


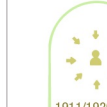

















Psychodynamic / Analytic	Humanistic / Existential	Behavioral								
<p>/ Unconscious drives, childhood experiences.</p> <p>/ (Jung, Adler, object relations) Expanded views of the unconscious, less emphasis on sexuality, greater attention to the self, social context, and development over the lifespan.</p>	<p>(Rogers, Maslow, May): Focus on self-actualization, meaning, and personal growth.</p>	<p>////</p>								
<p>01. PA Psychoanalysis</p>	<p>02. EP / OR / SP / RP / Neanalytic Approaches</p>	<p>03. AP Analytical Psychology Jungian</p>	<p>04. IP / A Individual Psychology Adlerian</p>	<p>05. PC Person Centered Therapy</p>	<p>06. ET Existential Therapy</p>	<p>07. GT Gestalt Therapy</p>	<p>08. BT Behavior Therapy</p>	<p>09. REBT Rational Emotive Behavior Therapy</p>	<p>10. CBT Cognitive Behavioral Therapy</p>	<p>11. RT Reality Therapy /////</p>
/ SIGMUND FREUD	/ ANNA FREUD / MELANIE KLEIN /	CARL GUSTAV JUNG	/ ALFRED ADLER	/ CARL ROGERS	/ IRVIN YALOM / FRANKL /	/ FRITZ PERLS /	/ B.F. SKINNER / WOLPE / /	/ ALBERT ELIS /		
										
1896	1807-1930	1913	1911/1920							
PSYCHOANALYTIC	PSYCHODYNAMIC	PSYCHODYNAMIC / HUMANISTIC / INTEGRATIVE & CONSTRUCTIVIST	PSYCHOEDUCATION / HUMANISTIC / GOAL ORIENTED	HUMANISTIC/EXISTENTIAL	HUMANISTIC/EXISTENTIAL	HUMANISTIC/EXISTENTIAL	BEHAVIORAL	BEHAVIORAL	BEHAVIORAL	BEHAVIORAL
<p>TECHNIQUES: Free association; interpretation of transference; dream analysis</p> <p>GOALS: Resolve unconscious conflict; insight; healthy defenses</p> <p>Instinct Theory [Eros / Life Instinct / Thanos / Death Instinct / Libido]</p> <p>Topographic Model: The Iceberg Approach [conscious / unconscious / preconscious]</p> <p>> conscious awareness of individual / above surface/below surface]</p> <p>Structural Model: The Big Three [id-pleasure principle, Ego-reality principle, Superego-mortality principle]</p> <p>Repression: [Repression / Fixation]</p> <p>Symptoms as Symbols / Defense Mechanisms [Identification / Displacement / Projection / Reaction Formation / Sublimation / Regression]</p> <p>Oedipal Complex / Fixation [oral Stage / Anal Stage / Phallic Stage / Castration Anxiety / Electra Complex / Penis envy / Latency / Genital stage / Realistic Anxiety / Neurotic Anxiety / Moral Anxiety /</p>	<p>TECHNIQUES: interpretation of transference; dream analysis</p> <p>EP= Ego Psychology OR = Object Relations SP = Self Psychology RP = Relational Psychoanalysis</p> <p>GOALS: Integrated self; adapted ego; insight</p> <p>EP = Ego Autonomy / Defenses = Denial, Identification with Aggressor, Asceticism, Altruistic surrender, Turning against the Self, Reversal, Isolation, Undoing / Conflict-Free Sphere / Average Expectable Environment</p> <p>OR = Objects / External / Internal / Introjection / Splitting / Projective Identification / Projection / Impingement / Identity diffusion</p> <p>SP = Selfobject / Disintegration Anxiety / Mirroring / Idealizing / Twin-ship / Optimal Frustrations / Narcissistic Injury</p> <p>RP = Self -inauthentic-false self / Relational Matrix / Drive Theory / Anxiety /</p>	<p>TECHNIQUES: xxxxxx</p> <p>GOALS: /// xxxxxxxx</p> <p>Collective Unconscious, Archetypes, Individuation & psychological types. spirituality, dreamwork / Archetypes / Persona / Personal Shadow / Collective Unconscious / Personality Topologies / Psyche / Individualization / Complexes / The Self / The Shadow / Self-regulating / Introversion / Extroversion / Active Imagination / Theory of Opposites / the transcendent function of dreams / extroversion / compensatory function of dreams / self-regulating purposive psyche / theory of types /</p> <p>"Jung believed that the psyche, or the soul, was driven toward individuation. His psychodynamic psychology revolved around the archetypes within the collective unconscious, as well as the personal unconscious and the ego. The case of Carl Jung's theory system was the belief that the whole of the individual's experience should be respected and included, rather than aspects being pathologized or disavowed; this included the individual's unwanted "shadow" aspects - such as, for example, their aggressive, envious, destructive qualities, as well as their spiritual longings and experiences. Jung's was a vision that embraced the heights and depths of human experience."</p>	<p>TECHNIQUES: Interpretation; encouragement; natural and logical consequences; acting as if; pushing the button; catching oneself; creating images; pleasing someone, paradoxical intention</p> <p>GOALS: /// Convert selfish lifestyle into socially useful one; correct basic mistakes; insight</p> <p>/ Lifestyle / Social Interest / Inferiority Feelings [Inferiority Complex / Superiority Complex] / Basic Tasks [Love / Work / Community] / Basic Mistakes [Self Defeating Cognitions - Overgeneralizations, False or impossible goals of security, Misperceptions of life and life's demands, Minimization of denial of one's worth, faulty values]</p> <p>/ Family Constellation / Birth Order / Private Logic / Masculine Protest / Safeguarding [Protecting Self-esteem] [Dysfunction: Lack of Social Interest / Superiority / Protection of Self-esteem / Anxiety & Depression = Failure in life (The case of little Hans-Castration or pampered child) / Formal Assessment [Formal & Informal] / Interview / The Question ["What would be different in your life if the symptom disappeared?"] / Early Recollections /</p>	<p>TECHNIQUES: No techniques; therapist provides conditions of empathy; unconditional positive regard, and genuineness (congruence)</p> <p>GOALS: Resolve incongruence between self and experience</p> <p>/ Experience / Actualizing Tendency [enhance the organisms growth and autonomy] / Organismic Valuing Process [ongoing self process of evaluating experience, growth] / Self [self-concept / ideal self] / Self-Actualizing Tendency / Need for Positive Regard and Self-Regard [self-system] / Conditions of Love [positive regard motivates seeking love / need for love is so intense -we deny unlovable parts of self] // Incongruence [dysfunction / being vulnerable/ anxious / fear of inadequacy / discrepancy between actual experience and self picture] / Congruence [healthy person] / unconditional positive Regard / Empathy /</p>	<p>TECHNIQUES: Socratic dialogue; dream analysis; paradoxical intention; deflection; bracketing; guided fantasy [attention to nonverbal behavior]</p> <p>GOALS: Understanding of life; authenticity; freedom</p> <p>////// / Modes of Being 181 (distinct ways of being; Umwelt-physical world, Mitwelt-in relation to others, Eigenwelt-inner psychological world, Uberwelt - spiritual world) / Anxiety 182 [Existential Concerns [Death / Freedom / Meaning / Isolation] / Defenses 184 / "Mans Search for Meaning" - Frankl [Tragic Optimism (1) turn suffering into human achievement & accomplishment, (2) guilt is an opportunity to change for the better, (3) take responsibility action] / Tragic Triad - pain, guilt, death) / Authentic / Acting in Bad Faith / Living in Bad Faith</p>	<p>TECHNIQUES: Therapist self-disclosure; dialogues; playing the rounds; making the rounds; taking responsibility; exaggeration; reversals; dream work; bodywork</p> <p>GOALS: Awareness; self-support; harmony with the environment leading to growth</p> <p>/ Contact (external or self contact / seeing/hearing/touching/moving/talking/smelling/tasting // healthy assimilation // contact boundary -differentiation between self & other) / Needs 207 [needs satisfaction, Gestalt "whole", whole or shape, figure/ground, closure, awareness, cycle of experience or awareness] / Polarities [Opposites / life&death / intraego / connection & separation / passive & aggressive / feminine & masculine] / Contact Disturbance [boundary problems / resistances to awareness / modifications / introjection (shoulds) / projection (shouldn'ts) / confluence (cannot separate self from environment/ retroaction (impulse to turn inward) / isolate (loose contact with environment & self) / deflection] // Organism / organismic self-regulation / field theory / interdependence in human life /]</p>	<p>TECHNIQUES: Relaxation; flooding; exposure and response prevention; systematic desensitization; aversive techniques; paradoxical intention; shaping; reinforcement; extinction; punishment; assertiveness training; stimulus control; covert conditioning; modeling; behavioral self-control</p> <p>GOALS: Adaptive behavior</p> <p>/ (1) Classical Conditioning [involuntary, reflective process / Pavlov, bell, food / reciprocal inhibition / anxiety as unconditioned stimulus (UCS) gets conditioned (CS) / conditioned stimulus (CS) [green garden snake = CS] / Extinction = eliminated through repeated presentation] / Stimulus / (2) Operant Conditioning [Operant / Respondent/ Reinforcement / Positive Reinforcers / Negative Reinforcers / Primary Reinforcers / Satiation / Establishing Operations / Behavior Modification / Conditioned Reinforcers / Generalized Reinforcers / Discriminative Stimulus / Generalization / Extinction / Reinforcements / Continuous / Intermittent / Punishment / Shaping] / (3) Observational Learning [Social Learning Theory / Vicarious conditioning / Modeling theory] / other //// Baseline / Functional Analysis / Target Behavior / Self-monitoring / "dead person rule" / Progression relaxation / flooding / response prevention / reciprocal inhibition / aversive counterconditioning / verbal conditioning /</p>	<p>TECHNIQUES: Disputing; bibliotherapy; proselytizing; recording therapy sessions; reframing; stop and monitor; rational coping strategies and rational emotive imagery; flamboyant therapist actions; humor; forceful coping statements; role playing; dialogues; reinforcement; skills training; in vivo desensitization; shame attacking</p> <p>GOALS: Rational thoughts; rational life philosophy, including knowledge of ABCs</p> <p>/ ABCs 273 [A = Antecedent/Activating Experience/Adversity/something that happens / B = Belief / C = Consequence /] / Beliefs 274 [Rational Beliefs (rBs) / Irrational Beliefs (iBs) / Irrational Thinking / Frustration Intolerance] / Goals 275 / Human Worth Ratings and USA 276 [Seeing yourself or someone else as all-good or all-bad / Unconditional Self-acceptance / Self-ratings / Appraisals of Other / Unconditional Other-acceptance (UOA) / Unconditional Life-acceptance (ULA)] / Secondary Disturbances 277 [upsetting ABC experience = we treat CS as activating experiences / Tertiary Disturbances /] / Ego Disturbance / Discomfort Disturbance / Self-deprecation Belief / Ego Anxiety / non-ego anxiety / Asses Beliefs / Inference Chaining / interpersonal nightmare technique / ABCDE Model [clients faulty beliefs must be disputed / D= Dispute / E = Effective new philosophy / inelegant / elegant /] / Disputing [Realistic Disputing / Logical Disputing / Pragmatic Disputing / Philosophical Disputing] / You Feel the Way You Think / Force / Humor / Use of Force & Vigor / Reframing [Self-criticism / reframed / self-help] / Rational Behavior Inventory / Irrational Beliefs Test (IBT)</p>	<p>TECHNIQUES: Questioning; downward arrow; thought experiments; activity scheduling; graded tasks; assertiveness training; problem solving; imagery and role playing</p> <p>GOALS: Modify distorted thought patterns; knowledge of the cognitive model</p> <p>/ The Cognitive Model 312 / Schemas 312/ Beliefs 314/ Automatic Thoughts 315/ Modes ["The way you think affects the way you feel"/ PsychoRealistically" [some might confuse with think positively]/ Faulty Thinking / Behavioral Disturbances / Emotional Disturbances / The Cognitive Model / Perceptions / Automatic Thoughts / Stereotype Theory / Beliefs / Core Beliefs / Intermediate Beliefs / Schemas / Modes / Conscious Control System / Cognitive Distortions / Cognitive Triad / Psychological Dysfunctions / Cognitive Specificity Principle / Guided Discovery / Cognitive Restructuring / Behavioral Activation</p>	<p>TECHNIQUES: doing the unexpected; humor; therapist self-disclosure; metaphor, physical activity /meditation; allowing or imposing consequences</p> <p>GOALS: Healthy choices that satisfy basic needs, especially belonging/love needs</p> <p>/ Basic Needs / Quality World / Total Behavior / Choice Theory / Basic Needs - Survival, love, belonging, power, freedom, & fun / Basic Needs - wants / Quality World/ Total Behavior / Choice Theory "we can not control the behavior of others" //W [wants] D [doing] E [evaluation] P [planning] system, commonly abbreviated as WDEP// //___there and now" focus on choice, ___responsibility, ___commitment, and ___willingness to change. //The counseling process starts with assessing the clients' relationships and unmet needs, exploring what behaviors they are displaying that either assist or interfere with them meeting their needs. / three R's system. ___ Responsibility, ___Right and wrong, and ___Reality /// 5 basic needs [___survival, ___freedom, ___fun, ___power, and ___love/belonging that we attempt to satisfy through our behavioral choices. // 7 Disconnecting Habits - Criticizing, Blaming, Complaining, Nagging, Threatening, Punishing and Rewarding to control.</p>

Behavioral ////	Multicultural & Social Justice Emphasis on identity, systemic oppression, and culturally responsive counseling.	Integrative & Constructivist	Narrative therapy, transpersonal, mindfulness, and neuroscience-informed practices.	Mindfulness / Somatic		
<p>12.</p> <p>SFT</p> <p>Solution Focused Therapy</p>	<p>13.</p> <p>FT</p> <p>Feminist Therapy</p>	<p>14.</p> <p>NT</p> <p>Narrative Therapy</p>	<p>15.</p> <p>DBT</p> <p>Dialectical Behavioral Therapy</p>	<p>16.</p> <p>ACT</p> <p>Acceptance Commitment Therapy</p>	<p>17.</p> <p>EMDR</p> <p>Eye movement desensitization & reprocessing</p>	<p>18.</p> <p>EFT</p> <p>Emotionally Focused Therapy</p>
<p>/ INSOO KIM BERG & STEVE DE SHAZER /</p>  <p>1970'S</p>	<p>/ MARY WOLLSTONECRAFT /</p>  <p>1960'S</p>	<p>/ MICHAEL WHITE & DAVID EPSTON. /</p>  <p>1980'S</p>	<p>/ MARSHA M. LINEHAN /</p>  <p>1970'S</p>	<p>/ STEVEN C. HAYES /</p>  <p>1980'S</p>	<p>FRANCINE SHAPIRO</p>  <p>1987</p>	<p>SUE JOHNSON & LESLIE GREENBERG</p>  <p>1980'S</p>
<p>BEHAVIORAL</p>	<p>MULTICULTURAL AND SOCIAL JUSTICE:</p>	<p>INTEGRATIVE AND CONSTRUCTIVIST</p>				<p>RICHARD SCHWARTZ</p>  <p>1980'S</p>
<p>TECHNIQUES: Questions; asking about the problem; normalizing the problem; compliments; miracle question; scaling questions; prediction tasks; fast-forward questions; first session formula task; surprise task; write, read, and burn; structured fight; doing something different; solution-oriented hypnosis</p> <p>GOALS: Resolve the complaint; increase exceptions to the complaint</p> <p>/ Exceptions / Change Talk Solutions / Strengths & Resources / __ Steve de Shazer __ Insoo Kim Berg __ Bill O'Hanlon __ Many specific interventions, review all including: > Exceptions > Change talk > Normalizing > Compliments > Miracle question > Scaling questions > Breaking patterns</p> <p>/ The principles that guide strategic solution focused therapy can be summarized as a three-part theory: (1) What's the trouble? (2) If it works, do more of it, and (3) If it doesn't work, stop doing it. Do something different.</p> <p>/ 10 solution focused questions The desired situation question. The what's better question. The past success question. Paraphrasing using the receivers words. The scaling question. The miracle question. The exception seeking question. The usefulness question.</p>	<p>TECHNIQUES: Gender-role analysis; self-disclosure; assertiveness training</p> <p>GOALS: Empower client to reach life goals; understand, resist, and subvert oppressive influences</p> <p>/ Gender / The Personal Is Political / / Key techniques self-disclosure, psychoeducation, power analysis, reframing, and social action. /</p> <p>/ There are four major approaches that are unique to feminist therapy which include __consciousness-raising__, __social and gender role analysis__, __socialization__, and __social activism. /</p> <p>/ Feminist therapy is an integrative approach to psychotherapy that focuses on the challenges that women face as a result of bias, stereotyping, oppression, discrimination, and other factors, and how those stressors can negatively affect their mental health. / Most feminists agree on five basic principles—__working to increase equality__, __expanding human choice__, __eliminating gender stratification__, ending sexual violence, and __promoting sexual freedom. Liberal feminism works within a liberal democracy to enact change through legislation.</p>	<p>TECHNIQUES: Externalizing, questioning, visualization; accountability practices; reflection practices; written artifacts</p> <p>GOALS: Re-author preferred narratives</p> <p>/ Stories / Thinness & Thickness / Unique Outcomes / influenced by Michel Foucault, Jerome Bruner, Lev Semyonovich Vygotsky etc. /</p> <p>/ focuses on the client's understanding of his or her own story and how the client's emotions, actions, and problems fit into the context of the story. / contends that we are shaped by our life stories, and that to be human is to construct stories.</p> <p>/ concerned with the deeper meanings in peoples' lives. It involves a process of deconstruction and meaning making.</p> <p>/ core aspects __ The deconstruction of problematic & dominant storylines or narratives. __Breaking the narrative into smaller and more manageable chunks. __Rewriting the script of the problematic & dominant stories.</p>	<p>TECHNIQUES: DBT: core mindfulness skills; teaching distress tolerance and emotional Mindfulness regulation; chain analysis and other behavioral techniques; dialectical, stylistic, and case management strategies</p> <p>GOALS: DBT: teach emotional regulation and trust in the self so the client can live a life worth living</p> <p>/ Validation / Validation of Emotions / invalidation / Emotional Regulation / Emotion Dysregulation / Dysfunction Ways of Regulating Emotions / Primary Target / DBT Diary Cards / DBT Theoretical Framework</p> <p>__The Biosocial Theory. __Behavioral theory. __The Philosophy of Dialectics.</p> <p>/ The six main points of DBT are to develop skills related to (1) accepting circumstances and making changes, (2) analyzing behaviors and learning healthier patterns of responding, (3) changing unhelpful, maladaptive, or negative thoughts, (4) developing collaboration skills, (5) learning new skills, and (6) receiving support.</p> <p>/ The four pillars of DBT are 1. mindfulness, 2. distress tolerance, 3. emotion regulation, and 4. interpersonal effectiveness.</p>	<p>TECHNIQUES: ACT: metaphor; mindfulness techniques, willingness dial; Techniques cognitive defusion techniques; values work</p> <p>GOALS: ACT: free the client from problematic language in order to live a life consistent with cherished values;</p> <p>// The 4 A's: Awareness. Acceptance Action. Adherence. /</p> <p>/ Relational Frame Theory [bigger than / prettier than] / Functional Contextualism / The Purple Unicorn / Values / Cognitive Flexibility / Cognitive Fusion / Psychological Dysfunction / Oppressing Thoughts / Experiential Avoidance / Conceptualized Self / "Chestboard" metaphor "Milk, Milk, Milk" "Values Shopping Mall"</p> <p>/ ACT is based on relational frame theory (RFT), a school of research focusing on human language and cognition. RFT suggests the rational skills used by the human mind to solve problems may be ineffective in helping people overcome psychological pain.</p> <p>/ The six core therapeutic processes in ACT are (1) contacting the present moment, (2) defusion, (3) acceptance, (4) self-as-context, (5) values, & (6) committed action.</p>	<p>TECHNIQUES: Bilateral Stimulation (BLS). Typically eye movements (left-right), but may include auditory tones or tactile tapping. Purpose: Activates both brain hemispheres to facilitate memory reprocessing. The 8-Phase Protocol:</p> <p>The 8-Phase Protocol: (1)History Taking. Identify target memories and assess client readiness. (2) Preparation: Establish safety, build trust, teach grounding/coping (e.g., the "Safe Place" exercise). (3) Assessment: Identify -Target memory -Negative cognition (e.g., "I'm powerless") -Positive cognition (e.g., "I am in control now") -SUD scale (Subjective Units of Distress, 0-10) -YOC scale (Validity of Cognition, 1-7) (4)Desensitization: Use BLS while focusing on the memory until SUD rating decreases. (5)Installation: Reinforce the positive cognition with BLS until YOC increases (6) Body Scan: Process any residual physical tension or body-stored trauma. (7)Closure: Return client to equilibrium; use containment techniques if memory is unresolved. (8) Re-evaluation: At next session, check if distress remains; if not, continue with new targets. • Flootback Technique: Identifies earlier memories that may be linked to the current distress. • Cognitive Interweaves (if client becomes stuck) • Therapist used brief interventions (questions or reflections) to re-engage adaptive information.</p> <p>GOALS: • Desensitize distressing memories and reduce emotional intensity. • Reprocess traumatic material so that it is no longer psychologically disruptive. • Install adaptive, empowering beliefs about self and the past. • Integrate unprocessed trauma into autobiographical memory with reduced physiological arousal. • Enhance functioning in present-day life and promote emotional regulation. • Support nervous system regulation and return to a "window of tolerance."</p> <p>Key Concepts - Adaptive Information Processing (AIP) Model: The brain is naturally oriented toward healing. When trauma is overwhelming, memories get "frozen" in their original form — emotions, thoughts, body sensations: • EMDR activates the brain's innate ability to reprocess this information and restore equilibrium. • Memory Networks: Distressing experiences link to negative beliefs and body memories. EMDR helps relink these to healthier adaptive memory networks. • Dual Awareness: The client holds the memory while also staying present in the room. This facilitates reprocessing in a safe, contained way. • Bottom-Up & Top-Down Integration: • Works with sensory, emotional, and cognitive components of trauma, engaging both body and mind.</p>	<p>TECHNIQUES: Reflection & Validation: Reflect content and emotional experience to deepen connection. •Validate emotional response as understandable and meaningful. •Evocative Responding: Use open, curious, present-tense questions to draw out vulnerable emotions. •Example: "What happens inside when they say that to you?" •Empathic Conjecture: Gently offer possible interpretations to deepen emotional insight. "I wonder if, underneath the anger, there's a part that feels abandoned." •Tracking & Restructuring Interactions: Identify and label negative interaction cycles (e.g., pursue-withdraw). Help clients interrupt and replace them with new, secure cycles. •Enactments • Guide partners to express vulnerable emotions directly to each other. • Therapist supports and slows the moment for emotional safety and bonding. •Heightening • Amplify key emotional moments through pacing, tone, repetition, and metaphor. • Aims to make emotions more accessible and transformative. • Reprocessing Emotional Injuries -Especially in EFT for couples, the therapist guides partners through revisiting and healing attachment injuries (e.g., betrayal, emotional abandonment).</p> <p>GOALS: •Create secure attachment bonds in couples and family relationships. •Access and express primary emotions (e.g., fear, sadness, longing) instead of secondary reactions (e.g., anger, shutdown). • Restructure negative interaction cycles and promote emotional responsiveness. • Foster accessibility, responsiveness, and engagement (ARE model) in relationships. • Support emotional regulation and co-regulation between partners or within the self (in individual EFT). • Deepen emotional experiences to drive systemic, lasting change.</p> <p>Key Concepts • Attachment Theory: Humans are wired for connection. Emotional distress often stems from unmet attachment needs (e.g., safety, closeness, significance). • EFT views conflict as protest against disconnection—not pathology. • Primary vs. Secondary Emotions: Primary emotions are deep and vulnerable (e.g., fear of rejection, grief, shame). • Secondary emotions are defensive or reactive (e.g., anger, sarcasm, withdrawal). • EFT helps clients identify and express primary emotions to deepen intimacy. • Negative Interaction Cycle: Couples get stuck in repeating patterns (e.g., pursue-withdraw, attack-defend). • The cycle—not the partner—is the enemy. • The "Self" in Relationship: In individual EFT, therapy explores how past attachment experiences shape current emotional responses and self-concept. •Three Stages of EFT for Couples: De-escalation: Identify the cycle and soften reactivity. Restructuring Interactions: Create new bonding moments and emotional accessibility. Consolidation: Reinforce new patterns and address unresolved wounds.</p> <p>/ The Self: Innate, undamaged core within each person. Characterized by the 8 Cs: Curiosity, Calm, Clarity, Compassion, Confidence, Courage, Creativity, and Connectedness. / Parts: Natural subpersonalities within the psyche. All parts are welcome and valuable. / Managers: Try to keep life under control (e.g., perfectionism, caretaking). / Firefighters: Act quickly to numb or distract when exiles are triggered (e.g., substance use, association, rage). / Exiles: Hold wounds, trauma, and unmet needs. Often pushed away but deeply impact the system. / Blenders: When a part overtakes the Self. The goal is to unblend so the Self can witness and lead. / Multiplicity is Normal: Having "many parts" is not pathology—it is a natural part of being human. Problems arise when parts are forced into extreme roles due to trauma or attachment injuries. / No Bad Parts: All parts have positive intent, even if their behaviors are harmful. Healing comes from understanding and transforming, not exiling or silencing. / Example Language in IFS: "Can you sense where that part lives in your body?" "Ask the part what it's afraid would happen if it didn't do this job." "Let it know you're here, and you want to get to know it, not judge or fix it." "Does that part trust you yet to lead?"</p>