Level 1

Weekend 2

**Saturday**

* Parts
* Conflict Resolution

**Sunday**

* Enneagram
* De-hypnosis: bringing it all together

**PARTS**

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What are parts?

***“A semi-permanent and semi-autonomous region of the personality capable of acting as a person”***

- John Rowan

***“Patterns of feelings, thoughts, behaviours, perceptions, postures and ways of moving which tend to coalesce in response to various recurring situations in life”***

* Brown (1979)

**Examples of “Parts” in general psychology:**

* In “The Republic,” Plato speaks of three parts to the psyche: the rational, the appetitive (concerned with bodily needs such as hunger and thirst), and the spirited one
* William James in *The Principles of Psychology* talked about social selves, and reckoned that people had many social selves, each of which could be called up in an appropriate situation
* Carl Rogers – “I realise that to face life as a whole person, I need to find those missing parts of me”
* Virginia Satir – “For one thing you probably have many parts that you have not yet discovered. All of these parts, whether you have owned them or not, are present in you. Becoming aware of them enables you to take charge of them rather than be enslaved by them. Each of your parts is a vital source of energy. Each has many uses, and can harmonise with many other parts in ways to add even more energy”

**The difference between parts and subpersonalities, and multiple personality disorder is that with MPD the personalities don’t realise the existence of the others.**

How can parts be recognised?

Parts can be identified whenever there is **some kind of incongruity and conflict within someone** – i.e. when someone’s behaviour is out of line with what they claim they want to actually be achieving:

**E.g.:**

* Being on a diet and eating chocolate
* Going for an interview and telling yourself you won’t get the job
* Smoking and wishing you weren’t
* Having a feeling of anxiety when you know you don’t want to

People tend to **express parts with words such as**:

* *“Part of me wants to X and another part wants Y”*
* *“It as though another part of me takes over”*
* *“I feel pulled in two ways”*

Tend to express one part as being “good” and the other as being “bad” – people get caught in patterns of wanting to annihilate the “bad” part – which is what creates the conflict…

Important to find balance between giving parts “space” and not giving them extra “power”:

*“On one hand it will be very useful for us to think in terms of homunculi – little people within the person – but on the other hand we must be aware of giving them a status which they do not deserve and which would not be proper; they are in fact moments in a process of change and development which is lifelong”*

* John Rowan

**Where do parts come from?**

Parts, like beliefs, are generated when we at a fairly young age (usually) we discover a gap in our understanding of how to deal with a particular situation – we don’t know what to do, but we have to do something…

**Parts are reasonable because based upon our:**

* Abilities and capabilities
* Insights
* Understandings
* Role models
* Limited choice of behaviour patterns

Available at that time, this was…**the best and probably the only sensible and appropriate response**

**And – for us to have created a part – the response has to have kind of worked.**

**How are parts created?**

**Parts creating process goes something like this:**

* At some point in our past we came across **something new and unexpected**
* We **didn’t understand** it and didn’t know what to do
* This left us feeling **confused and paralysed** by that sense of just not understanding
* We **needed to make sense of it** and will do anything to avoid paralysis
* We **created a belief/response** that bridged the gap in our knowledge, which suggested a particular course of action to remedy the situation
* This allowed us a way of understanding things so at least we **could continue to function** rather than be paralysed by just not knowing
* We survived
* We **recognised we had survived**, and **continued to apply the same approach** to combat other similar situations
* This allowed us to “know” what to do/think/react in those situations – and continued to kind of work
* We **stored this approach** as a reliable fact and the consequential action as the correct response
* We **responded in this way enough times that it became an inbuilt response/habit/part**

This neurological shortcut is a **very useful and time saving process**. After a while the world moves on and the shortcut may become outdated. Often it **ends up causing more problems than it solved**, and the **behaviour becomes paradoxical to its original intention.**

Screaming and shouting is a good way as a kid of getting attention; it’s not so good for developing meaningful relationships as an adult!

Consider someone on a diet who finds themselves eating chocolate – it is possible they learnt at some point that eating chocolate made them feel good and gave them a feeling of enjoyment and peace; they may have learned this from a role model (parent, media etc) or by experience. They would have tried this pattern out, and if they found it worked relatively consistently then they would have validated it and installed it as a useful behaviour pattern to create peace, enjoyment, feeling good etc… So, the dieter avoids eating, this leads them to feeling bored and developing a sense of missing out on the good things in life; this triggers the unconscious behaviour that remedies such a situation for them: eating chocolate… which of course only makes their situation worse…

NLP Presupposition: ‘Every behaviour is useful in some context’.

**Therapist’s role**

Your role is to **be like a film director** and create an environment where the part is a natural, normal and reasonable experience. You want to encourage it as a rightful and essential component of this person, to be its midwife/mentor, and to nurture it, open doors for it, and generally hold its hand, whilst it is learning to stand on its own two feet, and to recognise that it has a right and duty to be here.

Having your voice tone match the core state will help this process

It may help to think of the part as a client in and of itself. Your job is to gain its trust, to be there for it, whilst still maintaining rapport with the rest of the body/person or conflicting parts.

#### Thanking

This is a VERY VERY key step when working with parts. This cannot be emphasised enough. It can be tempting to rush towards the core state or positive intention – if you do this it will take more time in the long run. **Good acknowledgement of the parts is the key reframe** and one of the essential elements of the process. It also avoids the process not working and multiple objections showing up later on. Setting the frame before you do the process is very important here…

E.g.

“Even though that part has been rejected, hated and repulsed every time it turns up, it is so committed to getting something really valuable for you in your life, that its not given up on you. How many times would you have to be told to “Fuck off!” before you gave up on someone? What would make you keep on going in the face of constant rejection? That’s what this part has done.”

6 Step-Reframe

This is the original NLP parts process. Generally speaking, we don’t use it anymore, as it seems to create parts as opposed to integrate parts (which for example processes like Conflict Resolution do). It is generally agreed in psychology that less parts are better than more.

1. Identify the behaviour
2. Access the part responsible for the behaviour
3. Discover the “positive intention” of the part, by asking, *“Through doing what you have been doing up until now, what are you trying to get for me that is positive?”*
4. Help the client access the “creative” part of themselves which is responsible for creativity in their lives, and ask it to come up with at least three creative ways to get that positive thing.
5. Get agreement from the original part that it will use one or more of these choices rather than the original behaviour.
6. Ecology check. Here the client is asked to check if there are any parts of them that object to using these alternatives. If the answer is ‘yes’ then revisit step 2 and reframe this part. If the answer is ‘no’ then the client is in a position to use alternatives when the time arises.

**Conflict Resolution**

This is a simple and elegant process for dealing with one or more conflicting parts. The **hypnotic language patterns used are absolutely key**.

**Process** (written as you would say it to your client)

1. **Identify the parts** and **preframe** the process
2. Put the **parts into hands**
* *“Which of these powerful and important parts would you like to communicate with first, so that we can fully understand what it is trying to get for you, and resolve this issue?”* (Refer to this as part A)
* *“Which hand would you like to put that powerful and important part into?”*
* *“As that powerful and important part begins to take shape, I wonder if it will take the form of a person, or something else that can easily communicate with us? As you begin to see it, what do you see?”*
1. Begin acknowledgement
* *“How do you currently feel about/towards that part?”*
* *“Begin to allow yourself to thank that part”*

**Help them to recognise:**

* + How they created it in response to a difficult situation
	+ And at that time it was the best and probably the only sensible and appropriate response
	+ Ever since it’s just being to its job, just as they asked it to do
	+ Entice it with, “So in order to help it get what it really wants and for you to move on in your life, I’d like you to authentically thank it”
	+ USE METAPHORS AND SPEND AS LONG AS YOU NEED TO ON THIS STEP
* *“And as you do, how does that part change?”*
1. **Ask it for it’s positive intention**
* Get the client to ask, *“What is it that you want that’s positive for me through doing this behaviour”* (keep on asking this until you get an intention that is positive)
* Thank it. *“Do you recognise this as something positive”*
* Ask the client to, *“Let it know you fully agree with its positive purpose”*
* *“How does it feel to finally recognise what it really has wanted for you all this time?”* (from now on refer to that part as its positive intention rather than its old behaviour (E.g. That part of you that wants “that feeling of peace”)
1. **Repeat steps 2-4 for part B**
2. **Parts recognise each other**
* Ask the client, *“What sense does A already have of the ways in which B can be really useful to it?”*
* *“And part B may already have a sense of the ways in which A is an essential ingredient to having B?”*
* *“In fact those parts may have already noticed that they are part of a greater whole, which got separated a long time ago…”*
1. **Integration**
* *“As the parts turn to each other and express appreciation for the positive intent of each other… shift your gaze to the space between the two hands, as you get a sense of those two parts beginning to blend, keeping their important and useful purposes, joining in such a way that each benefits from the other and loses nothing, whilst letting go of anything that no longer serves you or their positive intentions.”*
* *“You may have already noticed how those hands just seem to want to begin to move towards each other all by themselves… I wonder if the left will move towards the right, or the right will move towards the left, or maybe both… or maybe you’ll just get that feeling of those parts merging into one between the two hands.”*
* *If this does happen, then comment, “And you’re not doing that consciously are you?”*
* Often, they will experience some interesting feelings throughout their body, so pace to allow for this possibility
* *“And now you can bring that new greater whole containing all that was of value in both parts into your body”*
1. **Check for objections and future pace**
* *“Just before you have this new behaviour available for you throughout the rest of your life, I’d like you to check that no other part of you objects to having this available to you right now.”*
* Two possible answers…

1) “Yes” (i.e. there is an objection) - use parts work with the objecting part, 2) “No” future pace…

* *“How does having that right now transform your experience of the world?*
* *What will it be like when this new behaviour automatically pops up every time, instead of that old behaviour that you used to do?”*

**Useful additions:**

* Consider touching the palms of their hands (with their permission) to emphasise the presence of the parts
* Parts are often expressed by unilateral movement (one sided). As integration occurs, notice the bilateral (two sided) movement patterns as a confirmation of the physiological integration
* Positive intentions will break the boundaries of the parts. These boundaries are what keep parts separate from the rest of the self, and therefore prevent communication between the parts, prevent updating of information and knowledge, and prevent access to the physical areas that contain the parts.
* Often parts thing their positive intention is:
	+ Safety
	+ Security
	+ Protection

These are never deep enough; there will always be deeper positive intentions. These are “away from” statements – even freedom is usually an away from, as in freedom from something…

* The deeper a positive intention, the more likely it is to be compatible and accepted by the other parts and the rest of the body’s functions.

**Recommended Readings**

Heart of the Mind by Steve and Connirae Andreas

Core Transformation by Connirae and Tamara Andreas

Subpersonalities: The People Inside Us by John Rowan