**Applying Principles of Generative Change to Psychotherapy**

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**Background of Generative Change**

- Ericksonian Hypnosis
- Generative Trance
- Generative Coaching
- Success Factor Modeling

**Generativity**

- ‘Generative’ means to create a result that has not existed before
- Generativity is essentially about the discovery, creation, enrichment, strengthening and elaboration of resources in order to create something new
- It focuses on developing higher level processes that can function in an evolutionary way towards new possibilities

**Principles of Generative Change**

- Importance of a generative state and multiple intelligences
- Goals expressed as a positive intention: i.e. Direction versus Destination
- Going somewhere completely new
- Generative relationship: Field or space of conversation in which 1 + 1 = 3
- Importance of “aesthetic intelligence”: harmony, balance, beauty
- Approach to dealing with “negative” influences (Aikido) – Creative nonviolence – Transforming obstacles into resources
- Practice as a foundation for conscious living

**Premise 1: Creativity is a conversation**

1. This conversation is between the creative unconscious (quantum) and the conscious (classical) worlds.
2. The creative unconscious is a holographic wave field containing “infinite possibilities”
3. The conscious mind “collapses the quantum wave” to create one reality.
4. Creativity moves between these two worlds; each completes the other.

**Premise 2: Reality construction occurs via filters**

1. Filters translate quantum imagination into classical reality
2. Three general types of filters: Somatic, Cognitive, and Field
3. All we know is what our filters produce: Our maps are our reality
4. We can generatively work with our filters
1. When held mindlessly with neuromuscular lock—fight, flight, freeze, or fold—problems develop and repeat themselves.

2. When held mindfully with creative flow, solutions and new learnings are possible.

Premise 3:
Filters are held by human consciousness: “Mindless” or “Mindful”

The CRASH State
The Underlying Context of Symptoms
- Contracted
- Reactive
- Analysis Paralysis
- Separated
- Hostile/Hurting/Hating

The COACH State
– The Basis for Generative Change
- Center yourself, especially in your belly center
- Open your field of awareness
- Attend to what is going on within you and around you with mindfulness
- Connect to yourself and to the larger system(s) of which you are a part
- Hold whatever is happening from a state of resourcefulness and curiosity

Core premise of GC: Humans are Holons/Reality is hologram
- Holons: Each person is whole and part of a greater whole
- Holograms: Reality is a hologram created by interactions of different holons
- Each part contains whole
- Each part can re-create whole
- For generative change:
  - Each part is in generative state
  - All parts are in resonance
  - The whole is in generative state

6 Steps of Generative Change
1. Open a COACH field
2. Set Intention/Goals
3. Develop a generative state
4. Take action
5. Transform Obstacles
6. Practices for Deepening the Changes

Holon and Holarchy
Each person is whole and part of a greater whole
Three ways to represent intention

1. **Verbal statement** (positive, succinct, five words or less, resonant)
2. **Visual image** (color, literal or symbolic)
3. **Somatic model** (posture and movement)

Disney’s Imagineering Strategy

1. **Dreamer** — Imagining what is possible
2. **Realist** — Planning how to reach goals
3. **Critic** — Evaluating the plan according to key values and looking for problems and missing links

The three positive connections: The pillars of a Generative State

1. **Positive intention/goal** (succinct: 5 words or less; resonant) What do you most want to create in your life?
2. **Mind-body center** (embodied presence) Where do you most deeply feel the connection in your body?
3. **Positive resources** (people, places, things, skills, archetypes, etc.) What connections would best help you achieve your goal?

Maintaining a Generative State

1. **Slow Down**
2. **Pause**
3. **Breath**
4. **Center**

- Be Aware
- Connect
- Open
- Relax and hold

Welcoming Obstacles

1. “That’s interesting”
2. “I’m sure that makes sense”
3. “Something needs to be held / heard / healed”
4. “Welcome....”

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http://www.journeytogenius.com
http://www.nlpu.com
http://www.nlpuniversitypress.com