

The Exploration of Inner Space

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.. this whole intuitive and psychic world is being opened to thoughtful, serious investigation. Two examples are ... and the careful research of Dr. Grof (1975) on the puzzling and challenging inner experiences of individuals under LSD.

Rogers, Carl (1977)

There is ample reason to think that the inner experience of individuals constitute a vast and mysterious area for exploration as the incredible galaxies and “black holes” of outer space. I am simply expressing the hope that innovative educators and learners may have the courage, the creativity, and the skill to enter and learn this world of inner space

Rogers, Carl (1977)

Program

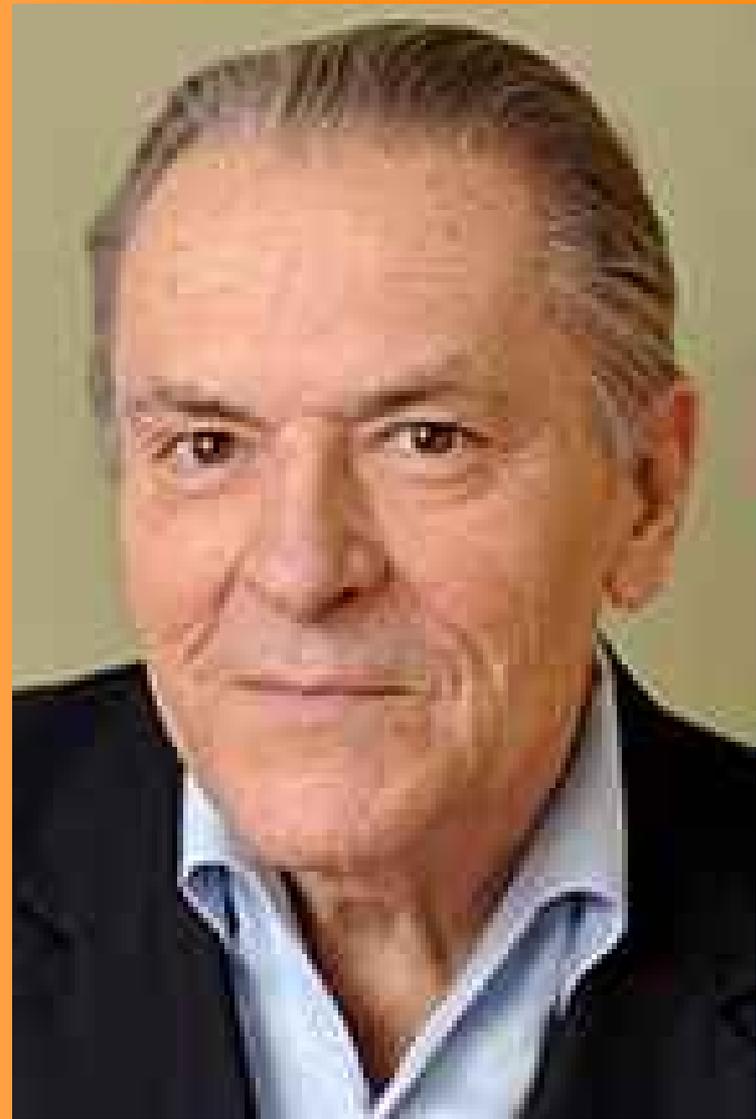
1. Rogers on Grof
2. Grofs research and therapy
3. Holotropic Breathwork and PCT
4. Holotropic Breathwork and EFT
5. Potentials of HB for PCE-therapy
6. Questions

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- ⌘ Cand. psych., certified psychologist, specialist in psychoterapy
- ⌘ Trained in EFT with Leslie Greenberg
- ⌘ Trained in Holotropic Breathwork with Stanislav Grof
- ⌘ Private practice & IPCOPT



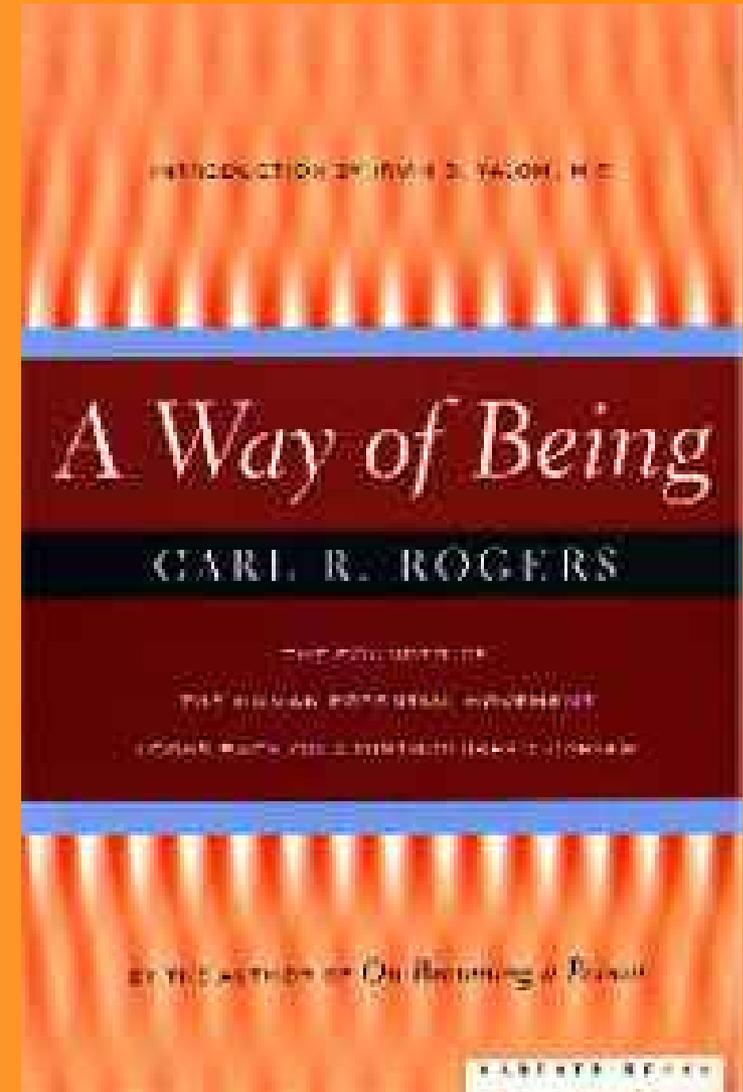
1. Rogers on Grof



Rogers on Grof

Rogers, Carl (1977): Beyond the watershed in education: And where now? *Educational Leadership*, May 1977, 34(8), 623-631

Rogers, Carl (1979): Foundations of the Person-Centered Approach. *Education*, winter 1979, 100(2), 98-107

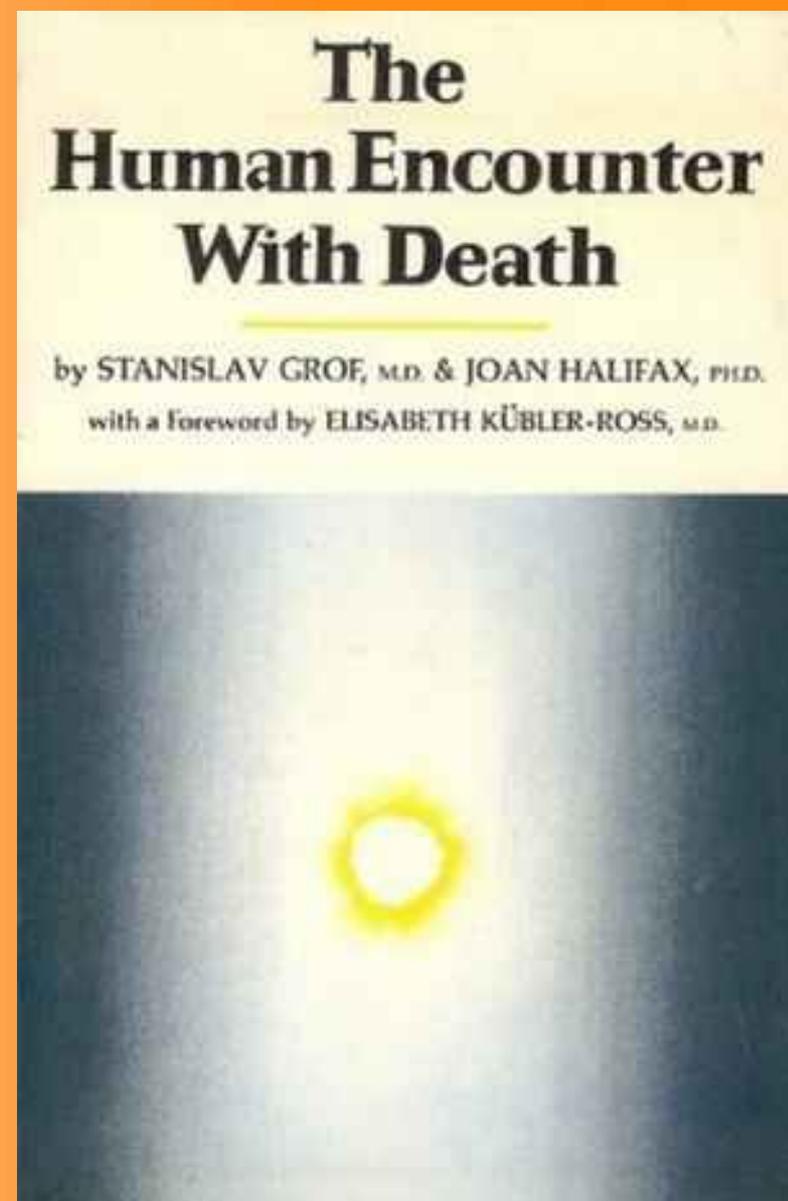
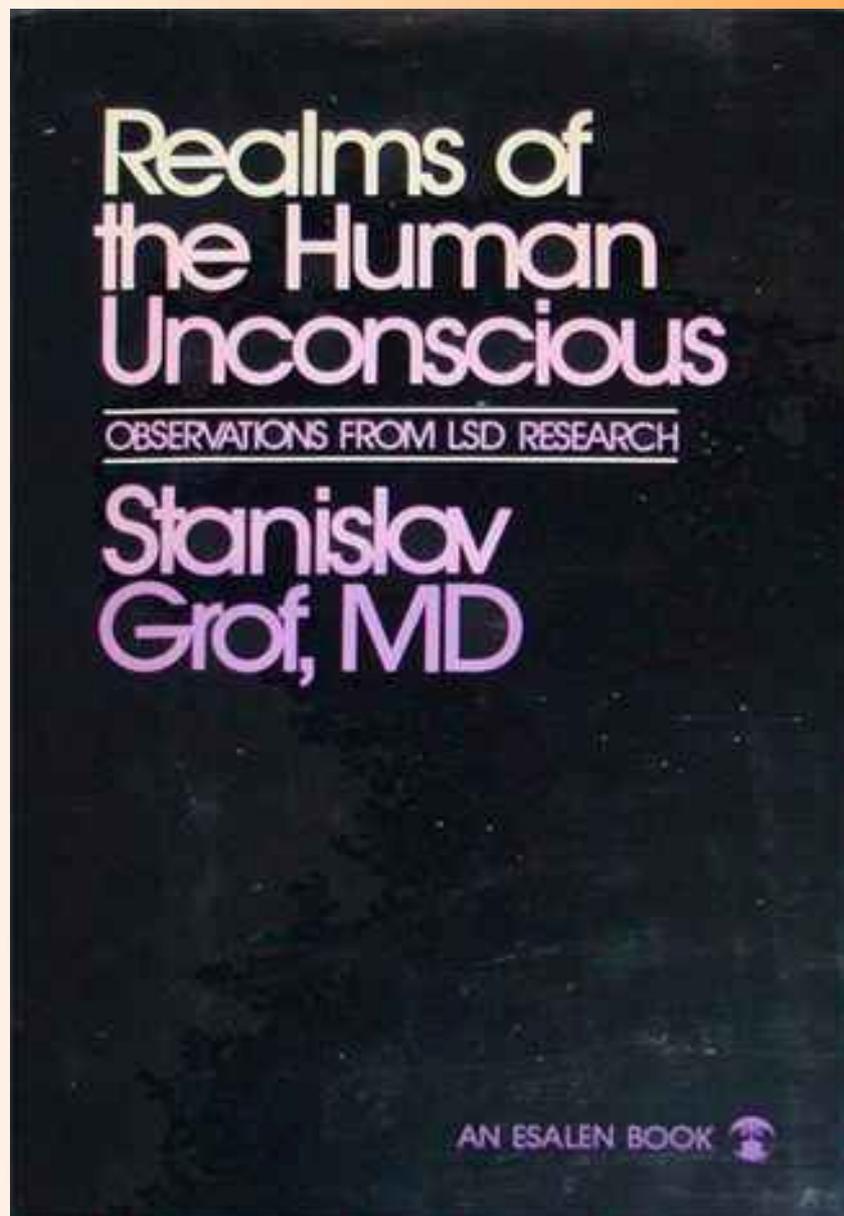


Researchers like the Grofs (1977) and John Lilly (1973) would take us beyond the ordinary level of consciousness. Their studies appear to reveal that in altered states of consciousness persons feel they are in touch with, and grasp the meaning of, this evolutionary flow.

...

Hard-headed research seems to be confirming the mystic's experience of union with the universal.

Rogers, Carl (1979)



2. Grofs research and therapy



Stanislav Grof

Born in Prague (1931)

Psychiatrist, Prague University, 1956

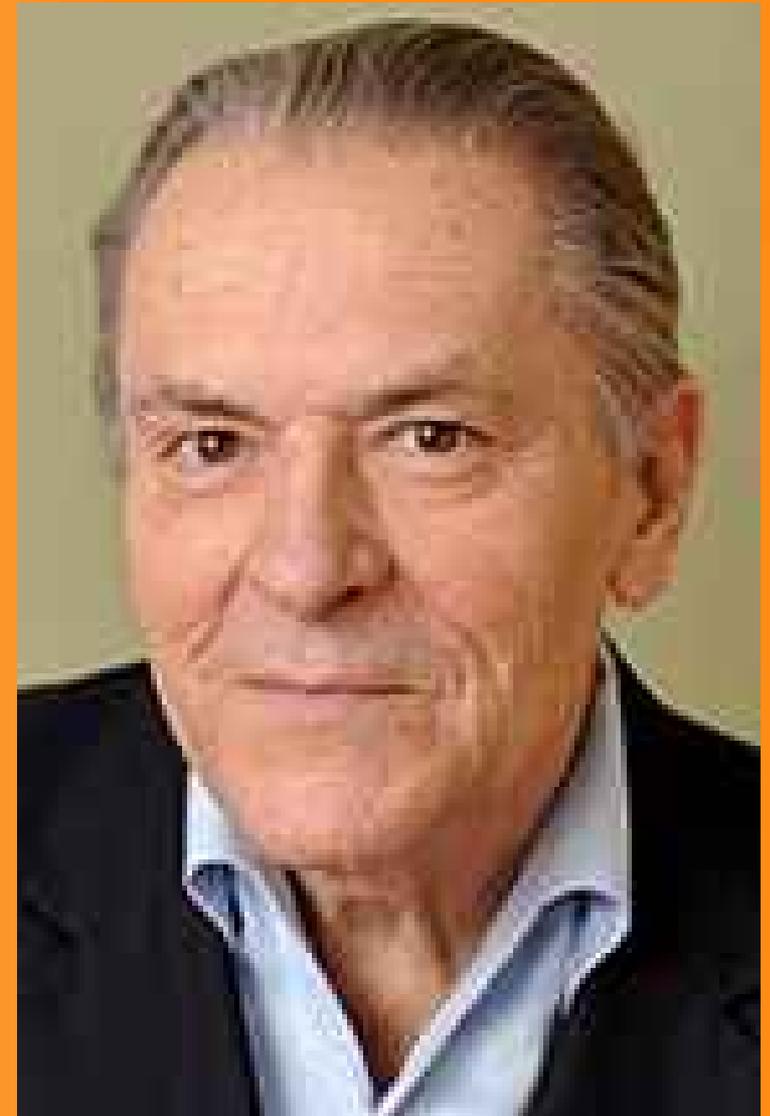
LSD-psychotherapy research, 1954

USA 1967 and head of last LSD-
psychotherapy research project until
1973

Co-founder of transpersonal psychology

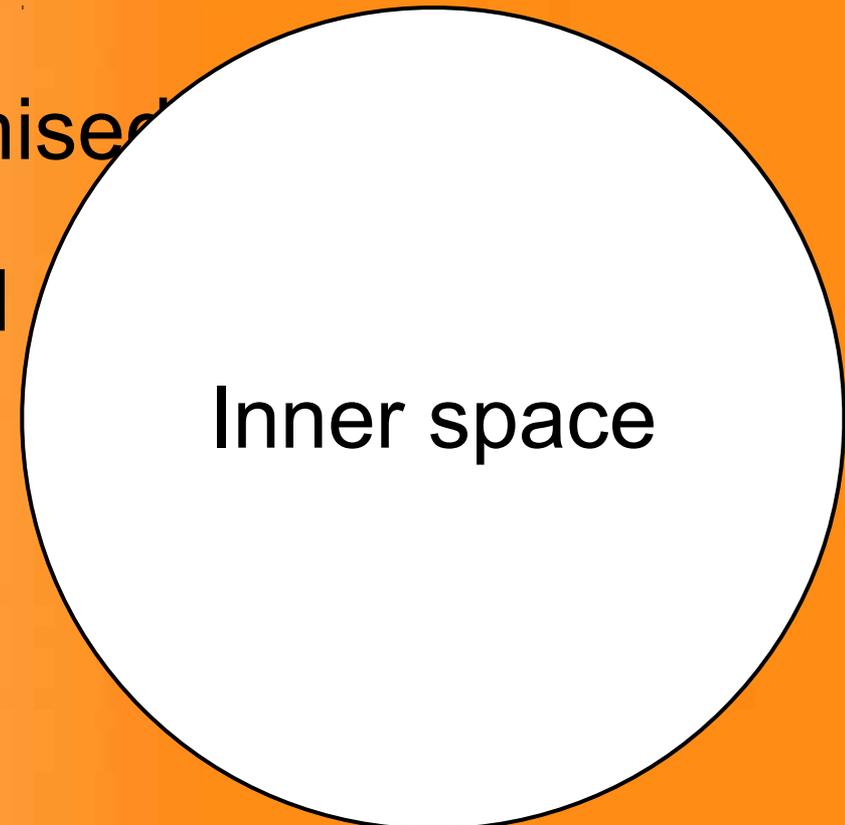
Develops Holotropic Breathwork
Grof Transpersonal Training

Published +100 books, papers, chapters,
video, audio



Inner space

- Non-ordinary state of consciousness (NOSC)
- Sensations from outer world is minimised
- Inner psychic world is maximised
- Through experiential method



The mind can be anything

- In NOSC sensory cues for "the skin encapsulated ego" - everyday self is loosened
- Mind enter absorbed experience of identification
- Not remembering or observing, but experiencing
- Mind can identify with anything

Identification
in NOSC

Self in
OSC

The mind can be anything

- In NOSC sensory cues for "the skin encapsulated ego" - everyday self is loosened
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Identification
in NOSC

Self in
OSC

States of consciousness

OSC

Ordinary

1. Hylotropic

NOSC

Non-ordinary

1. Trivial

2. Holotropic

Holotropic = moving towards wholeness

Hylotropic = moving toward matter (trees)

Cartography of the unconscious

1. Sensory
2. Biographic
3. Perinatal
4. Transpersonal

Sensory level

- ⌘ Body sensations
- ⌘ Sensory phenomena: Visual, auditive ect
- ⌘ Physiological : Temperature, overexertion
- ⌘ Yoga-sleep



Biographical level

- ⌘ Re-Experience from biography
- ⌘ Both positive and negative experiences
- ⌘ Reliving of trauma
- ⌘ Emotional guided experiences
- ⌘ COEX-systems



COEX-Systems

- ⌘ Condensed Experiences
- ⌘ Dynamic constellation of memory
- ⌘ Strong emotional charge, intense body sensation
- ⌘ Biographic, perinatale og transpersonal experience
- ⌘ Core-experience at base of COEX-system
- ⌘ Full re-experience of core-experience transforms and dissolve COEX-system

Perinatale level

- ⌘ Experiences around birth
- ⌘ Death-rebirth experiences
- ⌘ 4 Basic Perinatale Matrices (BPM 1-4)
- ⌘ Intense experiences
- ⌘ Birth: conditions, interventions, complications



Basic Perinatal Matrices



BPM 1



BPM 2



BPM 3

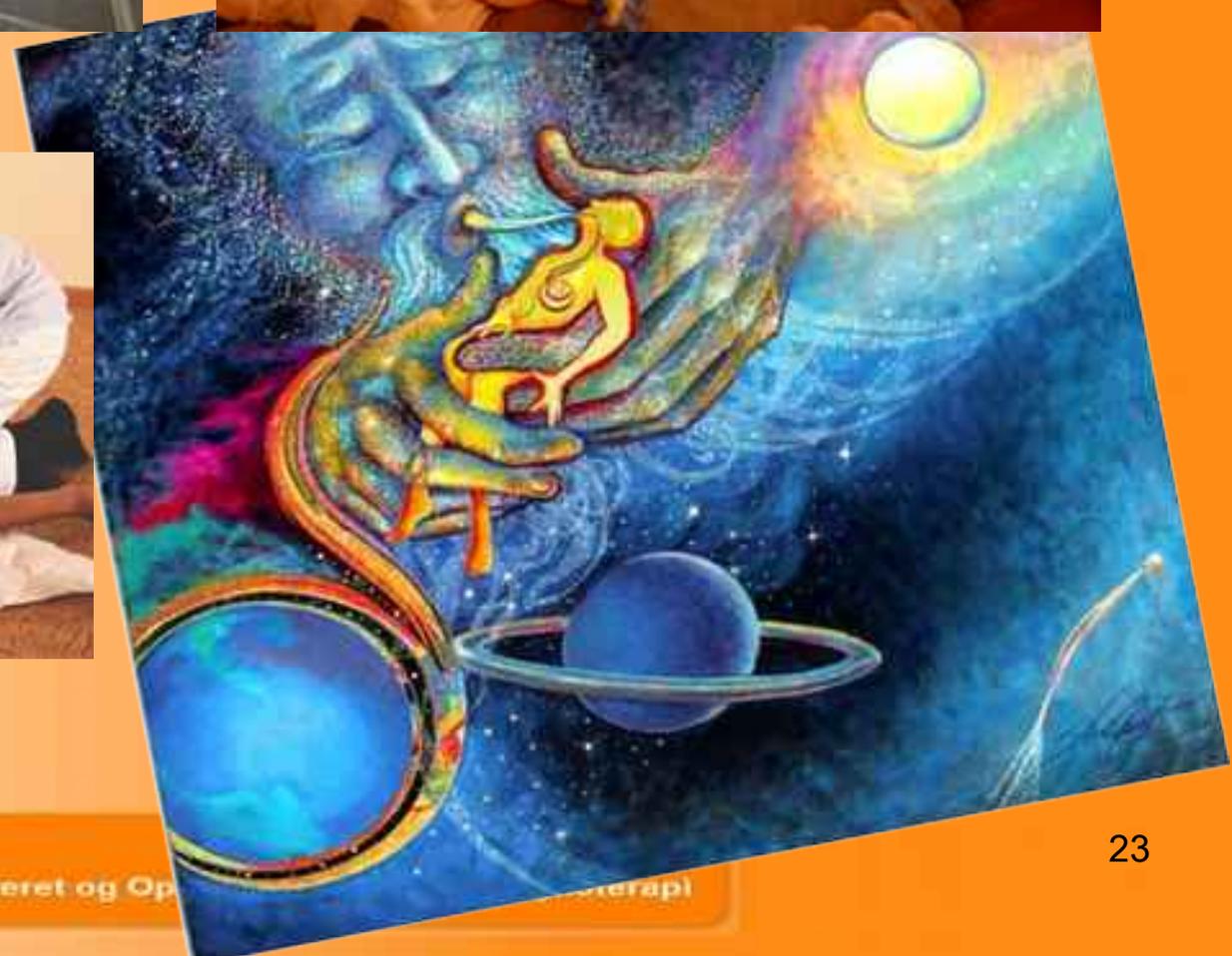


BPM 4

Transpersonal level

- ⌘ Experiences transcending ordinary perception of self and, time and space
- ⌘ Identification with other persons, living organisms, inorganic matter; mythical, archtypical or spiritual persons and creatures; the universe and the Divine
- ⌘ Experience of paranormal phenomena







Holotropic Session

- **Starting up**

- Health check (contraindications)
- Mental preparation (set)
- Physical space (setting)

- **Following up**

- **Going in**

- Sensory deprivation
- Guided body and mind opening

- **Deepening**

- Accelerated Breathing
 - Evocative Music
- Releasing Bodywork

- **Coming back**

- Mandala drawing
- Sharing in group

HB formats and participants

- Individual
- Groups
- Large groups
- Breather
 - Sitter
- Facilitator
 - Floater
- Music facilitator

Case

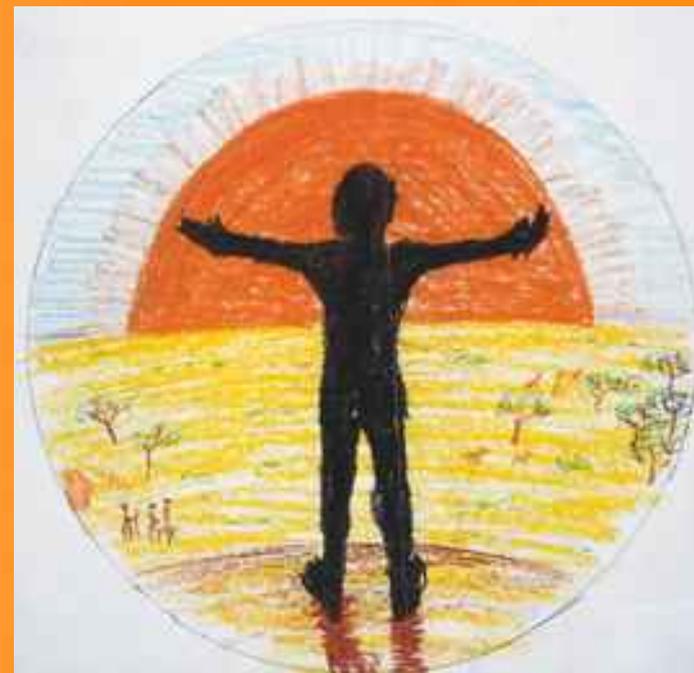
- Casper, 20 years, computer programmer
- Anxiety, GAD, phobias, avoidance behaviour
- Individual psychotherapy, EFT, 10 session
- 1 Holotropic Breathwork workshop
- HB experience

Caspers HB experience

Anxiety, body sensations, keeps breathing into anxiety



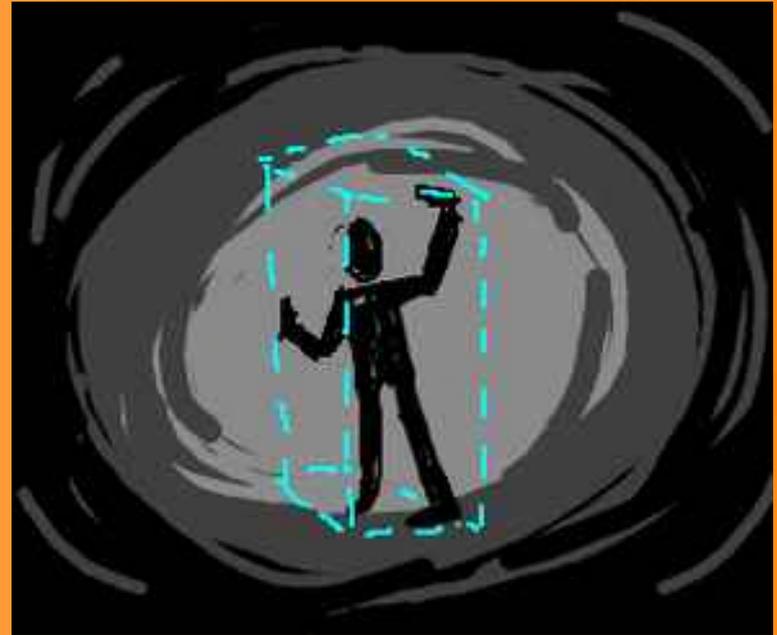
Overlooks primordial savannah. Runs downhill on legs and hands in touch with body, senses. Anxiety disappears.



Enters box that he can't escape.

Sees savannah, but it's behind a glass wall. Can't go back. Anxiety.

He has to move forward.
Forces his way out of box.



Enters outer space with a sense of freedom, quietness and ease



Relaxation and feels good afterwards



Healing in Holotropic Breatwork

- ⌘ Non-ordinary state of consciousness (NOSC)
- ⌘ intense deep experiences
- ⌘ expression of experiences
- ⌘ Integration of experience

3. Holotropic Breathwork and Person Centered Therapy

The necessary and sufficient conditions of constructive personality change

1. Two persons are in psychological contact.
2. The first, whom we shall term the client, is in a state of incongruence, being vulnerable or anxious.
3. The second person, whom we shall term the therapist, is congruent or integrated in the relationship.
4. The therapist experiences unconditional positive regard for the client.
5. The therapist experiences an empathic understanding of the client's internal frame of reference and endeavours to communicate this experience to the client.
6. The communication to the client of the therapist's empathic understanding and unconditional positive regard is to a minimal degree achieved.

(Rogers, 1957)

HB & PCT

1. Non-directive - doing not doing
2. Person-Centered stance
3. Formative tendency - inner healer / Holotropic
4. Conditions for therapy

The task of the facilitator or therapist in holotropic therapy is to support the experiential process with full trust in its healing nature, without trying to direct it or change it in any way.

Grof, 2000

4. Holotropic Breathwork and Emotion Focused Therapy

HB & EFT

1. Experiential
2. Evocative
3. Emotional intensity and experiential depth
4. COEX-system and Emotion Schemes
5. Therapist vs facilitator
6. Process guidance not content guidance
 - Single experiential process
 - No marker guided task strategy
 - Trusts holotropic force in psyche - inner healer
7. Arieving before leaving - the way out is the way through

Process-outcome

In a safe relationship,
with reflection and
attuned to the client

- ⌘ Access emotion in therapy
- ⌘ Experiential depth
- ⌘ High emotional intensity
- ⌘ Expression of high emotional intensity,
(Not too much and not too often)
- ⌘ Processing of emotions (symbolising, congruence, accept,
ownership, regulating and differentiating)
- ⌘ Transformation of emotional schemes

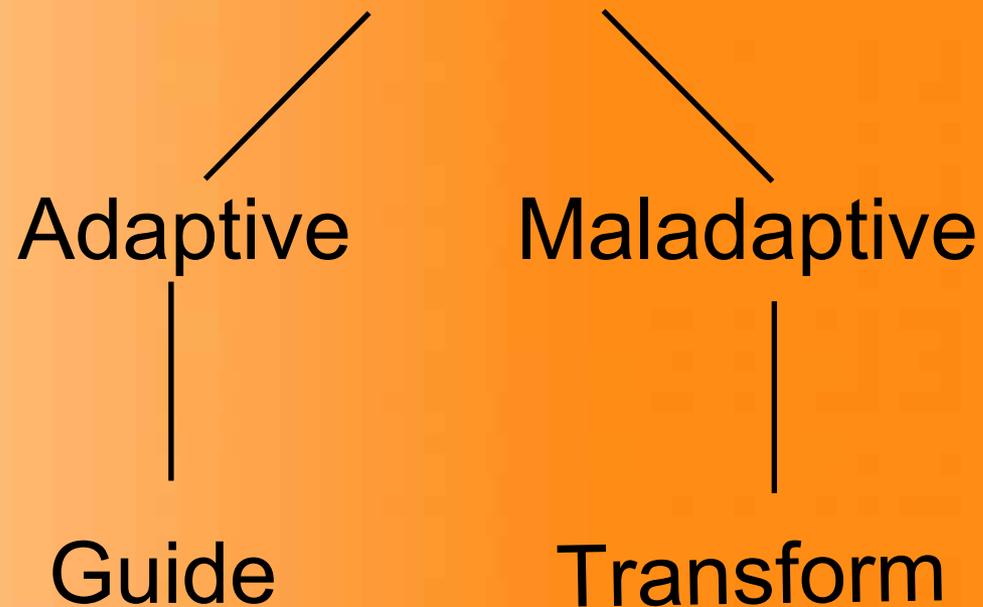
Emotionally Focused Intervention

1. Bond

2. Evoke

3. Access deeper **emotion scheme**

4. Narrative



SIX MAJOR EMOTIONAL CHANGE PROCESSES

ACCESSING EMOTION

1. Increase Emotional Awareness & Symbolization in the Context of Salient Personal Stories.

2. Express Emotion

MODULATING AND UNDERSTANDING

3. Enhance Emotion Regulation

4. Reflect on Emotion.

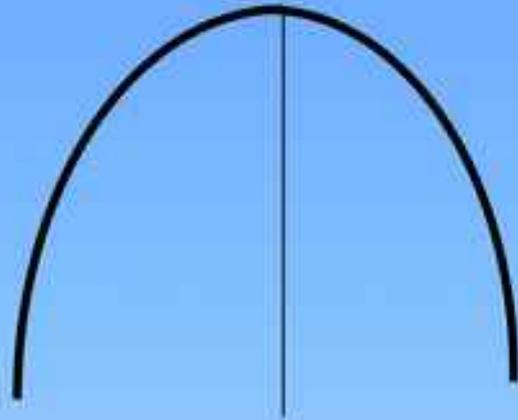
TRANSFORMING EMOTION

5. Change Emotion with Emotion.

6. Change Emotion with New Interpersonal Experience.

Transforming Emotion

1. Completion/Detachment/Habituation/ Extinction



Blocked

Needs to be unblocked.

Let it run it's course

Arising & passing away

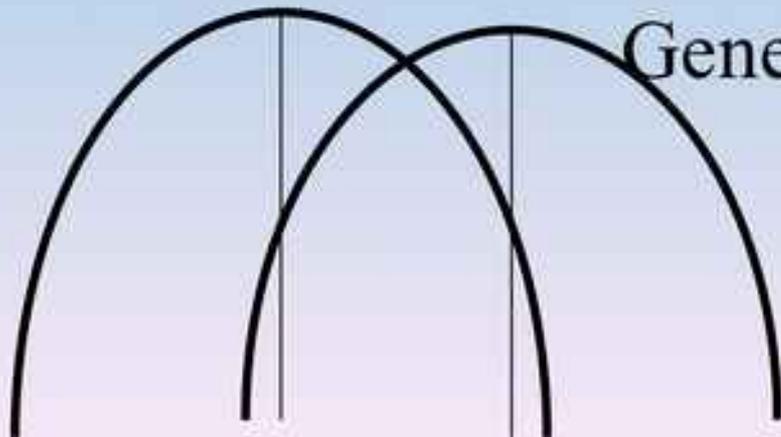
Letting go

Desensitization/Exposure

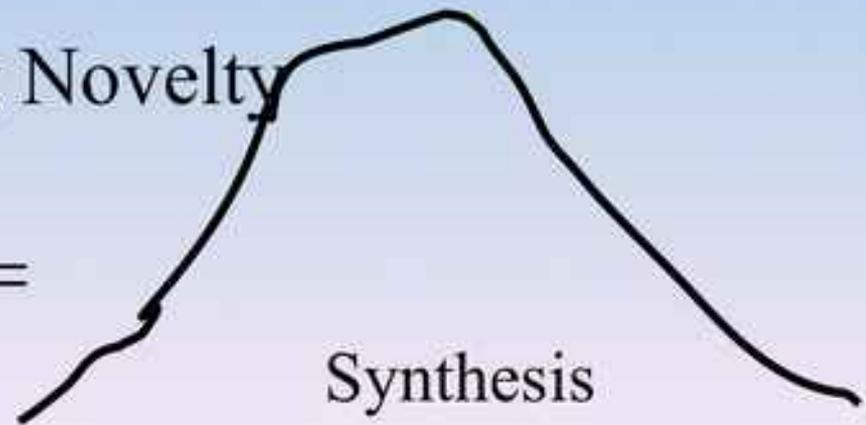
2. Changing Emotion with Emotion

Undoing

Generating Novelty



=



Synthesis

Transformation

Challenge with internal resources

Emotional Self
Organization

Emotional Self
Organization

Maladaptive
Scheme

Internal Resources
Adaptive Emotions



(Bad/Weak Self)
I'm worthless/I can't
Survive
Shame & Fear

(Essential Healthy Self)
Worth/Strengths
Anger & Sadness
Needs for Mastery & Connection

- High degree of experiential activation leads to less therapist guidance (EFT clients who self direct chair work) -> HB becomes person-centered
 - HB integrates / Synthesizes high level of experiential deep intense processing with high level of content non-directiveness

5. Potentials of Holotropic Breathwork for Person Centered and Experiential Therapy

Potential of Holotropic Breathwork

- Therapy in it self
- Adjacent to verbal therapy
- Therapist training

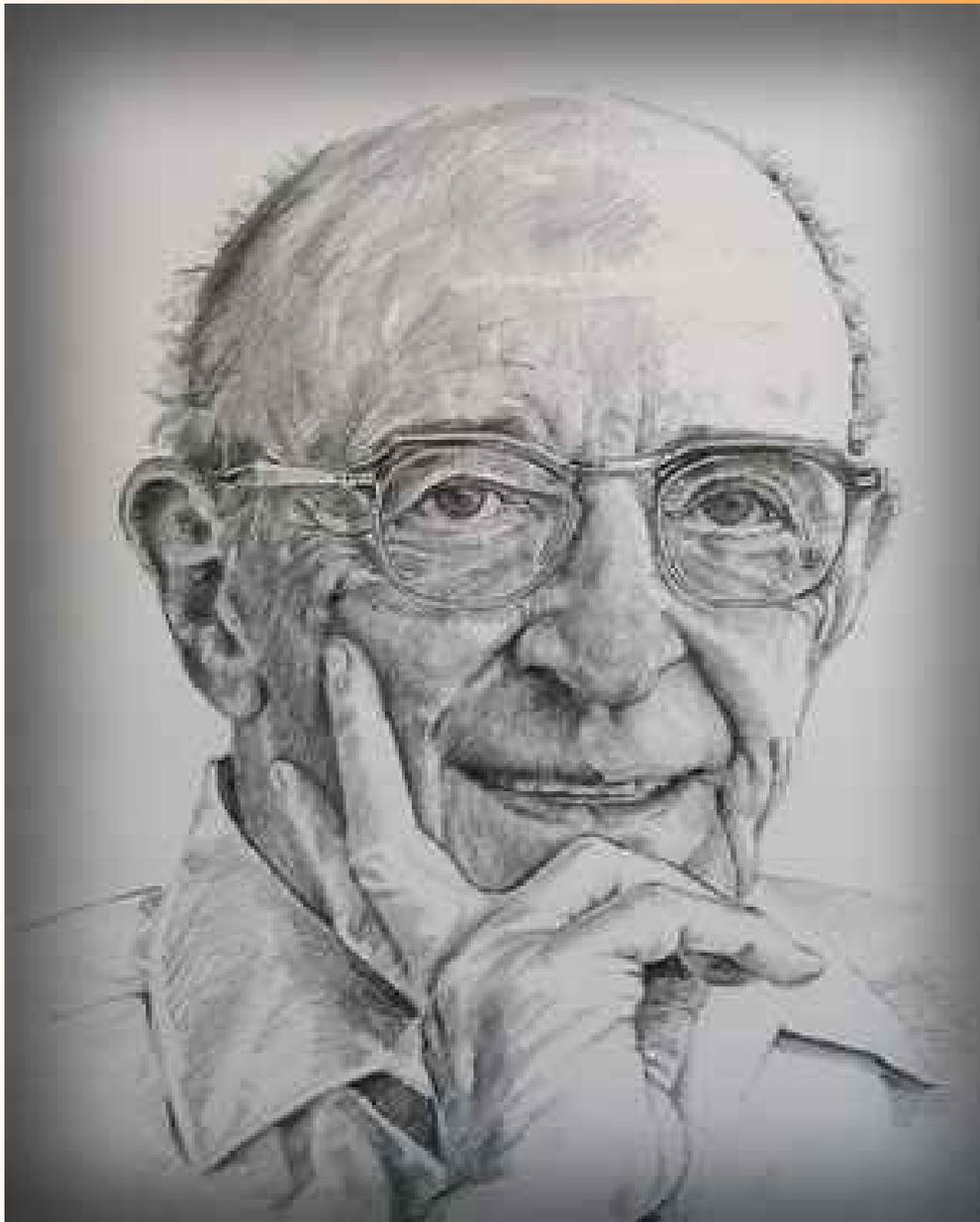
HB research

Research by Holmes et al. (1996) concluded that holotropic breathwork combined with traditional verbally oriented psychotherapy led to “significant reductions in death anxiety and increases in self-esteem” relative to just traditional psychotherapy.

In a theoretical review article, Rhinewine and Williams (2007) offer the hypothesis that holotropic breathwork operates via a biopsychological mechanism that results in experiential exposure to feared internal representations, and consequently in extinction of covert avoidance behaviors. The latter disinhibitory process, experienced by the breather as "catharsis," may correspondingly result in therapeutic progress among patients who had previously shown limited gains in verbal psychotherapy, as previously demonstrated in Holmes and colleagues' (1996) study.

Research by James Eyerman, MD (2013) reported results of 11,000 clinical patient experiences and 482 individual patient reports, and showed the 'procedure was well received. No complaints of adverse reactions were recorded during the sessions nor afterwards on the clinical units.' Eyerman goes on to conclude that Holotropic Breathwork 'offers significant benefits in terms of emotional catharsis and internal spiritual exploration, according to the participants. The lack of even one single reported adverse sequelae in more than 11,000 Holotropic Breathing in-patients over more than 12 years, indicates that Holotropic Breathwork could be considered a low-risk therapy to assist patients with an extremely broad range of psychological problems and existential life issues.'

6. Questions



IPCOPT

Institut for Personcentreret og Oplevelsesorienteret Psykoterapi

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Researchers like the Grofs (1977) and John Lilly (1973) would take us beyond the ordinary level of consciousness. Their studies appear to reveal that in altered states of consciousness persons feel they are in touch with, and grasp the meaning of, this evolutionary flow. They experience it as tending toward a transcending experience of unity. They picture the individual self as being dissolved in a whole area of higher values, especially beauty, harmony and love. The person feels at one with the cosmos. Hard-headed research seems to be confirming the mystic's experience of union with the universal.

Rogers, Carl (1979)

When I am at my best, as a group facilitator or a therapist, I discover another characteristic. I find that when I am closest to my inner, intuitive self, when I am somehow in touch with the unknown in me, when perhaps I am in a slightly altered state of consciousness, then whatever I do seems to be full of healing. Then simply my presence is releasing and helpful.

Rogers, Carl (1979)

Our experiences, it is clear, involve the transcendent, the indescribable, the spiritual. I am compelled to believe that I, like many others, have underestimated the importance of this mystical, spiritual dimension.

Rogers, Carl (1979)

Inner Space



Comparison

	<i>Theory</i>	<i>Therapy</i>
<i>Similar</i>	<i>Formative tendency/ inner healer</i>	
<i>Different</i>		

Before session

- ☞ Helbredsoplysninger
- ☞ Sikring af deltager
- ☞ Udfyldes før kursus
- ☞ Interview

HELBREDSOPLYSNINGER
HOLOTROPIC BREATHWORK™

Holotropic Breathwork bliver tilbudt som en metode til personlig vækst, og bør ikke betragtes som en erstatning for psykoterapi. Holotropic Breathwork kan omfatte dramatiske oplevelser sammen med stærke følelsesmæssige og fysiske udfordringer.

Denne workshop er ikke velegnet for gravide kvinder eller personer med fysiske hjerte-problemer, alvorligt forhøjet blodtryk, svære psykisk lidelser, nylig operation eller brud, akutte infektions-sygdomme eller epilepsi. Hvis du er i tvivl om du bør deltage, kontakt din egen læge eller terapeut, samt Holotropic Breathwork facilitatorerne før du deltager.

De følgende spørgsmål er til hjælp for facilitatorerne og vil blive behandlet fuldt fortroligt. Vær venlig at besvare alle spørgsmålene så fyldstgørende som muligt.

	Ja	Nej
1. Har du en forhistorie med eller lider du for tiden af følgende:		
A. Hjerte-kar sygdomme, inklusiv hjerteslag, blodpropper mm.		
B. Højt blodtryk		
C. Svære psykisk lidelse		
D. Operation fornyelg		
E. Tidligere eller nuværende fysiske skader, inkl. brud, forstuvninger eller lemmer, der er gået af led		
F. Tidligere eller nuværende smitsomme sygdomme, herunder HIV+		
G. Sukkertøge		
H. Grøn stær eller lense hornhinde		
I. Epilepsi		
J. Knogleskørhed		
K. Astma (hvis "ja", så medbring din inhalator til kurset)		
L. Alkohol eller stofmisbrug		
2. Er du gravid for tiden?		
3. Har du nogensinde været indlagt på hospital af medicinske årsager?		
4. Har du nogensinde været psykiatrisk indlagt?		
5. Er du for tiden i terapi eller deltager i nogen form for støttegrupper?		
6. Tager du for tiden nogen form for medicin?		
7. Er der nogen ting vedrørende din kropslige og psykiske status man skal være opmærksomme på?		

HVIS DU HAR SVARET "JA" TIL NOGEN AF DISSE SPØRGSNÅL, SÅ BEDES DU FORKLARE OG UDDYBE DEM PÅ BAGSIDEN.

VER VENLIG AT LÆSE OG UNDERSKRIVE FØLGENDE UDTALELSE
Jeg bekræfter herved, at jeg har læst og forstået informationen på denne side, og har svaret fuldstændigt og ærligt på alle spørgsmålene, og at jeg ikke har tilbageholdt nogen oplysninger. Mit almene helbred er, så vidt jeg ved, godt.

Navn

Fødselsdato

Underskrift

Dato

SIX MAJOR EMOTIONAL CHANGE PROCESSES

A. Accessing Emotion

1. Increase Emotional Awareness & Symbolization in the Context of Salient Personal Stories.

Symbolizing emotional experience in awareness in order to make sense of one's experience. What am I feeling?

2. Express Emotion.

Expressing changes the self and changes interactions both by mobilizing and revealing self. Overcome control and inhibition. Completion of expression. Neuro-chemical changes.

B. Modulating & Understanding

3. Enhance Emotion Regulation

Explicit regulation. Use deliberate cerebral capacities to contain and regulate maladaptive amygdala reactions (especially fear, rage and shame). Implicit self soothing. Allowing, tolerating, accepting and soothing.

4. Reflect on Emotion.

Making sense of experience. Dis-embedding. Creation of new meaning. Insight. Seeing patterns, understanding in a new way. New narrative construction

C. Transforming Emotion

5) Change Emotion with Emotion.

An alternate self- organization, set of emotion schematic memories, or “voices” in the personality based on primary emotions are accessed by (a) attentional re-allocation or (b) focus on a new need/goal. The maladaptive emotional response is synthesized with, or transformed by, more adaptive emotional response.

6. Change Emotion with New Interpersonal Experience.

New lived experience with another provides a corrective emotional experience. Disconfirms pathogenic beliefs. Provides interpersonal soothing. New success experience changes emotion.