

Here's what people are saying about

Life Skills:

Improve the Quality of Your Life with Metapsychology:

“This is the first time I read about Applied Metapsychology in clinical practice. I am lucky to have come across a concise, eminently-readable, empathic, joy-filled, hands-on text. Replete with examples, exercises, episodes from the author's life, and tips - this is a must for therapists (the book uses a much more benign term: "facilitators"), clients, and anyone who seeks heightened emotional welfare - or merely to recover from a trauma.”

—Sam Vaknin, Ph.D., author of “Malignant Self Love - Narcissism Revisited”

“Marian K. Volkman's *Life Skills* is a serious, impressive, and thoughtful work with one objective in mind: teaching how to reach one's full potential in practical, pragmatic, easy-to-follow steps that will literally change one's life. This masterpiece of a survival guide will benefit all who turn its pages. The chapter on the importance of relationships is worth the price of the book alone, as most problems in life are relationship-oriented.”

—James W. Clifton, M.S., Ph.D., LCSW

“*Life Skills* by Marian Volkman is not to be read once and then put away. It is a guide to living a full, satisfactory life, a philosophy, a challenge. If you take the trouble to do the exercises the way the author suggests, they *will* change your life. When I edit a book, I look at words, sentences, and the way ideas are expressed and related to each other. With this book, I continually found myself thinking about the meanings the author discussed, relating them to my own experience, applying them to my own life. I think this shows the book's power. As a psychologist, I know that my work will have been improved through my reading of *Life Skills*.”

— Robert Rich, M.Sc., Ph.D., M.A.P.S., A.A.S.H.

Explorations in Metapsychology Series:

- *Beyond Trauma: Conversations on TIR, 2nd Edition* by Victor R. Volkman
- *Traumatic Incident Reduction, 2nd Edition* by Gerald French and Chrys Harris, Ph.D.
- *Life Skills: Improve the Quality of Your Life with Metapsychology* by Marian K. Volkman
- *TIR and Metapsychology Lecture Series* (MP3 CD) with Frank A. Gerbode, M.D. et. al.

Series Editor: Robert Rich, Ph.D.

*“To be what we are,
and to become what we are capable of becoming,
is the only end in life”*

—Robert Louis Stevenson (June 1880)

Loving Healing Press is dedicated to producing books about innovative and rapid therapies which redefine what is possible for healing the mind and spirit.



L o v i n g H e a l i n g P r e s s

Life Skills

Improve the Quality of Your Life
with Metapsychology

By Marian K. Volkman

Life Skills: Improve the Quality of Your Life with Metapsychology

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L o v i n g H e a l i n g P r e s s

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Thanks also to my esteemed colleagues and fellow seekers in all subjects that aim to increase not only our understanding of human potential, but also to expand the apparent limits of that potential.

Thanks to my parents, Arie and Ellie Klopp, who started me out on the road to the exploration of human potential.

I owe a great debt of gratitude to writers who have informed and inspired me. A list of the books I mention herein appears in Appendix B.

Grateful thanks to Robert Rich, Ph.D. No one could ask for a wiser or more insightful editor. He is innocent of any oddities of language or punctuation that remain in this volume. They are mine alone.

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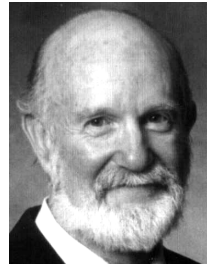
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Finally, thanks to my dear family, to whom I dedicate this book.

About our Series Editor, Robert Rich, Ph.D.

Loving Healing Press is pleased to announce Robert Rich, Ph.D. as Series Editor for the *Explorations in Metapsychology Series*. This exciting new series brings you the best of Metapsychology in practical application, theory, and self-help formats.

Robert Rich, M.Sc., Ph.D., M.A.P.S., A.A.S.H. is a highly experienced counseling psychologist. His web site www.anxietyanddepression-help.com is a storehouse of helpful information for people suffering from almost any way we can make ourselves and each other unhappy.



Bob is also a multiple award-winning writer of both fiction and non-fiction, and a professional editor. His writing is displayed at www.bobswriting.com. You are advised not to visit him there unless you have the time to get lost for a while.

Two of his books are tools for psychological self-help: *Anger and Anxiety: Be in Charge of your Emotions and Control Phobias* and *Personally Speaking: Single Session Email Therapy*. However, his philosophy and psychological knowledge come through in all his writing, which is perhaps why three of his books have won international awards, and he has won many minor prizes. Dr. Rich currently resides in Wombat Hollow in Australia.

About the Cover

The 3-D hands were designed by Fred Himebaugh (FredoSphere.com) using Imageware 12. This image was then layered with Hubble Space Telescope imagery of V838 Monocerotis (approx. 20,000 light years distant) as captured on 2/8/2004. Creative director for the cover design was Victor R. Volkman.

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Introduction: How to Get the Most from this Book

This book provides you with some fundamental Life Skills for enhancing your abilities:

- To be fully present.
- To increase your knowledge and awareness of how life works.
- To bring about positive change in your mental and emotional world, which makes bringing about positive change in the outer environment much easier to do.
- To access more of your potential through practical exercises.

I personally detest books that tell me what to do, for example, books with suggested exercises that say something like: “Do everything in order,” or, “Write everything down; don’t just think about it.” We all process information in our own ways. The exercises are suggestions only. I invite you to read and use this book in whatever way suits you best. Each time a word with a definition particular to this subject is used, it has been *italicized*, indicating that it is included in the glossary (see Appendix A).

The purpose of this book is to make all of these tools handily accessible for therapists and practitioners of all types, their clients, and people who wish to use them, either individually or in a group setting. This is the first book written with the purpose of making these tools available directly to the reader for use in daily life.

Life Skills is based on the practical use of concepts from Applied Metapsychology. While no one would claim that this subject contains everything you need to know about life, it does provide tools and strategies that I have found among the most useful I have ever encountered. I use the philosophy and methods of Metapsychology with my clients in one-on-one sessions. They come to me for a variety of reasons, because they are seeking: resolution and relief from traumatic experiences, better relationships, personal growth, more success, or increased awareness. Because my aim is to empower my clients as much as I can, I have taught the concepts and methods covered in this book to individuals for many

years. In return, my clients have taught me much too. That is one of the reasons why I love this work, the continual opportunity for learning and insight. I invite you to explore these concepts, to try them on for size, and to see where they fit within your own wise understanding of life.

Because Metapsychology is person-centered in nature, you can incorporate these tools into your own frame of reference. What have you observed as being true? What works for you? I am much less interested in selling you on any of these ideas than I am in inviting you to think about all of these things and to draw your own conclusions.

One of the things I like most about the work of Frank A. Gerbode, M.D., is that it is *person-centered*. When making use of Applied Metapsychology in one-on-one sessions, we call our practitioners *facilitators*, rather than counselors or therapists so as to emphasize the idea that the practitioner's job is to bring about the safe time and space of the session for the client to do the important work of that session. The facilitator provides structure and guidance to allow the client ("viewer") to see things as they come, which turns out to be the most effective way to get the job done. We can't get inside another person's mind. We can only ask him/her to look and tell us what s/he sees. Things shift and change for the viewer during the process of *viewing*.

All of the exercises in this book are meant to be done from a *person-centered* point of view. This means that the viewer is in a completely non-judgmental, accepting, warm atmosphere. If you do them on your own, try just acknowledging and being with your responses to the exercise, rather than criticizing or judging them. If you are doing the exercises in pairs or with a group, listen, understand and acknowledge what the other person says to the best of your ability.

Finally, I invite you also to consider taking the TIR (Traumatic Incident Reduction) and Metapsychology training, whether or not you have or want to have a career in the helping professions. There is a great deal to be gained from this training in terms of personal life skills. (For more details see www.tir.org and www.beyondtrauma.com.)

Use of this Book by a Reading or Study Group

Though any individual or any pair of people can effectively put the information and exercises presented here to work, this book is ideally suited to groups who read or study together. Group discussion always improves the depth of one's understand of new material. After discussion the exercises can be done in pairs.

If you:

1. Ask each question of your partner.
2. Listen attentively to his/her answer (long or short).
3. Acknowledge that answer so that your partner knows that s/he has been heard and understood. (Something simple like, "Good" or "OK" or "All right" works best.)
4. Refrain from comment, judgment or interpretation.
5. Take each exercise to an end point of your partner feeling complete and satisfied.

You are doing facilitation. While there is a lot more to know about this subject, especially if you want to use it in a professional context, these techniques used in a personal growth context can be effective in promoting increased quality of life. When people work together like this, taking turns to do the exercises, we call it *co-facilitation*.

If a group were to study and practice all of this material, they would have a new set of skills, both as individuals and as a group.

If you like the idea of working this way but lack a handy group to work with, you have the option to start your own local study group. Another option is to join an online study group. To join, setup, or find an online study group, go to www.BookMovement.com and search for "Life Skills".
