





## Applying Principles of Generative Change to Psychotherapy

**Robert Dilts**


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## Background of Generative Change



Stephen Gilligan


Self-Relations



Generative Change

Generative Trance

Generative Coaching

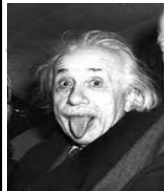


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Success Factor Modeling

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## 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

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## 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

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## 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.




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## 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




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**Premise 3:**  
**Filters are held by human consciousness:**  
**"Mindless" or "Mindful"**

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




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**The CRASH State**  
***The Underlying Context of Symptoms***

- ◆ Contracted
- ◆ Reactive
- ◆ Analysis Paralysis
- ◆ Separated
- ◆ Hostile/Hurting/Hating




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**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

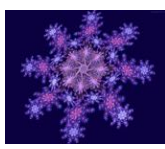


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**Core premise of GC: Humans are Holons/ Reality is hologram**

- **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*

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**Holon and Holarchy**




**Each person is whole and part of a greater whole**

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**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





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### 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)

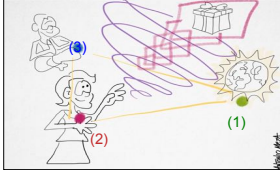



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### The three positive connections: The pillars of a Generative State

- 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?*





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### 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

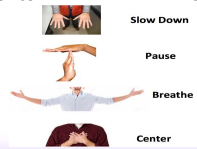



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### Maintaining a Generative State

- 1. Slow Down** ➤ Be Aware
- 2. Pause** ➤ Connect
- 3. Breath** ➤ Open
- 4. Center** ➤ Relax and hold




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### 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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