

Psychology of Selves (Voice Dialogue), Professional Training Program, 540 hours.

Psychology of selves was developed in the 1970-s by the Californians Hal and Sidra Stone. The method is also called Voice Dialogue, Relationship and the Psychology of Selves, and Psychology of the Aware Ego.

The method is based on the idea that our perception of our own self as a unity is basically wrong. The authors are of the opinion that the self consists of a multitude of lesser sub-personalities, with each of those having its own voice in the psyche, its own history, feelings, goals, and even grudges against the personality. The inner voices that belong to different parts of our personality create our character and provide us with roles in life. It is the inner voices that the person is always having a dialogue with, trying to justify, to criticize, to explain, etc.

The notion of consciousness is based upon eternal antagonism: to have a weak point (no matter which one) and to carefully hide it behind compensatory defenses. Voice Dialogue is excellent for real dialogue between the facilitator and the client's sub-selves.

The method is based upon K.G. Jung's ideas, and touches upon all the existing theories and schools, from Ancient Greek theatre to psychodrama and Hesse's Steppenwolf, from Gurjieff to Hellinger's family constellations, from Sri Aurobindo's Integral Yoga to Gestalt and process-oriented therapy ...

However, Voice Dialogue stands out due to the simple and beautiful methods it uses to solve the problems in an efficient way, thus bringing about inner transformation of not only the client, but of the facilitator as well!

Psychology of selves is, as an approach, both novel and at the same time well-known in psychology and personal development. During the latest years Voice Dialogue has been evolving into new independent areas and integrating with already existing ones.

In Europe and the US Voice Dialogue has found its way into many different areas: e.g. psychotherapy, counseling, coaching, trainings, business... People use it in weight reduction programs for actors and musicians, in treating alcohol or drug dependencies, in diplomacy and negotiations, in writing books and articles, in counseling related to whatever difficulties in life.

VD is also used in transpersonal psychology, meditation, and Yoga, and for personal and spiritual growth.

Surprisingly, neither the general public in Russia nor even specialists know about the method. Even though some people might have heard of it, they have no knowledge of the specifics ...

The seminar program will be led by **Sergei Strekalov**, Professor, MD, PhD, Grand Doctor of Psychology, President of the Whole World International Transpersonal Association (part of EUROTAS since 2009). Mr. Strekalov has been doing practical workshops on transpersonal psychology since 1988; during the past 25 years he has done over 600 seminars on various areas of the psychological science. He studied Voice Dialogue from 1996 to 1999 with R. Stamboliev, director of the Institute for Transformational Psychology (the Netherlands). Since 1997 he has done over 70 VD seminars and hundreds of VD individual psychological counseling sessions in Russia, the Ukraine and the Baltic states.

The author has developed the training program based on many years of own experience in using Voice Dialogue.

Training program

The target audience is:

- Therapists and practical psychologists who are interested in new areas of psychology and therapy;
- Specialists in individual or group work who wish to acquire additional skills;
- People who wish to learn how to solve problems on their own;
- People oriented towards personal and spiritual growth.

The program consists of seven training modules and a concluding module, four days each. It presents the Psychology of Selves and some of its practical areas; the total duration is 12 months.

The first three modules of the program give an overview of the method and the basic theory and practice, which can be of especial interest for psychological counselors and coaches.

Module 4: counseling and coaching by VD: the characteristics and practices.

Modules 5 to 7 cover extended and specialized approaches to practical work.

Module 7 includes: examination and supervision (VD client session where the trainees use the skills the acquired during training), questions and answers and discussion of the graduation papers, whereupon the trainees get their certificates of completion.

You are welcome to join the program at any time.

However, if you have not attended the first module, you need to go to a one-day introductory training before attending the modules of your choice.

To get certified you need:

- **To attend all the modules of the program (in any order),**
- **report the sessions you've done,**
- **write your graduation paper,**
- **have four individual sessions of own therapy,**
- **demonstrate your theoretical and practical knowledge at the Final module when you work with a client.**

You can also attend individual modules on the topic of your choice.

The training shall allow you to:

- Dramatically increase your sensitivity,
- Learn that it is the sub-selves that are behind any human conversation,
- Get to know various models of consciousness,
- Have a clearer picture of own sub-selves and those of others,
- Learn the scenarios that all relationships follow,
- Learn to work with body symptoms and areas of the body,
- Learn to talk to illnesses and know their point of view,
- Learn to talk to dream characters and why you dream them,
- Learn the basics of VD psychological counseling,
- Meet archetypes and deities and talk to them,
- Meet the other side of altered states of consciousness,
- Find solutions to your own issues and limitations,
- Experience the most amazing things,

and more.

Seminars in brief.

1 module. «Introduction into the method "Voice Dialogue"»:

2 module. «Energy of subpersonalities»

3 module. «Conflicts and partnership»

4 module. «Voice Dialogue as psychological counseling and coaching»

5 module. «Subpersonalities of body, symptoms and diseases»

6 module. «Subpersonalities of dreaming and creating»

7 module. «Subpersonalities and archetypes»

Final module.

Psychology of Selves (Voice Dialogue), Professional Training Program, 540 hours.

Total training hours 540, including

theoretical in-class studies 150 hours

practical in-class trainings – 110 hours

independent studies and co-vision – 130 hours

supervisions, consultations, tests, preparation and diploma thesis defense, examinations 150 hours

The **Training Program** is conducted by prof. S. A. Strekalov.

*The main law of Voice Dialogue is
to ignore what man speaks
but to find out who says it inside him.*

1 module. «Introduction into the method "Voice Dialogue"»:

History of the method. Introduction into the theory of Voice Dialogue. The theory of dynamic consciousness by H. & S. Stones. The levels of consciousness. Operating Ego and Aware Ego. Primary, disowned and undeveloped subpersonalities. Polarities of psyche such as weakness, defenselessness and protecting against weakness with subpersonalities. International subpersonalities of contemporary man such as Inner Protector-Controller, Inner Critic, Rationalist, Pusher, Improver, Inner Child, etc. The training aimed at developing the skills to notice the subpersonalities. The rules of conducting sessions Voice Dialogue. Facilitation. The difference between facilitator and trainer or therapist. The rules of facilitation. Demonstration of a session Voice Dialogue. Practical sessions Voice Dialogue. Sharing the sessions.

Subpersonalities as altered states of consciousness. The problem or complication as a conflict of subpersonalities. The constellations with subpersonalities.

2 module. «Energy of subpersonalities»

Introduction into the methods of work with dreams. Three aspects of subpersonalities. The information aspect as a link with memory of subpersonality. The energy aspect including personal and impersonal energy. The bodily aspect connected with moving and habitual actions. Compact and incoherent Ego. Energy tuning in a as facilitator. What is necessary to do when a subpersonality transmits the energy? The levels and the methods of protecting against subpersonalities of a client. Different impersonations of the Inner Child such as Unprotected, Playing and Magic ones. Tuning into the subpersonality of the Inner Child as a model of weakness, vulnerability and incompetence. The subpersonalities which protect Inner Child. The methods which help to feel deeply and to remember the subpersonality of Inner Child. Demonic subpersonalities as dark side of man. Conducting VD session with coalitions of subpersonalities. The training to develop sensitivity to energy of subpersonalities. The basics of psychological counseling and features of work with a client according to VD methods. Separating subpersonalities from the Operating Ego. Practical sessions in Voice Dialogue. Sharing the sessions. Supervision.

3 module. «Conflicts and partnership»

Who makes choice of action? Is it Operating or Aware Ego? The position of Observer. Practical developing of own Observer. The world around consists of polarities. The laws of love, infatuation and attraction of people to each other. Manifested and latent subpersonalities. Backup subpersonalities. The abundance of subpersonalities in a relationship. Positive and Negative Bonding patterns. Children's and parents' subpersonalities. Vulnerability and the levels of protection in one's family. The reasons for any conflicts, quarrels and complications. Elements of Bonding pattern. Personal and impersonal energy. Partnership as a necessity. Relationship with "unbearable" people. The differences between various forms of partnership such as family, sexual relationship, business contacts, etc. Balance between partnership and child-parent relationship. Psychological counseling in case of complaining of the relationship. Practical sessions Voice Dialogue. Sharing the sessions. Supervision.

4 module. «Voice Dialogue as psychological counseling and coaching»

General theory of psychological counseling. Psychological counseling with VD method, its specifics and features. The stages of counseling. Self-work as a facilitator and work with a client. Using different practices. General theory of coaching and specificity of its conducting with VD method. Practical sessions Voice Dialogue. Sharing the sessions. Supervision.

5 module. «Subpersonalities of body, symptoms and diseases»

Health and disease through the prism of subpersonalities. Body-oriented subpersonalities. The role of Inner Protector-Controller in the beginning of a disease. Deep sense of tensioning and relaxing of the body. The role of Primary and Disowned subpersonalities in the beginning of diseases. A disease as a conflict of subpersonalities. Raising of resource mental state in case of ailments and diseases. The features of conducting VD sessions in case of psychosomatic, professional and other kinds of diseases. VD session in case of oncology. The features of conducting sessions with children and the aged. The subpersonality of Inner Healer. The concepts of "Inner Builder" and "Destroyer". The features of work with harmful habits, for example, smoking and obesity. The methods of work with body-oriented subpersonalities. Psychological counseling in case of complaining of health. Practising and sharing the sessions in Voice Dialogue. Supervision. Constellation of healthy and sick organs of the session's participants.

6 module. «Subpersonalities of dreaming and creating»

The theory of dreaming in the psychology of Selves. Inner human reality. Subpersonality of the Inner Protector-Controller is a membrane between the personality and infinity. Consciousness as a theatre and subpersonalities. as actors in the theatre. A dreaming as a state when a personality has crumbled. The subpersonalities of dreams. Deep sense of the messages that are sent by dreams. Primary, disowned subpersonalities and archetypes in a dream. Subpersonalities of the dreams and their connection with the problems in real life. Dreams as nightmares. Demonic subpersonalities in dreams. About lucid dreams. Analysis of different methods of practical work with dreams. The subpersonality of Higher Self. The features of sessions with subpersonalities of dreams. The features of psychological counseling using subpersonalities of dreams. Training on subpersonalities of dreams. Creativity, different points of view. Connection of creativity with the archetype of freedom. Subpersonalities which are opposed to developing of creativity. Four main directions of developing creativity and creating. Psychological counseling, developing of creative subpersonalities and its work algorithm. Practising and sharing the sessions of Voice Dialogue with subpersonalities of dreams and creativity. Supervision. The constellation with characters of dreams.

7 module. «Subpersonalities and archetypes»

Introduction into the theory of archetypes by C. Jung. The main archetypes by C. Jung such as persona, shadow, anima, animus, identity. Individuation is the process of transforming a person. The links between personality, subpersonalities and archetypes. The scheme of seven archetypes by W. Kaplan. The model of proarchetypes by S. Strekalov. Gods and goddesses of Greek pantheon. The algorithm of counseling by the method of Vacan-Tank. Counseling using Tarot cards. Subpersonalities which lead to the archetypes. Energy of the archetypes. Training to make contact with archetypes. The features of psychological counseling, based on searching for the archetypes. Features of VD sessions with archetypes. "Abnormal" and "incorrect" sessions Voice Dialogue. Transpersonal aspects of VD. Practising and sharing the sessions Voice Dialogue with archetypes. Supervision. The constellation with archetypes.

Final module.

Answering questions. The exam. Supervision. Discussing the diploma works. Handing in the documents on finishing this course.

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