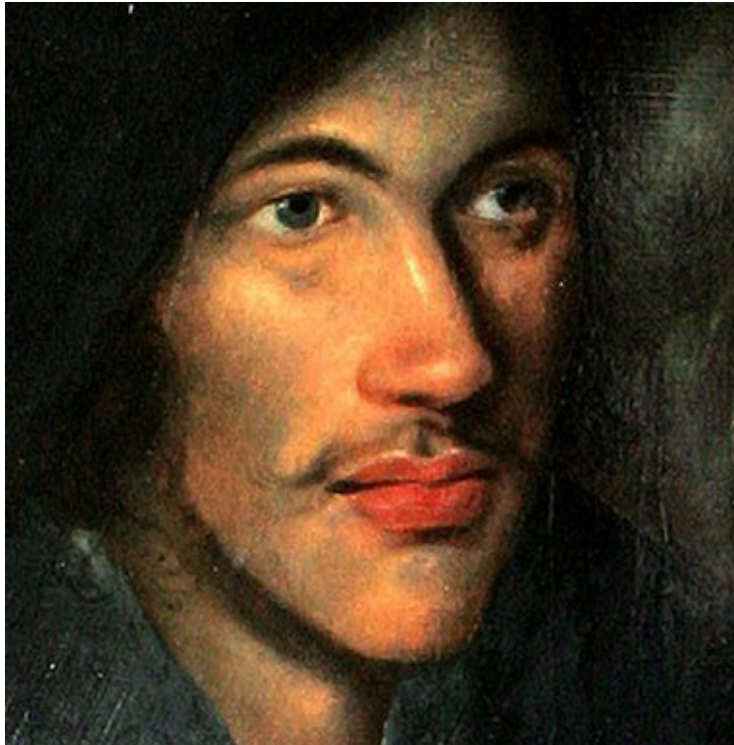


PUNK PSYCHOLOGY



“No man is an island,” poet John Donne (1572-1631) famously said. “Never send to know for whom the bell tolls; it tolls for thee...” It’s your funeral Buddy, as well as the dead guy’s burial. We are all in this together!



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Thing is, nothing happens to us that doesn't also happen to the people around us. We are part of a dynamic system of inter-relations. It's astonishing that other schools of growth and development don't take these multiple-personality dynamics more seriously.



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We impacted them; but **THEY IMPACT US. It's rather like an echo; it's our voice that shouts but the echo comes right back to us. And the sound bounces around the environment a good deal, before it finally fades.**

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**Virginia Satir (1916 - 1988)
invented “conjoint family therapy”,
recognizing the fact that the whole
family group is a dynamic, almost
like a separate individual, with its
own case. If one individual got cured,
another would sometimes fall ill
instead!**





PUNK PSYCHOLOGY

Sadly, a lot of psychotherapy and counseling is just “victim-oriented”, meaning the person is suffering with no control over what happens. That’s a little too passive for us. Moreover, it supposes “good” and “bad” players. It’s rarely that simple!



A person's view on things that have happened to him or her changes dramatically, if the point of view (POV) of the other players is assumed.



PUNK PSYCHOLOGY

A person's view on things that have happened to him or her changes dramatically, if the point of view (POV) of the other players is assumed. **This is rather easy to do: it seems we always know what the other person is thinking and feeling, deep down inside!**



In Punk Psychology™ we actually use this knowing to get more insight and more healing. We simply have the client take up the other person's POV and run the episode all over again!

The logo for Punk Psychology features the words "PUNK" and "PSYCHOLOGY" in a bold, purple, stylized font. The background is a vibrant, abstract watercolor-style splash of colors including yellow, orange, red, and blue.

PUNK PSYCHOLOGY

In Punk Psychology™ we actually use this knowing to get more insight and more healing. We simply have the client take up the other person's POV and run the episode all over again! **Obviously this gives a new narrative, new emotions and new sensate awareness...**



PUNK PSYCHOLOGY

The point is that perps (perpetrators) have their own motives, actions and emotions too. What did the rapist feel at the moment he was carrying out the brutal assault? What in God's name was she thinking of when she walked out the door? Why did Mom always talk to me that way?



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If you occupy the viewpoint of the domineering husband, the inept boss at work, the chump who stole your first girlfriend, and find his emotions, and what disastrous thought computation he was struggling with, suddenly you are released and cleansed from something you didn't even think belonged to you!



PUNK PSYCHOLOGY

By having the client see the events of their lives through the eyes of others and with the others' feelings, we gain a far deeper insight into the meaning of what we jokingly call "life". It builds compassion. It builds wisdom.



PUNK PSYCHOLOGY

We can all sense each others' emotions. They impact us (think of a time when your lover or friend was down and remember how you felt as a result). The brilliance of Hypnoetics™ is that we can process the charge of other individuals involved in the story.



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You can run a child's miserable life, because father was an abusive bully. But then you can run the same story from the father's point of view. Buckets of charge will come off . And the injured party will begin to see things about the father's life that mitigates the pain of his violence and cruelty.



PUNK PSYCHOLOGY

Then we have a wicked mother who was thrashed and abused by Catholic nuns at school. Or the lover who was jilted wretchedly and who can now, no longer love in earnest. The flirt who was so crushed at school that he or she cannot feel loved and therefore cannot seriously love.



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So! How do we do this?

It's actually very easy. Just ask the client to assume the other person's point of view! Like the "Make It NOW" method, you pester them: make sure you are seeing this from Jane's point of view, be there, be her... etc.



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You might find that it begins in a different place for the other person. Move to their beginning and then have the client work through it. You want to hear the “I am..” etc. Not “she did...” language.



**If the person slips out of it, just gently nudge them back with a reminder:
Please get back to Jane's POV.**



PUNK PSYCHOLOGY

If the person slips out of it, just gently nudge them back with a reminder:

Please get back to Jane's POV.

Now remember, we can do the emotional "flooding" from Jane's POV. We can look for her emotions, her actions, her thoughts, etc.



PUNK PSYCHOLOGY

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What viewpoints?

Anyone involved in, or influenced by, the occasion in question!

Other players, body parts, even objects (run a car's sorrow in being the cause of a death!), even God's POV!



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Final note: sometimes, after running other POVs, we need to come back to the person's own identity and clean that up. New charge may have been stirred up by seeing things from other points of view.



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**We may get psychic connections and people who have been out of communication for years, even decades, suddenly call the client!
So we really are cleaning up deep psychic space, as well as just “memory”.
Very satisfying!**