A Brief Overview of Generative Psychotherapy

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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.
Basic Premises

1. **Reality is constructed via FILTERS:** Somatic, Cognitive, Field
2. These filters are held with human presence: **CRASH VS. COACH**, which generate negative or positive realities.
3. Good therapy supports a client in constructing positive realities, which often includes transforming negative realities.
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
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. Homework/Practices
Thank You.....
And May the Force be with you!

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