

## Subpersonalities The People Inside Us John Rowan

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*Subpersonalities The People Inside Us John Rowan*

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### ROACH COPELAND

*Professional Coaching* SAGE

First published in 1998. Routledge is an imprint of Taylor & Francis, an informa company.

**The Voice Dialogue Manuel** Nicholas Brealey

An insightful guide for consciously bringing compassion and love into your life • Explores feelings, attitudes, beliefs, and past experiences that block us from loving and receiving love • Includes deceptively simple yet profound exercises, meditations, and visualizations to support the exploration of your inner world • Explains how these principles and techniques originated in Roberto Assagioli's system of psychosynthesis, enriched by the Findhorn experience of living in community Every person is born with the capacity to love. Over time, however, many of us have built barriers within ourselves as a reaction to painful experiences, and following these, we often develop fears, beliefs, and behaviors that keep these barriers firmly in place. The primary lesson in life is to learn to love, and this starts right on our doorstep. Often it is self-doubt and feelings of unworthiness that hold us back from experiencing all the love around us. Only when we start to love and accept ourselves with all that we are can we love others freely and fully. Learning to love requires an intention to change and a willingness to take action. Once we understand how to work with our doubts and fears and learn how to change our beliefs and behavior, our barriers will melt away and we spontaneously open up to connect deeply and harmoniously

with the full flow of the river of life. In this simple yet insightful guide, Eileen Caddy and David Earl Platts detail the down-to-earth practicalities of exploring feelings, attitudes, beliefs, and past experiences that block us from loving and from receiving love. They show how bringing more love into our lives is not a mystery but often a journey back to ourselves and our core values. The authors examine the feelings of acceptance, trust, forgiveness, respect, opening up, and taking risks, among others, within a framework of compassionate understanding and non-judgment. Deceptively simple yet profound exercises, meditations, and visualizations support the reader in examining their inner world and implementing these vital concepts into their lives. The teachings in the book are based on popular workshops that Eileen, co-founder of the Findhorn Foundation Community, and David facilitated for years in and outside Findhorn. Many of the underlying principles and techniques originate in the system of psychosynthesis, devised by Roberto Assagioli. Learning to Love invites you to make a free and informed choice to bring more love into your life, and then helps you implement this choice step-by-step with confidence and joy.

[Staying on Top of Your Woman - A Man's Guide to Dealing With the Women in His Life](#) New World Library

"Most therapists, regardless of theoretical approach, intuitively recognize that their sense of self intimately influences their work. Using this elemental truth as a launching pad, Rowan and Jacobs articulate the different avenues through which the self informs therapy, and how each can be used to improve therapeutic effectiveness. Along the way the authors provide a masterful exposition of transference, countertransference, and projective identification, throwing much needed light on topics that have long been mired in controversy and confusion. The book is a priceless resource for experienced therapists and those just beginning the journey." - Professor Sheldon Cashadan, author of Object Relations Therapy and The Witch Must

Die: The Hidden Meaning of Fairy Tales "Outstandingly in the current literature, this book meets the conditions for integrative psychotherapy to fulfil its undoubted potential as the therapy pathway of the future. Much has to change in our field. First, people have to become better informed and more respectful of other traditions than their own, engaging with all kinds of taboo topics. Next, vigorous but contained dispute has to take place without having a bland synthesis as its goal. Finally, the current situation in which 'integration' runs in one direction only - humanistic and transpersonal therapists learning from psychoanalysis - has to be altered. Rowan and Jacobs, each a master in his own field, have done a wonderful collaborative job. The book's focus on what different ways of being a therapist really mean in practice guarantees its relevance for therapists of all schools (or none) and at every level." - Andrew Samuels, Professor of Analytical Psychology, University of Essex and Visiting Professor of Psychoanalytic Studies, Goldsmith's College, University of London "There is no question in psychotherapy more important than the degree to which the practitioner should be natural and spontaneous. Would it be sensible to leave one's ordinary, everyday personality behind when entering the consulting room and adopt a stance based on learned techniques? This is the question addressed by Rowan & Jacobs in *The Therapist's Use of Self*, approaching it from various angles and discussing the relevant ideas of different schools of thought. The authors are very well-informed and write with admirable clarity, directness and wisdom and have made an impressive contribution to a problem to which there is no easy solution". - Dr. Peter Lomas, author of *Doing Good? Psychotherapy Out of Its Depth*. This book deals with what is perhaps the central question in therapy - who is the therapist? And how does that actually come across and manifest itself in the therapeutic relationship? A good deal of the thinking about this in psychoanalysis has come under the heading of countertransference. Much of the thinking in the humanistic approaches has come under such headings as empathy, genuineness, nonpossessive warmth, presence, personhood. These two streams of thinking about the therapist's own self provide much material for the bulk of the book - but other aspects of the therapist also enter the picture, including the way a therapist is trained, and uses supervision, in order to make fuller use of her or his own reactions, responses and experience in working with any one client. The book is aimed primarily at counsellors and psychotherapists, or trainees in these disciplines. It has been written in a way that is accessible to students at all levels, but it is also of particular value to existing practitioners with an interest in the problems of integration.

#### **The Therapist's Use Of Self** Routledge

It is now 25 years since the first edition of *Person-Centred Counselling in Action* appeared, offering the definitive exposition of the theory and practice of the person-centred approach. Since then the book has supported and inspired hundreds of thousands of trainees and practitioners worldwide. This important Fourth Edition maintains the book's accessibility, clarity and verve whilst incorporating new developments in the approach. John McLeod joins authors Dave Mearns and Brian Thorne to contribute an exciting new chapter on research relevant to the person-centred field. *Person-Centred Counselling in Action, Fourth Edition* will be an invaluable resource for those embarking on their first stages of training. Well-established practitioners and even seasoned scholars will continue to find much to interest and stimulate them. Dave Mearns is professor of counselling and retired Director of the Counselling Unit of the University of Strathclyde. He has written seven books including *Working at Relational Depth in Counselling and Psychotherapy* (with Mick Cooper) and is co-editor of the international journal, *Person-Centered and Experiential Psychotherapies*. Brian Thorne is Emeritus Professor of Counselling at the University of East Anglia, Norwich where he was previously Director of Counselling and of the Centre for Counselling Studies. He is also a Co-founder of the Norwich Centre and continues to work there as a Professional Fellow. John McLeod is Emeritus Professor of Counselling at the University of Abertay Dundee and adjunct Professor of Psychology at the University of Oslo, Norway.

#### **Reversal and Paradox in Human Personality** SubpersonalitiesThe People Inside Us

Introduces integral psychotherapy to scholars, practicing psychotherapists, and general readers.

#### **Winnicott and 'Good Enough' Couple Therapy** Penguin

We all have had the experience of being divided, of being in two minds' about something - one part of us wants to do this, another wants to do that. Subpersonalities is the first book to do justice to the phenomenon as a normal feature of our psychological life. John Rowan argues that we all have a number of personalities that express themselves in different situations and that by recognising them we can come to understand ourselves better and improve our relationships with others. Anyone reading this book will run the risk of making quite new discoveries about themselves. In looking at where subpersonalities come from, John Rowan explores the work of psychologists and psychotherapists, from Jung and Freud onwards, and adds insights gained from his own work as a therapist and counsellor. He relates the journey of discovery that he himself undertook in search of his own subpersonalities. The result is a fascinating book that challenges our accepted view of ourselves and provides an intriguing picture of how human beings work and why communication between them so often goes wrong. Subpersonalities is a book for anyone interested in their own personality and how it helps or hinders their everyday life.

#### **Christ-Centered Therapy** New World Library

*Understanding People* provides an overview and critique of current psychological assumptions about people and what differentiates them, and replaces them with a set of ideas taken from social constructionism. It begins with an examination of contemporary theories, then explores the critique of the social constructionists, before laying out the basis of an understanding of human action and behaviour, drawing on phenomenology and personal construct theory. Using everyday experience to illustrate the issues in personality theory (Is behaviour situation-specific? Why do we have a sense of self? Is there an unconscious?), this book will breathe life into an area of psychology that is so often arid, and, in the eyes of students, divorced from their world.

#### **Learning to Love** New World Library

Hal and Sidra Stone are the creators of "Voice Dialogue" process, a therapy that transforms the inner critic from crippling adversary to productive ally. The inner critic. It whispers, whines, and needles us into place. It checks our thoughts, controls our behavior, and inhibits action. It thinks it is protecting us from being disliked, hurt, or abandoned. Instead, the critical inner voice causes shame, anxiety, depression, exhaustion, and low-self-esteem. It acts as a powerful saboteur of our intimate relationships and is a major contributor to drug and alcohol abuse. Through examples and exercises, the Stones show us how to recognize the critic, how to avoid or minimize "critic attacks," and, most important, how the inner critic can become as intelligent, perceptive, and supportive partner in life.

#### **Discover Your Subpersonalities** Springer Publishing Company

Knowing who you are and what your personal identity is will always be a powerful and important goal. For diaper wearers and adult babies of course, this is complicated by the duality of nature - part infant and part adult. Understanding that is terribly difficult and for most, we end up staggering through life, not really sure who we are, how we came to be and how to feel good about ourselves. These FOURbooks in one volume lay a great psychological foundation on the issues of Adult Regression and a worthy read for anyone interested in the topic, either as an observer or as a participant. If you are an adult baby or related to one, this book will give you a deeper understanding of just why ABDLs exists and how to understand why it is not something you can just decided to give up or stop doing. It is part of the identity and therefore, part of who we truly are.

#### **Creative Writing and Personal Development** Routledge

This workbook is a companion to *Self Therapy* by Jay Earley. It is a clear and concise description of the steps in the IFS process designed for people using IFS to do personal work on themselves or professionals introducing the material to their clients. It provides written exercises that give readers a chance to process their experience and track their internal work. It includes sample answers that clarify how to do the exercises, and illustrations that provide a visual understanding the material. There are additional chapters on working with couples and dealing with polarization.

#### **Empowering the Self** Lulu.com

This book adopts a novel, even revolutionary, approach to healing a wide range of psychological problems in therapy. The premise is that all of us have a number of multiple personalities within us who powerfully influence every aspect of our lives. By locating these internal parts and neutralizing the effects of the high-energy, often traumatic, experiences that created them, Parts Psychology demonstrates that patients can heal rapidly and completely from long-held emotional issues. The core of the book contains the healing narratives for 12 patients who, except for the problems that brought them to therapy, lead relatively normal lives. Several chapters describe the treatment process for such problems of emotional intimacy as lost love, low sexual desire, jealousy, and sexual swinging. Others describe issues of compulsion such as binge eating, porn addiction and bulimia. Several chapters detail success stories in the treatment of anger and rage, depression, grief and anxiety. Child abuse appears in the history of a number of patients. Each story begins with the first meeting with the therapist and concludes when the patient graduates from therapy. A first look at patients inner worlds might suggest to some the presence of multiple personality disorder (dissociative identity disorder). And many patients are shocked to find that they can have conversations with themselves. However, the case studies illustrate that having unconscious parts (subpersonalities), represented by a range of images, is normal. Although people may use fascinating images to represent their internal worlds, the more important content of a part of the self is its unique set of memories. Life experiences recorded in memory are the subject matter for therapy. Adult issues always have to do with the painful or novel life experiences that created the parts and the problems in a person's life, especially the adaptations and experiences of childhood.

#### **Embracing Your Inner Critic** SUNY Press

In this study of channeling, earlier called spirit communication or mediumship, Klimo, who teaches at Rosebridge Graduate School in the San Francisco Bay Area, writes with clarity about "the communication of information to or through a physically embodied human being from a source...on some other level or dimension of reality other than the physical as we know it." He profiles recent channels and their sources, goes back to preliterate societies and the advent of monotheism and identifies as channels such figures as Moses, Solomon, Muhammad, Merlin, Nostradamus, Swedenborg and Edgar Cayce. He discusses the sorts of people who are channels, kinds of information channeled, sources of information channeled and varieties of channeling like clairvoyance and automatic writing. According to Klimo, few people tap into their abilities to perform channeling and for those who think they can, he serves as guide.

#### **Integral Psychotherapy** Routledge

John Rowan argues that if men are to escape from their old roles and the new pressures of social uncertainty they need to be initiated into a new kind of masculinity, but that this process must be personal to each man. He explores how therapy can help or hinder the process of transformation. Written for men who are looking for a new way of understanding their predicament as well as psychotherapists and counsellors working with men, *Healing the Male Psyche* is packed with useful information and exercises and supported by a wide range of references.

#### **Embracing Our Selves** Troubador Publishing Ltd

Help your clients gain access to the transformative grace of God through Christ! All too often, psychology and spirituality are kept in separate boxes, lessening the power of each to work effective changes. *Christ-Centered Therapy: Empowering the Self* brings together Christian faith with the Internal Family System (IFS) model. This widely accepted paradigm facilitates psychological healing by showing how the self can become the change agent for the dysfunctional internal system. Christ-centered IFS (CCIFS) combines the power of internal system therapy with the healing power of God for lasting change. Therapists with Christian clients, faith-based clients, or clients who need foundational grounding will benefit from the psychological and spiritual dimensions of Christ-Centered Therapy: Empowering the Self. This powerful therapeutic model posits a self surrounded by subpersonalities who carry anger, fear, distrust, and other negative responses. When the client's self takes the leadership role, the self becomes the channel for Christ's grace for all the subpersonalities. One by one they become empowered, center around self and God, and contribute their resources to the functioning of the whole personality. *Christ-Centered Therapy: Empowering the Self* provides exercises and visual aids to help both client and counselor, including: four tools to teach the self to lead effectively worksheets to serve as a structural and visual guide to understanding, developing, and using each tool a "parts map" for client and counselor to use collaboratively cartoons, structural diagrams, and dialogues to illustrate new concepts and procedures Each chapter of *Christ-Centered Therapy: Empowering the Self* provides specific help for the counselor, including: case studies showing step-by-step clinical interventions a content summary a clinical outline listing the interventions in sequence an exercise to help counselors discover their own inner and spiritual dynamics *Christ-Centered Therapy: Empowering the Self* brings together the diagnostic and restorative power of IFS with the transforming power of Christian spirituality. It is essential for Christian counselors and for non-Christian counselors who are seeking more effective ways to treat Christian clients.

#### **Subpersonalities** AB Discovery

Personification discusses the theory behind multiplicity of the person and reveals new thinking and research in the field, as well as offering guidelines for using this information in practice.

[That Which You Are Seeking Is Causing You to Seek Includes "One Less Act of Violence"](#) Crown House Publishing

Write Yourself is the ideal introduction to how to facilitate groups and individuals in finding inspiration for their creative personal writing voices. This book explains how and why writing is such an illuminative and cathartic process, and provides many practical exercises that encourage the exploration of emotions, memories and experiences.

**A Guide to Humanistic Counselling and Psychotherapy** Routledge

This highly acclaimed, groundbreaking work describes the Psychology of Selves and the Voice Dialogue method. Internationally renowned psychologists Hal and Sidra Stone introduce the reader to the Pusher, Critic, Protector/Controller, and all the other members of your inner family. They have refined the process to the point where voice dialogue is considered one of the most effective techniques in psychology today.

*Ego State Therapy* Routledge

The transpersonal approach has become of increased interest recently because of the impact of Ken Wilber's work, especially his map of psychospiritual development. Psychology and spirituality are now linked in a very convincing way, where one grows out of the other, distinct but connected. The author of this book has maintained an interest in the transpersonal for the past 20 years and he devotes the entire book to this subject. The book provides an account of the transpersonal as it applies to psychotherapy and counselling - showing where the idea comes from, how it has developed and how it can be used.

[Psychotherapy and Counselling](#) Jessica Kingsley Publishers

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The conventional assumption in psychology is that our personalities consist of fixed traits that endure over time. The present book takes issue with this over-simple idea and suggests something much more interesting and surprising, known as Reversal Theory. This proposes that we tend to switch back and forth between opposing personalities in the course of our everyday lives. For example, sometimes we are serious and sometimes playful, sometimes we are conforming and sometimes rebellious. And we switch (reverse) backwards and forwards, from one to another, over time. Our personalities are therefore dynamic rather than static and can even be self-contradictory. Personality is about the characteristic ways we navigate such change and contradiction: we are dancers rather than statues and dance to our own music. This can lead to puzzling paradoxes and problems but can also, handled appropriately, help us to achieve productive and happy lives, because it shows how rich in possibilities we all are. It has been said that Reversal Theory liberates rather than limits, and in this respect goes beyond most self-help theories. Illustrated with case histories of well-known celebrities and historical figures, with the results of psychological studies, and with personal anecdotes, Apter brings the provocative ideas of Reversal Theory to life and is a highly relevant contribution to the contemporary psychology of motivation and personality. In the process he deals coherently with a variety of interesting topics including: risky sport, terrorism, domestic violence, art and humour.

*Subpersonalities* John Wiley & Sons

Have you ever felt there is more than one you? That sometimes you are one type of person, sometimes another? Do you ever find yourself saying 'yes' when you meant to say 'no'? Or deciding to do one thing, then actually doing another? Most of us have had this experience of another personality taking us over, causing us to behave in an unintended way. Why do we do it? What's going on? Well known psychologist and writer John Rowan shows how each of us is made up of a number of 'subpersonalities'. Some may help us, some may hinder us. If we want to be in charge of our inner world we had better find out who they are and what they do. John Rowan has written this book specifically to enable you to do this. Lively and entertaining, with questionnaires and simple exercises, Discover Your Subpersonalities will enable you to get to know the people inside you!