “figure out” the responses first, and then go back to the parts directly connected to the issue.

Some people have a part that’s afraid of their own unconscious mind.

Some people have a part that never trusts the responses they get.

Some people have a part that wants to already be perfect.

Some people have a part that is impatient with other parts.

Some people have a part that insists that all the other parts do things a certain way.

If this kind of thing is going on, and it’s interfering with the process, you can honor that part and work with it first.

MODIFIED CORE TRANSFORMATION SCRIPT

1. Choose a part to work with: Experience it, receive it and welcome it.
2. Discover the purpose/first intended outcome: Ask your part, “What do you want?”
3. Discover the outcome chain: Ask your part, “If you have [intended outcome from previous step], fully and completely, what do you want through having that that is even more important?” (*Repeat as needed*).
4. The Core State: Reaching the Wellspring within: Take a moment to enjoy your Core State.
5. Reverse the Outcome Chain With the Core State
 - a) General: Invite your part to notice, “When you just have [Core State] as a beginning, as a way of being in the world, how does already having [Core State] make things different?”
 - b) Specific: “How does already having [Core State] as a way of being transform, enrich, radiate through [Intended Outcome]?” (*Do will all Intended Outcomes.*)
 - c) Transform the Original Context: “How does already having [Core State] as a way of being transform your experience of [the context where you used to X]?”
6. Grow up the Part:
Ask your part:
 - a) “How old are you?”
 - b) “Do you want to have the benefits that come from evolving forward in time to your current age, with [Core State] fully present?”
 - c) Evolve forward through time, from whatever age it is, all the way forward to your current age, having [Core State] there through every moment of time.
7. Bring the part fully into your body: Notice where your part is located now and allow it to flow fully in and throughout your body, permeating every cell with [Core State].
8. Reverse the Outcome Chain with the Grownup Part fully in your body (*general, specific, original context.*)
9. Check for Objecting Parts: “Is there any part of me that objects to my just having [Core State] now as a way of being in the world?” (*Bring any objecting parts, and any additional parts associated with the issue, through steps 1-8 before going out.*)
10. TimeLine Generalization
 - a) Envision your timeline and float back over it to just before you were conceived. With your Core State radiating through your being, allow yourself to move forward through time, letting [Core State] color and transform every moment of experience to the present.

- b) Envision yourself moving forward on that same trajectory into the future, noticing how that is also colored by having [Core State].
- c) Cycle back through the Timeline Generalization several times, faster each time.

USING CORE TRANSFORMATION WITH OTHER MODALITIES

Focusing

Parts Therapy

Regression Therapy/Breathwork

Anchors and Trigger Phrases

NLP – VISUAL SQUASH

- *Working with conflicting sub-personalities for conflict resolution*
 1. “Turn both palms up and rest them comfortably”
 2. In your left hand bring in the part of you that wants [_____] (begin with the apparently more dysfunctional part)
 3. Ask this part what is its highest intention? What does it want most? (Keep asking until the highest intention elicited is referring to the person’s overall happiness and well-being.)
 4. Once the highest intention is established, ask “Is it working? Is your way of being getting [Client’s name] what he/she really wants?”
 5. Now turn to your right hand and bring in the part of you that wants [_____] (let this be the apparently healthier part)
 6. Ask this part what is its highest intention? What does it want most? (Keep asking until the highest intention refers to the person’s overall happiness)
 7. Once the highest intention is established, ask “Is it working? Is your way of being getting [Client’s name] what he/she really wants?” (Usually this part says “yes” but remind the client that they are not getting what they want because of the conflict)
 8. Explain how both parts want exactly the same thing. They both have the highest intentions of the client in mind.
 9. “Now bring your hands together and let these parts come together. Have them let go of that which does not work and keep which does. Let them become one part working together in the healthiest way possible to help you to achieve [_____].”

NLP – SLIDING ANCHORS SQUASH