

# **SUBPERSONALITIES**

**The People Inside Us**



**JOHN ROWAN**

# Subpersonalities The People Inside Us

**Adam Blatner**



## **Subpersonalities The People Inside Us:**

*Subpersonalities* John Rowan, 2013-04-15 We all have had the experience of being divided of being in two minds about something one part of us wants to do this another wants to do that *Subpersonalities* is the first book to do justice to the phenomenon as a normal feature of our psychological life John Rowan argues that we all have a number of personalities that express themselves in different situations and that by recognising them we can come to understand ourselves better and improve our relationships with others Anyone reading this book will run the risk of making quite new discoveries about themselves In looking at where subpersonalities come from John Rowan explores the work of psychologists and psychotherapists from Jung and Freud onwards and adds insights gained from his own work as a therapist and counsellor He relates the journey of discovery that he himself undertook in search of his own subpersonalities The result is a fascinating book that challenges our accepted view of ourselves and provides an intriguing picture of how human beings work and why communication between them so often goes wrong *Subpersonalities* is a book for anyone interested in their own personality and how it helps or hinders their everyday life

**Subpersonalities** John Rowan, 1991 *American Rehabilitation*, 1990

*Cult and Ritual Abuse* James Randall Noblitt, Pamela Sue Perskin, 2000 A personal but also scholarly journey into the clandestine and confusing world of ritual abuse this book provides unique insights into the catastrophic experiences of ritual abuse survivors and their efforts to find healing through psychological treatment This revised edition provides contemporary revelations about cults in existence today and also new therapies developed since the first edition was published in 1995 Co authored by a clinical psychologist and the executive director of a professional organization dedicated to treating survivors of cult and ritual abuse this edition will be of interest to both academic and professional markets The special legal dilemmas survival problems and day to day life experiences of these survivors are examined in a scholarly but sensitive manner The book presents the idea that ritual abuse is an age old phenomenon found in many cultures throughout the world That ritual abuse causes a variety of specific psychiatric symptoms is noted Special attention is given to the diagnosis dissociative identity disorder that is frequently found among ritual abuse survivors Suggestions are offered for effectively dealing with the various social and legal problems that result from this severe form of abuse New diagnoses cult and ritual trauma disorder are proposed for this newly identified problem

*The Primal Wound* John Firman, Ann Gila, 1997-01-01 Argues that a primal wounding of the human spirit occurs in earliest human life that disrupts fundamental relationships and leads to anxiety loneliness and alienation and shows how this wounding can be redeemed through therapy and through living one's life differently

**Discover Your Subpersonalities** John Rowan, 2013-04-15 Have you ever felt there is more than one you That sometimes you are one type of person sometimes another Do you ever find yourself saying yes when you meant to say no Or deciding to do one thing then actually doing another Most of us have had this experience of another personality taking us over causing us to behave in an unintended way Why do we do it What's going on Well known psychologist and writer John

Rowan shows how each of us is made up of a number of subpersonalities Some may help us some may hinder us If we want to be in charge of our inner world we had better find out who they are and what they do John Rowan has written this book specifically to enable you to do this Lively and entertaining with questionnaires and simple exercises Discover Your Subpersonalities will enable you to get to know the people inside you      *Becoming What Is Changing: Exposition* Veerle De Bock,2013-05-10 Becoming What is Changing You Are the Perfect Tool to Achieve This Universal Principles for Transforming Self Systems Organizations Our world is changing Our technology is changing the way we live and communicate Modern science opens gateways to new world views The rate at which we are exposed to new information new paradigms and new ideas is accelerating every day Amidst all this overwhelming change there is an inherent intelligence in the Universe that continuously self organizes We have the choice to align with this intelligence or continue to operate within old structures in government business education healthcare and even in our personal lives We often cling to hierarchical models which no longer work for us Those at the top of the ladder are fearful of what might happen if they relinquish control Those at the bottom surrender responsibility to those above Many of us easily get stuck in a pattern of blaming the system for everything that goes wrong But the truth is we are ALL the system Whether you are a seasoned CEO or an entry level employee YOU have the ability and the responsibility to engage with the system as a living being composed of all those involved In Becoming What is Changing Universal Principles for Transforming Self Systems Organizations Volume 1 Exposition author Veerle de Bock integrates more than two decades of experience within the healthcare industry along with years of work as a teacher supervisor and process facilitator to bring you a candid and refreshing look at how we can reinvent the way we operate within our organizations and allow our systems to become living beings with a capacity for self organization In Becoming What is Changing volume 1 you ll find dozens of valuable anecdotal examples of real life situations combined with a wealth of practical concepts skills and tools you can apply in any scenario such as Your full potential Fresh perspectives on discovering who you really are and how to bring your whole self into your organization Dynamic facilitation A new way of meeting and listening that can help your team find solutions to problems you thought were impossible to overcome Life pulse Understanding the natural life cycle of organizations and ideas so you can identify the right time to reflect and the right time to ACT Witness Ask Experience A reflective tool to help you and your organization discover where you are stuck so you can move forward 100% Responsibility Learning how to take responsibility for what is happening in the moment including the responsibility for being open and understood Plus many others A Call to Action to Idealists Change Makers and Social Reformers If we simply continue to complain about the old system we are only colluding with it But when we are ready to let go of blame and judgement and take full responsibility for whatever happens to us and around us we can attune with the change that is already happening in the Universe and we can achieve truly great things in our organizations our lives and the world at large So are you ready Then Becoming What is Changing is THE book for you      The Psychologist ,1993

*Psychology and Personal Growth* Nelson Goud,Abe Arkoff,1997 A collection of essays articles excerpts from longer works drawings and photo essays selected to apply psychology to personal development organized by themes of identity human communication growth dynamics feelings and emotions human relationships and a quality life Discussion questions f

Foundations of Psychodrama Adam Blatner,2000 A companion to his now classic *Acting In* Springer 1996 *Foundations of Psychodrama* presents a framework for integrating psychodrama with other methods of practice The third edition developed from a 1985 monograph had wide appeal to students and practitioners of psychodrama as well as functioning as a fresh stimulus to psychotherapy education pastoral counseling and other helping roles This fourth edition takes account of the increasing work in the field in the 12 years since the last edition and includes a good deal of new material designed to present a more specific rationale for the use of psychodramatic methods while constructing a more logical sequence of events Dr Blatner has made a great book even better Author s Website The Publishers Weekly ,1990 *The Transpersonal Relationship in Psychotherapy* Petrůska Clarkson,2002 Psychology and Personal Growth Abe Arkoff,Sonja Jurick,1993 For thousands of years humans have communicated with one another and explored the meaning of life This book answers some long sought after questions This classic book is comprised of over six dozen articles drawings and photo essays selected to apply psychology to your development as a person These selections explore six themes identity human communication growth dynamics feelings and emotions human relationship and quality of life Readings have immediate relevance and application to everyday life and provoke thought and discussion More than half the readings to this edition are new **The Dialogical Self** H. J. M. Hermans,Harry J. G. Kempen,1993 Contemporary research in personality social psychology and sociology has renewed an interest in the self This volume argues that the self may consist fo multiple selves any of which may interact with each other in a dialogical fashion The self is presented as a non unitary embodiment that transcends the limits of individualism and rationalism Beginning with philosophical discussion of the self this volume discusses the decentralization of the self in narrative psychology the retreat of the omniscient narrator in literary sciences the genesis of self knowledge in children and the concept of modern society as a multiplicity of collective voices

Client-Centered and Experiential Psychotherapy in the 21st Century Jeanne C. Watson,Rhonda N. Goldman,Margaret S. Warner,2002 This book includes 39 papers presented at the International Conference on Client Centered and Experiential Psychotherapy held in Chicago in May 2000 This international collection of papers spanning theory and practice across classical client centred to experiential psychotherapy offers a rich diversity of thinking and opinion *Choice* ,1990

**American Bookseller** ,1989 Multiple Personality and Dissociation, 1791-1990 Carole Goettman,1991

**Meditation for Everybody** Louis Proto,1991 Aimed at readers concerned with coping with a stress the author s emphasis is on health and well being rather than religion and truth seeking A series of different techniques are offered together with advice on how to use them to improve physical and mental health Whitaker's Books in Print ,1998

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