

"Their Voice Dialogue work is original and brilliant."

—John Bradshaw, author of  
*Homecoming: Reclaiming and Championing Your Inner Child*

# Embracing Our Selves



The Voice Dialogue Manual



HAL STONE, PH.D. AND SIDRA L. STONE, PH.D.

INTRODUCTION BY SHAKTI GAWAIN

# Embracing Our Selves The Voice Dialogue Manual

**Anodea Judith**



## **Embracing Our Selves The Voice Dialogue Manual:**

*Embracing Our Selves* Hal Stone, Sidra Stone, 1989 Drawing on years of clinical experience the authors take readers on a remarkable journey of self discovery The sub personalities that live with the self are explained allowing readers to pursue their individual destinies Holism Psychology **The Voice Dialogue Facilitator's Handbook, Part 1** Miriam

Dyak, 2014-11-14 The first textbook written for learning Voice Dialogue facilitation a method for working with consciousness created by Drs Hal and Sidra Stone authors of *Embracing Our Selves* *Embracing Each Other* *Embracing Your Inner Critic* and *The Shadow King* This Handbook is designed to make Voice Dialogue facilitation easy and rewarding Every part of a Voice Dialogue session is described in detail with lots of sample facilitations that explore the energetic dynamics between a facilitator and his/her client *Your Symphony of Selves* James Fadiman, Jordan Gruber, 2020-08-04 Why you are a different you at different times and how that's both normal and healthy Reveals that each of us is made up of multiple selves any of which can come to the forefront in different situations Offers examples of healthy multiple selves from psychology neuroscience pop culture literature and ancient cultures and traditions Explores how to harmonize our selves and learn to access whichever one is best for a given situation Offering groundbreaking insight into the dynamic nature of personality James Fadiman and Jordan Gruber show that each of us is comprised of distinct autonomous and inherently valuable selves They also show that honoring each of these selves is a key to improved ways of living loving and working Explaining that it is normal to have multiple selves the authors offer insights into why we all are inconsistent at times allowing us to become more accepting of the different parts of who we and other people are They explore through extensive reviews how the concept of healthy multiple selves has been supported in science popular culture spirituality philosophy art literature and ancient traditions and cite well known people including David Bowie and Beyoncé who describe accessing another self at a pivotal point in their lives to resolve a pressing challenge Instead of seeing the existence of many selves as a flaw or pathology the authors reveal that the healthiest people mentally and emotionally are those that have naturally learned to appreciate and work in harmony with their own symphony of selves They identify the Single Self Assumption as the prime reason why the benefits of having multiple selves has been ignored This assumption holds that we each are or ought to be a single consistent self yet we all recognize in reality that we are different in different situations Offering a pragmatic approach the authors show how you can prepare for situations by shifting to the appropriate self rather than being switched or triggered into a sub optimal part of who you are They also show how recognizing your selves provides increased access to skills talent and creativity enhanced energy and improved healing and pain management Appreciating your diverse selves will give you more empathy toward yourself and others By harmonizing your symphony of selves you can learn to be in the right mind at the right time more often *Handbook of Dialogical Self Theory* Hubert J. M. Hermans, Thorsten Gieser, 2011-11-24 In a boundary crossing and globalizing world the personal and social positions in self and identity become

increasingly dense heterogeneous and even conflicting In this handbook scholars of different disciplines nations and cultures East and West bring together their views and applications of dialogical self theory in such a way that deeper commonalities are brought to the surface As a bridging theory dialogical self theory reveals unexpected links between a broad variety of phenomena such as self and identity problems in education and psychotherapy multicultural identities child rearing practices adult development consumer behaviour the use of the internet and the value of silence Researchers and practitioners present different methods of investigation both qualitative and quantitative and also highlight applications of dialogical self theory

*The Ark Within* Adelheid Oesch, 2024-09-11 A Poetic and Transformative Journey to Inner Peace Now Accessible to English Readers Worldwide This poetic yet pragmatic book guides you to rediscover yourself as a living Noah's Ark a three dimensional volume of conscious presence stable and vast enough to actively embrace and support each facet of your being Adelheid Oesch a seasoned counselor teacher and founder of L'Atelier du Dialogue Interieur Voice Dialogue Workshop in Lausanne Switzerland masterfully weaves together the spiritual wisdom of the world with the ground breaking insights of Voice Dialogue psychology With expertise shaped by extensive training with pioneers Dr Hal Stone and Dr Sidra Stone she illuminates a path to cultivate an intimate non judgmental engagement with your inner persons the sensations emotions images and thoughts that shape your experience As you follow the author's odyssey you'll migrate from a limiting two dimensional consciousness based on duality and opposition towards an integrated three dimensional body heart mind awareness This spacious Ark of Self becomes a tender womb a sacred refuge where every aspect of your being can feel welcomed held dear and reborn *The Ark Within* empowers you to uplift your understanding into lived experience By establishing yourself as a conscious holding environment for your Inner Family of Selves you'll unravel the roots of suffering and liberate your capacity for faith hope and love Whether you're seeking personal healing and transformation or working to support others on their journey this rare gem offers a profound source of inspiration that has already empowered innumerable readers to create lasting change in their lives Praise for *The Ark Within* *The Ark Within* is a magical mystical beautifully balanced journey of the spirit The evocative narrative combined with practical exercises in Volume II makes this book an invaluable guide for anyone who has embarked on the journey of a spirit infused life Hal and Sidra Stone Ph.D The voyage of *The Ark Within* begins and ends with the meeting of the sensitive Inner Child that each one of us carries inside In becoming our own Friend and neighbor we will heal our capacity to relate and create bonds that are not of neediness and dependency but of sharing and generosity Marie de Hennezel *The Ark Within* is an excellent guide to remedy inner conflict It supports ever deeper levels of insight It will help many people understand themselves and heal so much unnecessary suffering in their lives Richard Moss M.D The author guides us inward into our true homeland She inspires us to live vibrant conscious and reconciled lives She writes with candor and uncompromising tenderness about the fulfillment of an essential paradigm shift outer wisdom must become inner wisdom Hedy Schleifer MA LMHC *Integrated Trauma Therapy*

*Workbook* May Ivette Ray, Traditional therapy often addresses trauma in pieces leaving you feeling fragmented and incomplete This revolutionary workbook combines Schema Therapy DBT and Internal Family Systems into one powerful healing system Inside You ll Find Assessment tools to map your unique trauma patterns Step by step integration exercises Real world healing examples Crisis resources and safety planning Daily practices for lasting change Perfect for trauma survivors therapy clients and mental health professionals seeking comprehensive healing approaches Stop treating symptoms in isolation Start healing your whole self

**Wild Mind** Bill Plotkin,2013-04-08 Our human psyches possess astonishing resources that wait within us but we might not even know they exist until we discover how to access them and cultivate their powers their untapped potentials and depths Wild Mind identifies these resources which Bill Plotkin calls the four facets of the Self or the four dimensions of our innate human wholeness and also the four sets of fragmented or wounded subpersonalities that form during childhood Rather than proposing ways to eliminate our subpersonalities which is not possible or to beat them into submission Plotkin describes how to cultivate the four facets of the Self and discover the gifts of our subpersonalities The key to reclaiming our original wholeness is not merely to suppress psychological symptoms recover from addictions and trauma or manage stress but rather to fully embody our multifaceted wild minds commit ourselves to the largest soul infused story we re capable of living and serve the greater Earth community

**The Heart of Healing** Regina Rosenthal,2013-02 The Heart of Healing is the perfect book for those seeking to deepen their understanding of healing Health care professionals and the chronically ill know that this is a life long journey of growth and development Page 4 of cover

**The healing journey demystified: achieving sustainability one heart at a time** Dr. Jodi-Anne M Smith,2018-05-18 Through sharing her own journey healing from child abuse Jodi Anne demonstrates the healing process and its links to spiritual growth and consciousness Many healing techniques are explained and the book includes examples of art and dreams as healing tools This book is recommended for all who want to find inner peace and happiness If you did not suffer abuse while a child this book will provide you with insight into what those who do suffer it experience It should also assist you in seeing how to heal whatever conditioning and hurts from throughout your life you do have We all undergo the personal growth process the healing journey learning to love and accept ourselves unconditionally learning to honour ourselves others and the Earth learning to live in a loving and sustainable way actualising our life purpose

**Integrating the Expressive Arts Into Counseling Practice, Second Edition** Suzanne Degges-White,Nancy L. Davis,2017-09-28 When I used it I felt it was a very valuable resource linking work with the arts to the theoretical foundations of counseling Sally S Atkins EdD Professor Emerita Founding Director of Expressive Arts Appalachian State They Students like the activities since it helps them learn more about the counseling theory which was discussed in the Theories of Counseling class It provides more application Some activities are pretty detailed and class time does not allow for much practice But we discuss how this could be used in therapy sessions groups The book is short and very pointed in its information and use We like it Judy A

Schmidt EdD CRC LPCA University of North Carolina at Chapel Hill Expanded and revised to reflect a broader understanding of the complementary approach to therapeutic treatment this is the only text to integrate expressive arts counseling techniques with major theories of counseling and psychology Substantial changes to the second edition include new chapters that address Neuroscience and Counseling Trauma Informed Counseling Animal Assisted Therapy Mindfulness and Counseling and Family Counseling along with a greater emphasis on cultural and diversity considerations throughout The book is updated with over 30 new interventions including animal assisted and videographic interventions and new information about the neuroscientific foundations of expressive arts therapies Updated references in each chapter and a suite of Instructor s Materials also add to value of the second edition The text integrates expressive arts therapies with 12 commonly used treatment modalities Each chapter reviews a particular theory and describes how expressive and creative techniques can support and be easily integrated within that orientation Over 90 field tested step by step interventions created by leading practitioners offer students and clinicians techniques that can be put to use immediately New to the Second Edition New chapters address Neuroscience and Counseling Trauma Informed Counseling Animal Assisted Therapy Mindfulness and Counseling and Family Counseling and the Expressive Arts Cultural and diversity considerations in each chapter Updated with new references Over 30 new interventions including videography Instructor s materials Key Features Integrates expressive arts counseling techniques with 12 major theories of counseling and psychology Presents over 90 expressive art interventions in easy step by step format Includes art writing bibliotherapy drama music movement dance puppetry and sand play Discusses appropriate populations settings and diagnoses for each intervention Includes interventions that can be put to use immediately

Healing Your Mind and Soul: Therapeutic Interventions in Quantum Reality Garry Flint, 2012-08 In his groundbreaking book *Healing Your Mind and Soul* Flint approaches healing from the point of view of quantum reality He creates a model of quantum reality which explains ancestral influences distant treatment and the cause of our experience of reality The model shows that we are all connected and created in a logical and orderly relationship with one another to give us more happiness and less pain which suggests a loving creation process At the spiritual level Flint uses the model to define the soul and to discuss prayer and afterlife He defines Wisdom as a rich resource in the hidden reality It can be used to cause deep healing of many issues Examples of the communication between the therapist and patient teaches the reader a way to treat intruding souls ancestral fields and to use Wisdom to treat common issues Other experimental interventions are given *Healing Your Mind and Soul* is an invaluable self help guide that breaks important new therapeutic ground for both the health professional and the layperson Dr Garry A Flint is a psychologist with over 40 years of clinical experience He has treated issues in the quantum fields for the last 15 years He is the author of three previous books *Emotional Freedom A Theory and Treatment of Your Personality* and *A Healing Legend* co authored with Jo C Willems a brave and provocative book Lee Pulos Ph D A B P P

The Mindful Path to Addiction Recovery Lawrence

Peltz,2013-03-12 Mindfulness the quality of attention that combines full awareness with acceptance of each moment just as it is is gaining broad acceptance among mental health professionals as an adjunct to treatment Because at the heart of addiction is the fear of painful emotional states addicts compulsively seek drugs and alcohol to avoid or escape emotional pain Mindfulness on the other hand helps us develop greater acceptance and ease with life s challenges as well as greater self compassion Here Dr Lawrence Peltz who has worked as an addiction psychiatrist for more than two decades draws from his clinical experience and on the techniques of mindfulness based stress reduction MBSR to explain the fundamental dynamics of addiction and the stages of the recovery process and also gives us specific mindfulness exercises to support recovery

**A Gift to Myself** Charles Whitfield,2010-01-01 This is a gentle and effective workbook and guide to Healing the Child Within It can be used with or without having already read Healing the Child Within Using numerous experiential exercises that the reader can do at their own pace physician and author Charles Whitfield takes us on a healing journey into our inner and outer life Once a reader starts this book the healing process begins even if they rarely do any of its exercises One of the highlights of this book is the clear description of age regression one of the most crucial concepts in healing and recovery

**Using Expressive Arts to Work with the Mind, Body and Emotions** Mark Pearson,Helen Wilson,2009 This book combines theory research and activities to produce practical suggestions for enhancing client participation in the therapy process It surveys the literature on art therapy somatic approaches emotion activating models use of music writing and dreamwork and the implications of the new findings in neuroscience

**Developing Intuition** Shakti Gawain,2009-12 Everyone is born with intuition but most of us learn to discount and ignore it In this book bestselling author Shakti Gawain gently guides us into what is certainly for many readers the most important work we can do developing our intuition and allowing it to become a guiding force in our lives

**Living in the Light (Volume 2 of 2) (EasyRead Super Large 24pt Edition)** , **Get Conscious** Ali Walker,2017 We believe we can think ourselves happy but in reality the only way to

experience true happiness is to become self aware The way we experience emotions remains a constant throughout our lives and it is by acknowledging this and the different elements of our inner selves that we can experience genuine contentment Drawing on the author s research in psychology and her work with clients Being breaks down the four elements of self awareness and provides strategies for mastering each

**Eastern Body, Western Mind** Anodea Judith,2011-03-16 A revised edition of the groundbreaking New Age book that seamlessly merges Western psychology and science with spirituality creating a compelling interpretation of the Eastern chakra system and its relevance for Westerners today A useful tool for contemplating our strengths weaknesses and appropriate approaches to growth Yoga Journal In Eastern Body Western Mind chakra authority Anodea Judith brought a fresh approach to the yoga based Eastern chakra system adapting it to the Western framework of Jungian psychology somatic therapy childhood developmental theory and metaphysics and applying the chakra system to important modern social realities and issues such as addiction codependence family dynamics sexuality and

personal empowerment Arranged schematically the book uses the inherent structure of the chakra system as a map upon which to chart our Western understanding of individual development Each chapter focuses on a single chakra starting with a description of its characteristics and then exploring its particular childhood developmental patterns traumas and abuses and how to heal and maintain balance

**Living with the Challenges of Dementia** Patrick McCurry, 2015-07-16 More than 800 000 people in the UK are currently affected by dementia a figure set to increase as the population ages This book addressed to carers and loved ones explores how to handle the difficult emotions involved in looking after a loved one with dementia such as denial shame anger guilt and grief It examines the harrowing process of effectively losing a person on a day to day basis and suggests the best ways to maintain psychological health and well being Topics include Understanding the changes in memory personality and behaviour Developing an understanding of personal challenge Overcoming loneliness and isolation How family dynamics may affect the caring experience The long goodbye coping with progressive decline Severe dementia and end of life care Finding meaning in the experience is there a positive side of looking after someone with dementia

*Schema Therapy Adapted for Psychosis and Bipolarity* John Rhodes, Natasha Vorontsova, 2024-08-06 This book explores how Schema Therapy and its underlying theory might be used in work with clients who suffer from psychosis bipolarity and related symptoms The first part of the book presents in depth qualitative research featuring first person testimonies that describe the self states or modes of a person with psychosis or bipolarity These self states involve a range of features such as emotions thoughts motivations and behaviours which manifest as patterns The second part proposes the adaptation and application of Schema Therapy a transdiagnostic approach working with emotion and interpersonal functioning for clinical work with these two groups Offering unique insights this text will appeal to a range of practicing clinicians such as psychologists therapists psychiatrists and those with a special interest in psychosis or bipolarity



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