

Peer reviewed article

Healing Inner Conflict (HIC)

Workshop presentation by David Gotlieb

- Offers an understanding of disturbing behaviours as 'healing trying to happen'.
- Explains why we behave in ways we regret and facilitates change.
- Uses a set of eight A4 floor cards that act as a simple guide to follow signals of disturbance to the exact place where internalized trauma and protective mechanisms play themselves out in the present moment.
- Offers a tangible experience of wellbeing based on the ability to bring effective adult strategies to where it's required internally and externally. This can be achieved in a matter of hours depending on the individual.
- Owes much of its simplicity to Dr Richard Schwartz's 'Internal Family Systems', Dr Arnold Mindell's 'Process Oriented Psychotherapy' and Dr John Briere's 'Self Trauma Model'.

In the workshop participants will gain some practical experience and understanding of the following key issues:

- A. Dissociation as a function allowing the ability to deal with overwhelming experiences. Using dissociation consciously in the present allowing the ability to deal with residual experiences of overwhelm in need of healing.
- B. People's behaviour when not 'triggered' (acting from 'ideal self') is completely different to when they are 'triggered' (acting from 'trained self'). Erroneously explained as "I lost control", "I wasn't myself".
- C. The distinctions between Anger/Fear and Sadness. Anger and Fear are a paired set. They are essential as the motivational force of the Fight/Flight mechanism in survival situations including childhood dependent stage. The internalization of criticism (anger) to override unique expression into paralysis (fear) in order to force out compliance and thus survival is essential in childhood and nonessential in most adult situations. Sadness needs consoling (permission and encouragement).
- D. Emotional pain/disturbance is just as purposeful as physical pain/disturbance. Both have the essential role of forcing us to pay attention to that which requires healing.
- E. When an adult part can bring a healthy relationship to Anger, Fear and Sadness healing happens.
- F. Effective strategies on how to set AND enforce limits internally and externally are essential in order to deal with the above in a healthy way.

The 4 most common internal/external behavioural mechanisms that match developmental stages of human development:

1. Child Method - Internalised criticism/intimidation. Intention – to override unique expression in order to comply with perceived authority.
2. Adolescent Method – External criticism/intimidation. Intention – to override perceived authority's expression in order to avoid compliance and reclaim unique expression.
3. Adult Method – Internal criticism/intimidation of Adolescent Method's criticism/intimidation. Intention – to override criticism/intimidation in order not to jeopardize the job/marriage etc.
4. Self-Medication Method – Ex-

ternal use of pseudo-satisfiers (sex, drugs, rock'n'roll or any repeatable behavior that works). Intention – to avoid by means of distraction, the inevitable sadness (perceived as too overwhelming/non-survival oriented) when fight/flight mechanisms eventually fail. The extreme of this is internal euthanasia (suicidality) perceived as the only way to stop a pain there seems to be no cure for.

Participants will receive a copy of my comprehensive e-book 'Healing Inner Conflict' and a set of floor cards. 😊

BIOGRAPHY

David Gotlieb, Counsellor, Private Practice, Bowral/Sydney, NSW

I have been counselling for more than 25 years using many modalities leading to the refinement of 'Healing Inner Conflict' as the predominant model I use. It is the most holistic and time effective modality I have worked with. I did my Graduate Diploma in Social Ecology including a mini-thesis on 'Men, Violence and Community Response' sponsored by the Dept of Women. I followed that with a Masters in Applied Science majoring in Critical Perspectives in Psychological Practice (both at UWS). I worked in NGO's including Sydney City Mission Wilderness Program, Burnside, Wingecarribee Family Support (10years) and gradually developed my private practice in the Southern Highlands and Sydney over the past 15 years. I offer individual and group supervision, workshop facilitation including the Men's Support Group for Breast Cancer Institute at Westmead Hospital (10 years). I work in a down to earth way, combining humour, precision and tangible outcomes. 😊