

Bookmark File

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Subpersonalities  
The People Inside  
The People  
Inside Us John  
Rowan

More activities to  
tap into the  
strength of your  
clients' spiritual  
beliefs to achieve

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therapeutic goals.  
The Therapist's  
Notebook for  
Integrating  
Spirituality in  
Counseling II is  
the second  
volume of a  
comprehensive  
two-volume  
resource that  
provides practical

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Subpersonalities  
The People Inside  
Us John Rowan

interventions from  
respected experts  
from a wide range  
of backgrounds  
and theoretical  
perspectives. This  
volume includes  
several practical  
strategies and  
techniques to  
easily incorporate  
spirituality into

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Subpersonalities

The People Inside

Us, John Rowan

psychotherapy.  
You'll find in-  
session activities,  
homework  
assignments, and  
client and  
therapist  
handouts that  
utilize a variety of  
therapeutic  
models and  
techniques and

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Subpersonalities  
The People Inside  
Us, John Rowan

address a broad  
range of topics  
and problems. The  
chapters of The  
Therapist's  
Notebook for  
Integrating  
Spirituality in  
Counseling II are  
grouped into four  
sections: Models  
of Therapy Used in

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Subpersonalities  
The People Inside  
Us, John Rowan

Integrating  
Spirituality;  
Integrating  
Spirituality with  
Age-Specific  
Populations:  
Children,  
Adolescents, and  
the Elderly;  
Integrating  
Spirituality with  
Specific

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Subpersonalities  
The People Inside  
Us, John Rowan  
Multicultural  
Populations; and  
Involving

Spirituality when  
Dealing with  
Illness, Loss, and  
Trauma. As in  
Volume One, each  
clinician-friendly  
chapter also  
includes sections  
on resources

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Subpersonalities  
The People Inside  
Us, John Rowan

where the counselor can learn more about the topic or technique used in the chapter—as well as suggested books, articles, chapters, videos, and Web sites to recommend to clients. Every



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chapter follows  
the same easy-to-  
follow format:

objectives,  
rationale for use,  
instructions, brief  
vignette,  
suggestions for  
follow-up,  
contraindications,  
references,  
professional

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Subpersonalities  
The People Inside  
Us, John Rowan

readings and  
resources, and  
bibliotherapy

sources for the  
client. The

Therapist's

Notebook for

Integrating

Spirituality in

Counseling II adds

more useful

activities and

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Subpersonalities  
The People Inside  
Us John Rowan

homework  
counselors can  
use in their  
practice, such as:  
using religion or  
spirituality in  
solution-oriented  
brief therapy  
“Cast of  
Character”  
counseling using  
early memories to

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Subpersonalities

The People Inside

Us, John Rowan

explore

adolescent and

adult spirituality

cognitive

behavioral

treatment of obse

ssive-compulsive

disorder age-

specific clients

such as children

or the elderly

multicultural

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Subpersonalities  
The People Inside  
Us, John Rowan

populations and  
spirituality dealing  
with illness, loss,  
and trauma  
recovering from  
fetal loss creative  
art techniques  
with caregivers in  
group counseling  
and much more!  
The Therapist's  
Notebook for

*Page 13/225*

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Subpersonalities  
The People Inside  
Us John Rowan

Integrating  
Spirituality in  
Counseling II

provides even  
more creative and  
helpful homework  
and activities that  
are perfect for  
pastoral  
counselors, clergy,  
social workers,  
marriage and

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Us, John Rowan

family therapists,  
counselors,  
psychologists,  
Christian  
counselors,  
educators who  
teach professional  
issues, ethics,  
counseling, and  
multicultural  
issues, and  
students.

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Subpersonalities  
The People Inside  
Us John Rowan

This original and pioneering study of how men relate to feminism will appeal to all men who are concerned about their response to the women's movement and to the women in their lives. It will



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Subpersonalities  
The People Inside  
Us John Rowan

also be helpful for women seeking a constructive response from men. John Rowan, drawing on his personal journey through feminism and on his considerable experience as a therapist, tackles

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The People Inside  
Us John Rowan

the issues in a much deeper way than has been attempted before. For men to discover feminism is wounding for them. It can even make them despair about being men at all. But unless they

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Subpersonalities  
The People Inside  
Us John Rowan

accept that  
wound, nothing  
much will change.

John Rowan shows  
that men have to  
heal that wound  
at a conscious  
social-political  
level, changing  
laws, practice and  
daily behaviour.

They have to heal

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## Subpersonalities

## The People Inside

## Us. John Rowan

it at an unconscious level, through therapy, exploring their profound feelings about their mothers, their fathers and their own internal female nature.

They also have to heal the wound at

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Subpersonalities  
The People Inside  
Us, John Rowan

a spiritual-  
transpersonal  
level, exploring  
the world of the  
Goddess and the  
Horned God. Only  
then, says, John  
Rowan, can they  
start to have any  
real dialogue with  
women, and only  
then can the world

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Subpersonalities  
The People Inside  
Us John Rowan  
begin to change  
for both men and  
women.

An exploration of  
the theoretical  
foundations of  
psychosynthesis,  
with an in depth  
focus on two  
central concepts:  
"I," our most  
essential identity,

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Subpersonalities  
The People Inside  
Us, John Rowan

and Self, the deeper ontological reality of which "I" is a reflection. The author examines principles outlined by Roberto Assagioli, the founder of psychosynthesis, carefully critiques them, and

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Subpersonalities  
The People Inside  
Us, John Rowan

suggests a re-  
visioning of  
psychosynthesis

as a whole.

In this study of  
channeling, earlier  
called spirit  
communication or  
mediumship,  
Klimo, who  
teaches at  
Rosebridge



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Subpersonalities  
The People Inside  
Us, John Rowan  
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

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Us, John Rowan

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

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Subpersonalities  
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Us John Rowan

identifies as  
channels such  
figures as Moses,  
Solomon,  
Muhammad,  
Merlin,  
Nostradamus,  
Swedenborg and  
Edgar Cayce. He  
discusses the  
sorts of people  
who are channels,

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Us John Rowan

kinds of  
information  
channeled,  
sources of  
information  
channeled and  
varieties of  
channeling like  
clairvoyance and  
automatic writing.  
According to  
Klimo, few people

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Subpersonalities  
The People Inside  
Us, John Rowan  
tap into their  
abilities to  
perform

channeling and for  
those who think  
they can, he  
serves as guide.

Wild Mind

Feminism and  
Men As Wounding  
and Healing

The Development

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Subpersonalities  
The People Inside  
Us John Rowan

of Personality  
More Homework,  
Handouts, and  
Activities for Use  
in Psychotherapy  
The Primal Wound  
Learning to Love  
Clinical Case  
Formulations

***"Depth***

***psychologist and  
wilderness guide***

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Subpersonalities

The People Inside

Us John Rowan

***Plotkin offers advice on recognizing and healing inner wounds and destructive patterns of behavior, which can develop into subpersonalities such as inner critics, victims, escapists,***

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*rescuers, and so on, with the goal of growing into an integrated, healthy adult- and elderhood"--*

*In the 1960s Eric Berne's Games People Play became an international bestseller. It put the 'pop' in*



Bookmark File

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*psychology. Forty years on, it's time for an update - Let Your Past Go is just that.*

*Personification discusses the theory behind multiplicity of the person and reveals new thinking and research in the field, as well as*

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***offering guidelines  
for using this  
information in  
practice.***

***Subpersonalities  
The People Inside  
Us  
Routledge  
The Origin of  
Consciousness in  
the Breakdown of  
the Bicameral  
Mind***

***The Transpersonal***

*Page 34/225*

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*The Plural Self*  
*Self-therapy*  
*Workbook*

*Channeling*

*Using the*

*Dialogical Self in*

*Psychotherapy*

*and Counselling*

*Embracing Your*

*Inner Critic*

This first volume  
in the Seminars in

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Subpersonalities

The People Inside

Us John Rowan

Psychological  
Astrology series  
includes Stages of  
Childhood, The  
Parental  
Marriage,  
Subpersonalities,  
and Puer and  
Senex. This is an  
extremely  
important book  
for anyone who

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wants to combine astrology and psychology in the counseling process.

Since 1980, depth psychologist Bill Plotkin has been guiding women and men into the wilderness — the redrock canyons

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Us John Rowan

and snow-crested mountains of the American West — but also into the wilds of the soul. He calls this work soulcraft. There's a great longing in all people to uncover the secrets and mysteries of our

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Us, John Rowan

individual lives, to  
find the unique  
gift we were born  
to bring to our  
communities, and  
to experience our  
full membership  
in the more-than-  
human world.

This journey to  
soul is a descent  
into layers of the

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Subpersonalities  
The People Inside  
Us John Rowan

self much deeper  
than personality,  
a journey meant  
for each one of us,  
not just for the  
heroes and  
heroines of  
mythology. A  
modern handbook  
for the journey,  
Soulcraft is not an  
imitation of



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indigenous ways,  
but a  
contemporary  
nature-based  
approach born  
from wilderness  
experience, the  
traditions of  
Western culture,  
and the cross-  
cultural heritage  
of all humanity.

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Subpersonalities  
The People Inside  
Us, John Rowan

Filled with  
stories, poems,  
and guidelines,

Soulcraft

introduces over  
40 practices that  
facilitate the  
descent to soul,  
including  
dreamwork,  
wilderness vision  
fasts, talking

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Subpersonalities  
The People Inside  
Us John Rowan  
across the species  
boundaries,  
council, self-  
designed  
ceremony, nature-  
based shadow  
work, and the arts  
of romance, being  
lost, and  
storytelling.

Psychotherapists  
Firman and Gila

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Subpersonalities  
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Us. John Rowan

were both trained  
in  
psychosynthesis  
in the early  
1970s; Firman  
trained with its  
founder, Italian  
psychiatrist,  
Roberto Assaglio.  
Their text  
elaborates on  
much of the

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traditional  
material found in  
psychosynthesis  
literature since  
the 1970s, and  
incorporates  
current advances  
in the area. It is  
intended as a  
companion to the  
authors' 1997  
text, *The Primal*

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Us John Rowan

Wound: A  
Transpersonal  
View of Trauma,  
Addiction, and  
Growth, and is  
suitable as a  
student text in  
general  
psychology  
courses and in  
beginning and  
advanced training

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The People Inside

Us John Rowan

in  
psychosynthesis,  
as support for  
individuals  
seeking to  
understand and  
facilitate their  
own self-  
realization  
journey, and as a  
resource for  
practitioners in

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Subpersonalities  
The People Inside  
Us, John Rowan  
psychotherapy,  
counseling, and  
related fields.

Annotation

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Portland, OR

Have you ever felt  
there was more  
than one you?

That sometimes  
you are one type



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## Subpersonalities

## The People Inside

## Us John Rowan

of person,  
sometimes  
another? Do you  
ever find yourself  
saying 'yes' when  
you meant to say  
'no'? Deciding to  
do one thing, then  
actually doing  
another? Well-  
known  
psychologist and

# Bookmark File PDF

writer John

Rowan shows how each of us is made up of a number of 'subpersonalities'. If we wish to be in charge of our inner world we had better find out who they are and what they do.

Lively and

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entertaining, with  
questionnaires  
and simple

exercises,

Discover Your

Subpersonalities

will enable you to

get to know the

people inside you!

The Therapist's

Notebook for

Integrating

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Spirituality in  
Counseling II  
Soulcraft

Psychosynthesis

Crossing into the

Mysteries of

Nature and

Psyche

An Exercise Book

for the IFS

Process

Through the

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Us, John Rowan

Grebbe-line to  
Eternal Life  
Integral

Psychotherapy  
*From Robert A.  
Johnson, the  
bestselling  
author of  
Transformation,  
Owning Your Own  
Shadow, and the  
groundbreaking*

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*Subpersonalities  
The People Inside  
Us* John Rowan  
works *He, She,  
and We*, comes a  
practical four-  
step approach  
to using dreams  
and the  
imagination for  
a journey of  
inner  
transformation.  
*In Inner Work*,  
the renowned  
Jungian analyst

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*Subpersonalities  
The People Inside  
Us* John Rowan  
offers a powerful and direct way to approach the inner world of the unconscious, often resulting in a central transformative experience. A repackaged classic by a

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Subpersonalities  
The People Inside  
Us, John Rowan

*major name in  
the field,  
Robert*

*Johnson's Inner  
Work enables us  
to find  
extraordinary  
strengths and  
resources in  
the hidden  
depths of our  
own  
subconscious.*



# Bookmark File PDF

*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*

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## PDF

*Subpersonalities  
The People Inside  
Us John Rowan*

*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*

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*themselves in  
different  
situations and  
that by  
recognising  
them we can  
come to  
understand  
ourselves  
better and  
improve our  
relationships  
with others.*

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*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*

## Bookmark File

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*Subpersonalities  
The People Inside  
Us* John Rowan  
psychologists  
and psychothera  
pists, 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*

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*he himself  
undertook in  
search of his  
own subpersonal  
ities. The  
result is a  
fascinating  
book that  
challenges our  
accepted view  
of ourselves  
and provides an  
intriguing*

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*Subpersonalities  
The People Inside  
Us - John Rowan*  
*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*

Bookmark File

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*how it helps or  
hinders their  
everyday life.*

*Introduces  
integral  
psychotherapy  
to scholars,  
practicing psyc  
hotherapists,  
and general  
readers.*

*Is the human  
self singular*



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PDF

*and unified or essentially plural? This book explores the seemingly disparate ways that Christian theology and the secular human sciences have approached this complex question. The*

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*latter have largely embraced the idea of the plural self as an inescapable, even adaptive feature of psychological life.*

*Contemporary Christian theology, by*

## Bookmark File

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*contrast, has largely neglected recent psychological accounts of the naturalness of self-plurality, and has sought to reaffirm the self's unity in opposition to those*

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*postmodern  
theorists who  
would dismantle  
it. Through an  
original  
analysis of  
recent  
theological and  
secular  
accounts of  
self and  
personhood,  
this book*

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*examines the extent of the intertheoretical disparity and its broader implications for theology's dialogue with the human sciences in general, and psychology in particular. It*

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*explains why theologians ought to take questions about the plurality of self very seriously, and how they overlap with many of the central concerns of contemporary*

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*Subpersonalities  
The People Inside  
Us John Rowan*

*theological  
anthropology,  
including the  
notions of  
relationality,  
particularity  
and human  
sinfulness.  
Introducing a  
novel  
psychological  
framework to  
distinguish*

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Subpersonalities

The People Inside

Us John Rowan

*various understandings of self-disunity, the author argues that contemporary theology's blanket condemnation of self-multiplicity is misconceived,*



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*and identifies  
a possible  
means of  
reconciling  
theological and  
human  
scientific  
accounts.*

*Let Your Past*

*Go and Live*

*I and Self*

*The Dark Side*

*of the Light*

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Subpersonalities  
*Chasers*  
*Re-Visioning*  
*Psychosynthesis*  
*Professional*  
*Coaching*  
*Inside*  
*Out/Outside In*  
*Investigations*  
*on Receiving*  
*Information*  
*from Paranormal*  
*Sources, Second*  
*Edition*

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***Increasing numbers of therapists around the world are discovering the benefits of parts therapy and its variations to help clients get past personal barriers. Variations of parts therapy such as ego state therapy or voice dialogue***

*Page 75/225*

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Subpersonalities

The People Inside

Us by Dr. Bruce

**are already used  
by many  
psychotherapists  
and psychologists  
who also use  
hypnosis in their  
practices. This  
book will provide  
therapists with the  
added knowledge  
of parts therapy.  
Argues that a  
primal wounding of  
the human spirit**

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*occurs in earliest human life that disrupts fundamental relationships and leads to anxiety, loneliness, and alienation; and shows how this wounding can be redeemed through therapy and through living one's life*

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***differently. To many of us, modern life is a headlong rush to avoid dark feelings that threaten to disrupt our lives at every turn. In order to block the surging tide of this hidden level of experience, we become enthralled with violence, sex,***

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PDF

*and mass media  
and addicted to  
alcohol, drugs, and  
power, and we  
compulsively strive  
for romance,  
success, and  
control. All of this,  
according to the  
authors, can be  
traced to the  
primal wound--a  
dark specter of  
isolation,*

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Subpersonalities

The People Inside

Haunting Human

***life. The primal wound is the result of a violation we all suffer in various ways, beginning in early childhood and continuing throughout life. Because we are treated not as individual, unique***



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*Subpersonalities  
The People Inside  
You*

**human beings but  
as objects, our  
intrinsic, authentic  
sense of self is  
annihilated. This  
primal wounding  
breaks the  
fundamental  
relationships that  
form the fabric of  
human existence:  
the relationship to  
oneself, to other  
people, to the**

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*natural world, and  
to a sense of  
transpersonal  
meaning  
symbolized in  
concepts such as  
the Divine, the  
Ground of Being,  
and Ultimate  
Reality. In this  
book, Firman and  
Gila apply object  
relations theory,  
self-psychology,*

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*transpersonal  
psychology, and  
psychosynthesis to  
the issues of  
psychological  
wounding, healing,  
and growth and  
show how this  
wounding can be  
redeemed through  
therapy and  
through changing  
one's way of living.  
"Firman and Gila*

*Page 83/225*

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Subpersonalities

*integrate important material*

*from diverse*

*schools of*

*psychology and*

*then expand it*

*with their personal*

*touch. The Primal*

*Wound presents a*

*scholarly--yet*

*understandable to*

*the educated lay*

*person--descriptio*

*n of some of the*

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Subpersonalities

The People Inside

Us by Fran

***important dynamics of psychological wounding from a broad perspective, while also going deep into the soul and even exploring our relationship to God. There is little available on this topic and in the area of trauma psychology."*** --

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**Charles Whitfield,  
M.D., author of  
Memory and  
Abuse:**

***Remembering and  
Healing the  
Wounds of Trauma  
"I believe this  
book's central  
thesis to be highly  
provocative and  
important. Its  
strength is that it  
uses the idea of***

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Subpersonalities

The People Inside

Under Five

the 'primal wound'

as a focus for a

diverse collection

of ideas from

various sectors of

the psychological

and transpersonal

literature. This

kind of integrative

scholarly work is

very valuable. " --

John Suler, author

of Contemporary

Psychoanalysis and

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***Eastern Thought  
John Firman and  
Ann Gila are  
teachers, authors,  
and  
psychotherapists  
in private practice  
in Palo Alto,  
California. Both  
were trained in  
psychosynthesis in  
the early 1970s,  
and Firman trained  
with its founder,***



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**Roberto Assagioli.**  
***They are adjunct***  
***faculty members at***  
***the Institute of***  
***Transpersonal***  
***Psychology and***  
***lead public and***  
***professional***  
***programs both in***  
***the United States***  
***and abroad.***  
***[This book's]***  
***fundamental thesis***  
***is a rather***

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Subpersonalities

The People Inside

Unified, singular

**"self," which we all  
take for granted  
we possess, does  
not exist...**

**fascinating and  
important... I will  
certainly revisit  
the book... when  
you're ready for a  
challenge, this  
book is certainly**

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Subpersonalities,  
The People Inside  
Worth dipping into'

- "Counselling  
News" I Rowan

***thoroughly  
recommend this  
book. I found it  
challenging,  
provocative,  
exciting and full of  
delights. (It makes  
such a change to  
be told that ideal  
personality  
characteristics***

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Subpersonalities  
The People Inside  
You  
**would include a  
Monty**

**Pythonesque sense  
of humour and a  
tolerance of mind-  
altering drugs!)**

**While reading it I  
often felt**

**nourished and  
refreshed'" - The  
Journal of Critical  
Psychology,  
Counselling and  
Psychotherapy**

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Subpersonalities

The People Inside

Us by Rowan

***"With the emergence of postmodern thinking, the notion of a unified, singular self appears increasingly problematic. Yet for many, postmodernism's proclamation of the death of the subject' is equally***

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The People Inside

Unleash Power

***problematic. As a response to this dilemma, there has been a rise of interest in pluralistic models of the self' in which the person is conceptualized as a multiplicity of subpersonalities, as a plurality of existential possibilities or as a***

Bookmark File  
PDF

***being' which is  
inextricably in-dial  
ogue-with-others.  
Bringing together  
many disciplines,  
and with  
contributions from  
foremost writers  
on self-pluralism,  
The Plural Self  
overviews and  
critiques this  
emerging field.  
Drawing together***

Bookmark File

PDF

*theory, research  
and practice, the  
book expands on  
both the  
psychological and  
philosophical  
theories  
underlying and  
associated with  
self-pluralism, and  
presents empirical  
evidence in  
support of the self-  
pluralistic*



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Subpersonalities

The People Inside

Up and Down

***perspective,  
exploring its  
application within  
a clinical and  
therapeutic  
setting.***

***This highly  
acclaimed,  
groundbreaking  
work describes the  
Psychology of  
Selves and the  
Voice Dialogue  
method.***

Bookmark File

PDF

Subpersonalities

The People Inside

Usable Five

***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***

Bookmark File

PDF

*dialogue is considered one of the most effective techniques in psychology today. Matching the Integrative Treatment Plan to the Client Theology, Psychology and the Plural Self Parts Psychology What's Normal?*

Page 99/225

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PDF

Subpersonalities  
The People Inside  
Us  
***Turning Self-  
Criticism into a  
Creative Asset  
Hypnosis for Inner  
Conflict resolution  
The People Inside  
Us***

Incorporating a  
wealth of  
knowledge from  
international  
experts, this is  
an authoritative  
guide to provide

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Subpersonalities  
The People Inside  
Us John Bryan

a comprehensive  
overview of  
professional  
coaching.

Grounded in  
current  
research, it  
addresses the  
historical,  
ethical,  
theoretical, and  
practice  
foundations of  
professional

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## PDF

### Subpersonalities

### The People Inside

### Us John Rowan

coaching, and  
examines such  
key therapeutic  
approaches as  
acceptance and  
commitment,  
internal family  
systems,  
psychodynamic,  
and  
interpersonal.  
In easily  
accessible  
language, the

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Subpersonalities

The People Inside

Us John Bruner

book discusses  
core  
considerations  
for effective  
practice such as  
presence,  
meaning-making,  
mindfulness,  
emotions, self-  
determination,  
and culture. The  
reference  
examines the  
variety of

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Subpersonalities

The People Inside

Us John Rowan

practice  
settings for the  
profession,  
including  
executive,  
life/personal,  
health/wellness,  
spiritual, team,  
education, and  
career coaching,  
along with  
critical issues  
such as research  
advances,



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Subpersonalities  
The People Inside  
Us  
John Rowan  
credentialing,  
and training.

Further Rowan  
contributing to  
coaching savvy,  
the book has  
techniques for  
measuring client  
progress,  
applications of  
adult  
development,  
intentional  
change theory,

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Subpersonalities

and more.

The People Inside  
Chapters include

Us John Deason  
recommendations

for further

reading. Key

Features:

Provides a

comprehensive

overview of a

fast-growing

field Includes

contributions

from

international

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Subpersonalities

experts Covers

The People Inside

historical,

professional,

philosophical,

and theoretical

foundations as

well as

important

applications and

practice

settings

Includes

suggestions for

further reading

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Subpersonalities  
The People Inside  
Us John Rowan

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

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PDF

Subpersonalities

The People Inside

Us John Runtz

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?

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## PDF

Subpersonalities  
The People Inside  
Us John Rowan

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

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Subpersonalities  
The People Inside  
Us John Rowan

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,

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PDF

Subpersonalities  
The People Inside  
Us: John Brown

Discover Your  
Subpersonalities  
will enable you  
to get to know  
the people  
inside you!  
Emmerson's  
innovative book  
presents the  
theory and  
practice of  
working with ego  
states, helping  
to understand



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Subpersonalities  
The People Inside  
Us  
John Rowan

them, recognize  
and use them.

"will be a very  
valuable  
addition to the  
subject"

Professor V M

Mathew MBBS

DTM&H DPM

MRCPsych MPhil,

Consultant

Psychiatrist and

Clinical

Director, West

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PDF

Kent NHS and

Social Care

Trust

This book has  
been replaced by  
Internal Family  
Systems Therapy,  
Second Edition,  
ISBN 978-1-4625-  
4146-1.

Discover Your  
Subpersonalities  
Personification  
Psychotherapy

*Page 114/225*

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PDF

Subpersonalities  
and Counselling  
The People Inside  
Embracing Our  
Selves John Rowan

Seminars in  
Psychological  
Astrology  
(Seminars in  
Psychological  
Astrology ; V.  
1)

Ego State  
Therapy

An insightful guide

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Subpersonalities  
The People Inside  
Us, John Rowan

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,

## Bookmark File

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Subpersonalities,  
The People Inside  
Us, John Rowan  
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,

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## Subpersonalities

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

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Subpersonalities  
The People Inside  
Us, John Rowan

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

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#### Subpersonalities

#### The People Inside

#### Us, John Rowan

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



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## Subpersonalities

## The People Inside

## Us, John Rowan

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

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### Subpersonalities

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,

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Subpersonalities  
The People Inside  
Us, John Rowan

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

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The People Inside  
Us John Rowan

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,

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Subpersonalities,  
The People Inside  
Us, John Rowan

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-

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Subpersonalities  
The People Inside  
Us John Rowan  
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,

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Subpersonalities

The People Inside

Us John Rowan

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.

Hal and Sidra Stone

*Page 127/225*

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Subpersonalities  
The People Inside  
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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



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## Subpersonalities

## The People Inside

## Us, John Rowan

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

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The People Inside  
Us, John Rowan

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

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#### Subpersonalities

attacks," and, most important, how the inner critic can

become as n

intelligent,

perceptive, and

supportive partner in life.

Praise for Clinical

Case Formulations

Matching the

Integrative

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## PDF

Subpersonalities  
The People Inside  
Us John Rowan  
Treatment Plan to  
the Client,  
Second Edition

"[Barbara Ingram has put] a career into the development of this book and it is wonderful! My students love that it was written with them in mind and they love the

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Subpersonalities  
The People Inside  
Us John Rowan

statements designed to reduce anxiety and normalize the learning process.

This is an excellent book!"—Amy M. Rees-Turyn, PhD

Associate Professor of Counseling Psychology, Lewis & Clark College A step-by-step model for

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### Subpersonalities

individualized case

conceptualization

Fully revised and

updated, the second

edition of

Clinical Case

Formulations

provides step-by-

step tools and

insightful guidance

for moving from first

contact with a client

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The People Inside  
Us. John Rowan

to the development of  
an effective,  
personalized  
treatment  
plan. Addressing the  
essential question  
every  
therapist faces—How  
do I create a  
treatment plan that  
is the best match for  
my client?—this

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## Subpersonalities

unique resource  
The People Inside  
Us John Rowan  
provides a systematic  
and thoughtful  
method for  
integrating ideas,  
skills, and techniques  
from different  
theoretical  
approaches. It  
combines empirical  
research and clinical  
experience to create



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a caseformulation that is tailor-made for the client. This comprehensive resource offers two tools to guide caseformulations: a problem-oriented framework, with a list of 28standards for evaluating its application, and a

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Us John Rowan

set of 30 coreclinical hypotheses derived from the knowledge bases of psychology, psychiatry, counseling, and social work professions. The new edition includes:  
Hypotheses on Emotional Focus, Trauma, and Metaco

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Cognitive Perspective

The People Inside

More detailed

Us, John Rowan

attention given to

empirically

supported

therapiessuch as

Dialectical Behavior

Therapy (DBT) and

Acceptance

andCommitment

Therapy (ACT)

Discussion on the

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Us John Rowan

importance of  
bringing cultural  
competence to case  
formulation tasks  
with every client  
Skill-building  
activities throughout  
the text Offering a  
thorough framework  
to help clients  
experience effective  
clinical service,

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Subpersonalities  
The People Inside  
Us John Rowan

practitioners will learn to conceptualize clients' needs in ways that lead to strong and individualized treatment plans, as well as advice and guidance on what to do when selected interventions fail to

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Subpersonalities  
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Us John Rowan

produce the expected benefits. The bestselling, beloved classic on how to go into the dark side of yourself to bring out the light -- now with new material. Debbie Ford believes that we each hold within us a trace of every

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human

characteristic that

exists, the capacity

for every human

emotion. We are

born with the ability

to express this entire

spectrum of

characteristics. But,

Ford points out, our

families and our

society send us

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The People Inside  
Us John Rowan  
strong messages  
about which ones  
are good and bad.

So when certain  
impulses arise, we  
deny them instead of  
confronting them,  
giving them a  
healthy voice, then  
letting them go. It is  
to these feelings that  
Ford turns our



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## Subpersonalities

attention, these parts of our selves that don't fit the personae we have created for the rest of the world. She shows us the effects of living in the dark, of keeping all our supposedly unsavory impulses under wraps. We find ourselves

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The People Inside Us John Rowan

disproportionately frustrated and angry at the selfishness of friends, the laziness of colleagues, the arrogance of siblings. When we are unable to reconcile similar impulses in ourselves, Ford explains, we waste

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our own energy  
judging others  
instead of

empathizing. But  
most important, we  
deny ourselves the  
power and freedom  
of living  
authentically.

Through the stories  
and exercises in *The  
Dark Side of the*

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#### Subpersonalities

#### The People Inside

#### Us John Rowan

Light Chasers,  
Debbie Ford shows  
us not only how to  
recognize our hidden  
emotions, but also  
how to find the gifts  
they offer us. This is  
for fans of Marianne  
Williamson, Neale  
Donald Walsch, and  
Deepak Chopra. The  
very impulses we

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Subpersonalities

most fear may be the  
key to what is  
lacking in our lives.

The People Inside

Us John Rowan

Safe, Sane and

Consensual

Our Inner World

and the People in it

Principles and

Practice

Contemporary

Perspectives on

Sadomasochism

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Subpersonalities  
The People Inside  
Us John Rowan

A New Model of  
Therapy for the  
Treatment of  
Psychological  
Problems Through  
Healing the Normal  
Multiple  
Personalities Within  
Us : Case Studies in  
the Psychotherapy of  
Mental Disorders  
Inner Work

*Page 150/225*

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Subpersonalities  
The People Inside  
Us  
John Rowan

The Therapist's Use  
Of Self

*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*

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### Subpersonalities

*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*



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#### The People Inside

#### Us, John Rowan

*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*

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*Subpersonalities*

*The People Inside*  
*Us* John Rowan

*There are*

*additional*

*chapters on*

*working with*

*couples and*

*dealing with*

*polarization.*

*National Book*

*Award Finalist:*

*“This man’s*

*ideas may be*

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### The People Inside

### Us John Rowan

*the most  
influential,  
not to say  
controversial,  
of the second  
half of the  
twentieth centu  
ry.”—Columbus  
Dispatch At the  
heart of this  
classic,  
seminal book is  
Julian Jaynes's*

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### Subpersonalities

#### The People Inside

#### Us John Rowan

*still-*

*controversial*

*thesis that*

*human*

*consciousness*

*did not begin*

*far back in*

*animal*

*evolution but*

*instead is a*

*learned process*

*that came about*

*only three*

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*Subpersonalities*  
*The People Inside*  
*Us* John Rowan  
thousand years  
ago and is  
still

developing. The  
implications of  
this  
revolutionary  
scientific  
paradigm extend  
into virtually  
every aspect of  
our psychology,  
our history and

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Us, John Rowan

*culture, our religion—and indeed our future. “Don’t be put off by the academic title of Julian Jaynes’s The Origin of Consciousness in the Breakdown of the Bicameral*

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*Mind. Its prose is always lucid and often lyrical...he unfolds his case with the utmost intellectual rigor.”—The New York Times*

*“When Julian Jaynes . . . speculates that*

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*until late in  
the twentieth  
millennium BC*

*men had no  
consciousness  
but were  
automatically  
obeying the  
voices of the  
gods, we are  
astounded but  
compelled to  
follow this*



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### Subpersonalities

remarkable  
thesis.”—John

Updike, *The New*

*Yorker* “He is  
as startling as

Freud was in

*The*

*Interpretation*

*of Dreams*, and

Jaynes is

equally as

adept at

forcing a new

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*view of known  
human behavior.*  
"—American

*Journal of  
Psychiatry*

*This is the  
companion text  
to The Tyranny  
of the Normal:  
An Anthology.  
It examines the  
issues of  
abnormalities*

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### Subpersonalities

*in mental*

### The People Inside

*health,*

### Us, John Rowan

*intelligence,*

*and sexual*

*behaviour. Both*

*books are*

*comprised of*

*literary and*

*fictional*

*readings and*

*commentary by*

*health care*

*professionals*

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### Subpersonalities

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### Us John Rowan

*and medical ethicists. 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*

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*Subpersonalities  
The People Inside  
Us John Rowan*

*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,*

# Bookmark File

## PDF

*Subpersonalities  
The People Inside  
Us John Rowan*

*not really sure  
who we are, how  
we came to be  
and how to feel  
good about  
ourselves.*

*These FOUR books  
in one volume  
lay a great  
psychological  
foundation on  
the issues of  
Adult*

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### Subpersonalities

### The People Inside

### Us John Rowan

*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*

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#### The People Inside

#### Us John Rowan

*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*



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*Subpersonalities*  
*The People Inside*  
*Us* John Rowan  
identity and  
therefore, part  
of who we truly  
are.

*A Psychology of*  
*the Spirit*  
*Freedom from*  
*family,*  
*relationship*  
*and work*  
*baggage*  
*Narratives of*  
*Mental &*

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The People Inside

Us John Rowan

*Emotional*

*Disorders*

*Internal Family*

*Systems Therapy*

*The Adult Baby*

*Identity - the*

*Complete*

*Collection*

*Including parts*

*therapy*

*A Transpersonal*

*View of Trauma,*

*Addiction, and*

*Page 170/225*

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*Growth*

The People Inside  
Us, John Rowan

"Most therapists, regardless of theoretical approach, intuitively recognize that their sense of self intimately influences their work. Using this elemental truth

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Us John Rowan

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.

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Us John Rowan

Along the way the authors provide a masterful exposition of transference, countertransference, and projective identification, throwing much needed light on topics that have

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Subpersonalities,  
The People Inside  
Us, John Rowan  
long been mired  
in controversy  
and

confusion. The  
book is a  
priceless  
resource for  
experienced  
therapists and  
those just  
beginning the  
journey." -

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Subpersonalities

The People Inside

Us John Rowan

Professor

Sheldon

Cashadan,

author of Object

Relations

Therapy and The

Witch Must Die:

The Hidden

Meaning of Fairy

Tales

"Outstandingly

in the current

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Us John Rowan

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



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Us John Rowan

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

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The People Inside  
Us, John Rowan

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 -

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Us John Rowan  
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

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Subpersonalities  
The People Inside  
Us John Rowan

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

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Subpersonalities

every level." -

The People Inside

Us John Rowan

Andrew  
Samuels,

Professor of

Analytical

Psychology,

University of

Essex and

Visiting

Professor of

Psychoanalytic

Studies,

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Subpersonalities  
The People Inside  
Us, John Rowan

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

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#### The People Inside

#### Us John Rowan

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

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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



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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

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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

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Subpersonalities  
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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

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psychoanalysis  
has come under  
the heading of c  
ountertransfere  
nce. Much of the  
thinking in the  
humanistic  
approaches has  
come under  
such headings  
as empathy,  
genuineness,

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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

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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

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reactions,  
responses and  
experience in  
working with  
any one client.

The book is  
aimed primarily  
at counsellors  
and psychothera-  
pists, or trainees  
in these  
disciplines. It

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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



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transpersonal  
approach has  
become of  
increased  
interest recently  
because of the  
impact of Ken  
Wilber's work,  
especially his  
map of  
psychospiritual  
development.

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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

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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

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and counselling  
- showing where  
the idea comes  
from, how it has  
developed and  
how it can be  
used.

In the years  
since it was first  
published, The  
Reality Game  
has become a

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classic text. For all those training and practising in humanistic and integrative psychotherapy it is an essential guide to good practice, and an excellent introduction to the skills used in

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individual and  
group therapy.

This new edition  
has been  
updated to take  
into account  
changes in the  
field and John  
Rowan's own  
work, while still  
providing  
guidance on

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establishing and  
developing the  
relationship

between

counsellor and

client, and

covering:

assessment; the

initial interview;

the opening

session; aims;

transference;

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resistance and supervision.  
With the student's needs always at the forefront, this extensively revised new edition responds to the questions most often asked by



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trainees in these disciplines, and includes

discussions of ethics and new chapters on transpersonal psychology, and on dialogical self-theory. It will be a must read for psychotherapist

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Us John Rowan

s and  
counsellors in  
practice and  
training  
especially those  
involved in  
humanistic and  
integrative  
psychotherapy.  
This book  
adopts a novel,  
even

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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

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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

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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

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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

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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

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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



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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

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might suggest to some the presence of multiple personality disorder (dissociative identity disorder). And many patients are shocked to find that they

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can have  
conversations  
with

themselves.

However, the

case studies

illustrate that

having

unconscious

parts (subperson

alities),

represented by

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a range of images, is normal.

Although people may use fascinating images to represent their internal worlds, the more important content of a part

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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

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life experiences  
that created the  
parts and the  
problems in a  
person's life,  
especially the  
adaptations and  
experiences of  
childhood.

The Voice

Dialogue Manuel

The Reality

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Using Dreams

and Active

Imagination for

Personal Growth

Our Inner World

and the People

in It

Multiplicity in

Everyday Life

A Guide to

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Humanistic  
Counselling and  
Psychotherapy

Understand your  
psyche in a clear  
and  
comprehensive  
way, and resolve  
deep-seated  
emotional issues...  
'Self-Therapy'  
makes the power



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of a cutting-edge  
psychotherapy  
approach

accessible to  
everyone. Internal  
Family Systems  
Therapy (IFS)  
has been  
spreading rapidly  
across the  
country in the  
past decade. It is  
incredibly

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effective on a wide variety of life issues, such as self-esteem, procrastination, depression, and relationship issues. IFS is also user-friendly; it helps you to comprehend the complexity of your psyche. Dr.

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Earley shows how IFS is a complete method for psychological healing that you can use on your own. 'Self-Therapy' is also helpful for therapists because it presents the IFS model in such

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detail that it is a manual for the method. The fact that Jay Earley wrote this book is high praise for the IFS model because he was an accomplished writer and thinker long before encountering IFS. Jay's passion has

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been to introduce IFS to a lay audience so that people can work with their parts on their own.

Through well-described experiential exercises and examples of actual IFS sessions, you will be able to

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enter your inner  
world, heal your  
extreme parts,  
and transform  
them into valuable  
resources.

-Richard

Schwartz, PhD,  
creator of IFS,  
from the

Foreword

This book

includes work on

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sadomasochism  
from across the  
social sciences

including  
discussions of the  
history and  
culture of SM,  
medical and legal  
issues, along with  
theory and  
original research  
on the topic. With  
contributions from

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academics,  
practitioners and  
activists, this book  
represents some  
of the most recent  
cutting edge work  
in the field.

Self-Therapy: A  
Step-By-Step  
Guide to Creating  
Inner Wholeness  
Using Ifs, a New,  
Cutting-Edge



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Therapy

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The Horned God