

PSYCHOPHONETICS POST GRADUATE CPD TRAINING COURSE IN

CREATING NEW 'SECURE ATTACHMENT' THROUGH 'INNER-PARENTHOOD' WITH PSYCHOPHONETICS

With Yehuda Tagar, director of Psychophonetics Institute International

"The healthy human soul is the evolving human soul. The real psychopathology is stagnation" Y T

"Attachment theories propose that the physical attachment between parent and child leads to a sense of physical and psychological security. Non-responsive or rejecting interactions with a caretaker lead the child to feel anxiety, insecurity, and low self-esteem. These psychological insecurities inhibit the child's formation of satisfying relationships, including, eventually, one's own children.

Kristin L. Anderson, in Encyclopedia of Violence, Peace, & Conflict (Second Edition), 2008

Attachment theory and attachment trauma (Bowlby and Ainsworth) are relatively recent developments in psychology replacing for many the previously dominant psychoanalytical explanation theories. Grounded in thorough observation of toddlers its explanation of later-life socialising patterns is powerful and widely accepted. But its original orientation remains psychoanalytical, giving overwhelming centrality to deficits in early childhood.

Psychophonetics approach to psychotherapy is fundamentally developmental, future oriented: a drive towards a higher integration of selfhood and personality towards higher personal functionality. We call this approach *PSYCHO-DEVELOPMENT, a Future-Oriented Participatory Therapy*. Past complexes become opportunities for human development, being 're-contextualised' as essential components of becoming a highly functional individual.

Psychophonetics Methodology: Psychophonetics is a modality of holistic personal development, psycho-development, psychotherapy and psycho-somatic healing evolved by Yehuda Tagar in Australia and South Africa between 1991 and 2010. It is a development of Methodical Empathy, phenomenology, existentialism, Person Centred Therapy, Psychosophy and Initiatory Theatre. It engages the deep intelligence of the expressive non-verbal communication of body awareness, body-memory, movement, gesture, visualisation and sounds. These enable the creation of 'Self-Empathy' with one's deep patterns and reality. Psychophonetics process of 'Methodical Empathy' enables safe direct connection with embedded experiences, starting the process of self-healing out of one's own resources.

Psychophonetics addresses the deep human desire to evolve personally and interpersonally, to strive towards their future ideal self in practical ways and to manifest within themselves the 'Real Secure Attachment', their own higher self, secure because no one will ever take it away from them. The fundamental archetypal polarity that was discovered through 'Attachment Theory': 'Attachment and Separation' or 'Relatedness and Self-Definition' – are components of the striving for personal and relationship development of all individuals.

Psychophonetics processes for healing and developing attachment deficits in intra & inter-relationship challenges: 'Inner Child Work', 'Evolving the Internal Adult', 'Self-Parenting Skills', 'Overcoming Defensive Reactions', 'Owning Interpersonal Projection', 'Self-Exploration', 'Self-Empowerment', 'Self-Resourcefulness' and 'The Art of Conscious Relationship'. All these are terms for various Psychophonetics processes of Psycho-development, delivered more as personal training in self-management than traditional clinically based psychotherapy. All Psychophonetics processes are designed to become self-managed skills for upgrading one's life and relationship. These are Psychophonetics processes of 'Self-Processing'.

Creating new 'Secure Attachment' with Psychophonetics - Activating the potential 'Inner Adult': Of the 4 types of encoded Attachment Theory only one of them is healthy: 'Secure Attachment'. The other three types of attachment patterns, developed in infancy and tending to debilitate one's adult relationships, are: 2) 'Avoidant Attachment', 2) 'Anxious Attachment and 4) 'Disorganised Attachment'. The advantages of 'Secure Attachment' are obvious.

In Psychophonetics the biographically missing ideal reality of 'Secure Attachment' is being created by the client from within: we cannot change the past, but out of the core of one's being an 'Internal Self Care-Giver' that was missing in one's childhood can be created anew. On the way to creating this ideal 'Inner Parent' – the entrenched old unconscious survival patterns of instinctive compensations and defences – must be exposed to consciousness, enabling a new 'internal relationship' to grow, based on one's growing new reliability, safety, caring, and adult empathy.

THE FOLLOWING IS A LIST OF MAJOR PSYCHOPHONETICS THERAPEUTIC/DEVELOPMENTAL PROCESSES FOR RECOVERING FROM VARIOUS ASPECTS OF 'ATTACHMENT DEFICITS':

(in every seminar following an introduction – a selection of specific sub-topics will be made for final detailed program)

A. **SELF-PARENTING - INNER CHILD/INNER ADULT - Identifying an internal pattern of 'Inner Child' in need inside the soul and to mobilise/manifest the hitherto un-available 'Inner Parent' into reality and into self-care.**

1. **Classic Inner Child Process** - Discovering that a certain damaging behaviour is coming from a sub personality of an inner child; invoking the new more mature adult that can take care of that inner child; protecting and nurturing the inner child, growing as an adult as a result of it.
2. **Completing specific neglected developmental phases:** 'It is never too late to be a happy child' identifying elements of neglect in various layers of one's biography and of the inner child. Evoking the new inner adult – and providing to the layer in need, what was missing for it in earlier phases.
3. **Healing the Parenting Child** - When parents use a child to take care of themselves – children lose their natural right to be cared for. That pattern can stay active for life, effecting relationship, work and parenthood. The purpose here is to give back the right to a child – to the inner child, now in the care of the new adult.
4. **Child numbness** - Children can numb themselves in order not to feel pain, isolation, disappointment or to bother busy parents. When the inner child is discovered he/she sometimes reports that there is no pain or suffering, when obviously there is. Another level of trust is required for the child to really open up to the adult.
5. **The Collaborator/traitor** - Catching the moment when the Inner Child does not trust the adult and refuses to cooperate with the adult. This is a moment to introduce the strange idea of the inner child accusing the inner adult of collaboration with the enemy: adults betrayed me, they are not to be trusted. Now *you became one of them!* Creating a new start for regaining the inner child's trust.
6. **Apologise to inner child** - When it becomes clear that the oneself, has been one of the major emotional and mental abusers of the inner child over the years - that has been uncovered in the process. A real harm and injustice has been done to him/her. In light of that realisation the counsellor can suggest that an apology is warranted. The counsellor suggesting for the client to go down on their knees and apologise to a representation of the child. This is powerful and often very emotional. The adult asks for forgiveness from the child and repents years of self-abuse. Something deep is being released and healed and purged at that moment. It can drastically change internal relationship.

B. **OWNING PROJECTIONS**

Identifying the invisible internal dynamics which get repeatedly and unconsciously projected into outer people and situations, distorting perception and responses.

Major archetypal types of Representations in projections: There are endless possibilities of projections. Some of them are much repeated – they become predictable. The following are some of the most common types of representations/projections:

1. **Mother Projection** - a. She loves me; b. she rejects me; c. I want her to love me; d. I hate her for rejecting me.
2. **Father Projection** - a. He loves me; b. he rejects me; c. I want him to love me; d. I hate him for rejecting me.
3. **Brother/ Sister/ Lover/ Friend/ Partner projections.** - Same archetype, universal longing of the soul. Lover projection includes all sexual/romantic/life-partner possibilities. Sub-division as above.
4. **Sticky projections 1.: Projecting your Mother at your Mother** - Inner child keeps projecting into your present mother - the character your mother was to you in the earlier phase of your life.
5. **Sticky projections 2. : Projecting your father at your father** - Inner child keeps projecting into your present father - the character your father was to you in the earlier phase of your life.
6. **Projection on children** - Meeting a child is likely to resonate in one's inner child, unconsciously, with unpredictable outcomes. It is amazing to observe what adults unconsciously project at children: father, mother, siblings, authorities, past and present partners, self-critic and enemy. All that has nothing to do with the child. It is a very expensive 'normal pathology'. Identifying that what is going on is a projection, that the child 'represents' something else – is the most difficult task. What follows is a Projection sequence.

7. **Lack of empathy with children** - from parents or teachers, is an emotional block, likely to originate from an old protective block between oneself and a hurt inner child. There is a block that must be explored and removed.

C. **OVERCOMING TRAUMA – VARIOUS DEGREES OF ‘ATTACHMENT TRAUMA’**

(cause not limited to very early years) **Trauma is a destructive experience absorbed into the soul that has not been digested, integrated and rendered non-damaging. Its destructive effects continue until confronted by the ‘I’ and healed.**

1. **Healing child trauma** - Discovering the traumatic story underlying adult dysfunction. Healing it with Psychophonetics as if it is happening now. Requiring understanding of child reality at the age in which the trauma occurred.
2. **Healing adolescent trauma** - The same, Requiring understanding of adolescent reality.
3. **Re-Authorising the right to have a life** - An extension of healing embryonic trauma – re-authorising the right to have a life based on remembering the original choice to be born, based on an authority much higher than one’s biological parents.