

Thematic Transformation: A New Healing Technique

Over the late winter and spring of 2005, I began developing something new. I was looking for ways to transform the fundamental themes and concepts that often repeat in a stubborn pattern throughout our lives. These are themes that cause us so much dissonance and distress: recurring issues with love, fear, commitment, anger, etc. Often, we get stuck in a habitual pattern with one of these themes, in a way that doesn't serve us, that causes us pain and frustration, and we wonder why we repeat the same patterns over and over, even when we see it, and we know it's not what we want.

This new technique is a way of engaging the pattern and shifting into a healthier, more life-affirming relationship with it, so that we can move forward without the same level of conflict. This makes us stronger and more resilient, as well as more essentially, authentically who we are meant to be.

If the fabric of our lives has threads and strands, it is as if we are untwisting them. Or to use a different metaphor, it is as if we pick up rust along our journey, and we need to polish again, to remove the rust so that we can shine through fully.

My new technique focuses on our need for this repair. It addresses our relationship with particular themes in our life in a healing, gentle, supportive, yet profound manner.

Examples of themes that come up include:

- Love
- Commitment
- Trust

- Safety
- Femininity/Masculinity
- Freedom
- Forgiveness
- Happiness;

or sometimes it is appropriate to work with “negative” themes such as:

- Guilt
- Fear
- Panic
- Weariness/Exhaustion
- Separateness
- Sorrow
- Despair

Working with one concept can take 20-40 minutes, and a session can include one to three concepts. You can set up a session to do this work exclusively, or you can include it in a regularly scheduled session.

I am very excited about the changes Thematic Transformation has been affecting in myself and my clients over the past few months; the feedback has been great. I look forward to continuing to develop and share this transformative work.