

Self-as-context; fostering connection with a perspective of awareness, acceptance, and a stable sense of self.

Overview

Fusion to internal experience can lead to the development of a rigid inflexible sense of self. Attachment to this conceptualised self can interfere with the ability to make changes and to choose and engage in values-based behaviour. This workshop focuses on promoting psychological flexibility by developing the skills to take perspective and contact the self-as-context perspective from which it is possible to face psychological pain. From this perspective clients can contact a coherent sense of self that is greater than, and distinguishable from one's thoughts, feelings and emotions. This fosters psychological flexibility by decreasing attachment to their conceptualised self, keeping centred by taking perspective, facilitating acceptance, defusion, and present moment awareness.

Objectives

Participants will gain knowledge and:

- Understand the concept of self-as-context
- Experience connecting with the perspective of self-as-context
- Learn skills to teach clients to connect with the perspective of self-as-context