



**“Cognitive vs. Experiential
Emphases”**

Stephen Gilligan, Ph.D.

**In conversation with
Don Meichenbaum, Ph.D.**

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- Which is more important, cognitive or experiential emphases?
 - Beggars can't be choosy: We need to creatively utilize all relevant dimensions of a client's reality—cognitions, affects, behaviors, images, positive and negative values, relationship connections, etc.
 - The question is how can these different parts fit together into a generative whole?

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- The central process of effective therapy is *creativity*.
 - Reality is constructed, and each person is an active contributor to that creative process.
 - We can create positive or negative realities. Good therapy supports a client in constructing positive realities, which often includes transforming negative realities.

A COACH state upgrades creative performance capacities:

1. Underlying sense of unity allows different dimensions to be interconnected
2. Homeo-stat to Rheo-stat: Each performance dimension is fluid, responding to ongoing feedback
3. Allows sustained connection to positive connections: goal, somatic “center”, positive resources.

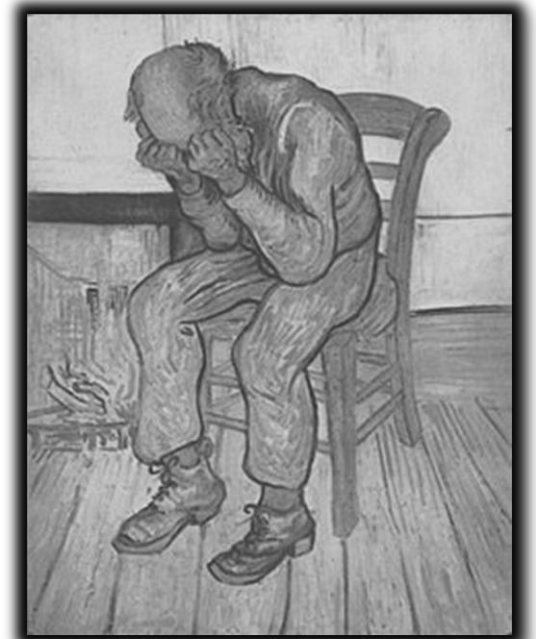
Reality is constructed at 2 levels:

1. **FILTERS:** Somatic, Cognitive, Field
2. **RELATIONSHIP TO FILTERS:**
CRASH VS. COACH

The CRASH State

The Underlying Context of Symptoms

- ◆ Contracted
- ◆ Reactive
- ◆ Analysis Paralysis
- ◆ Separated (isolated)
- ◆ Hurting/Hating/Hitting



CRASH as “neuromuscular lock”

The Four F’s of Neuromuscular Lock

Fight



Freeze



Flight



Fold



The COACH State The Basis for Creative Change



- ◆ Centered
- ◆ Open
- ◆ Aware
- ◆ Connected
- ◆ Hospitable

Two examples of therapeutic COACH-connection

1. Neil Young: “The guy who writes and sings the songs”
2. Woman with “black wall” blocking close relationships

6 Steps in Generative Psychotherapy

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



Thank You.....
And May the Force be with you!



Stephen Gilligan, Ph.D.

www.StephenGilligan.com