

the inner transition and the psychology of change

some ideas

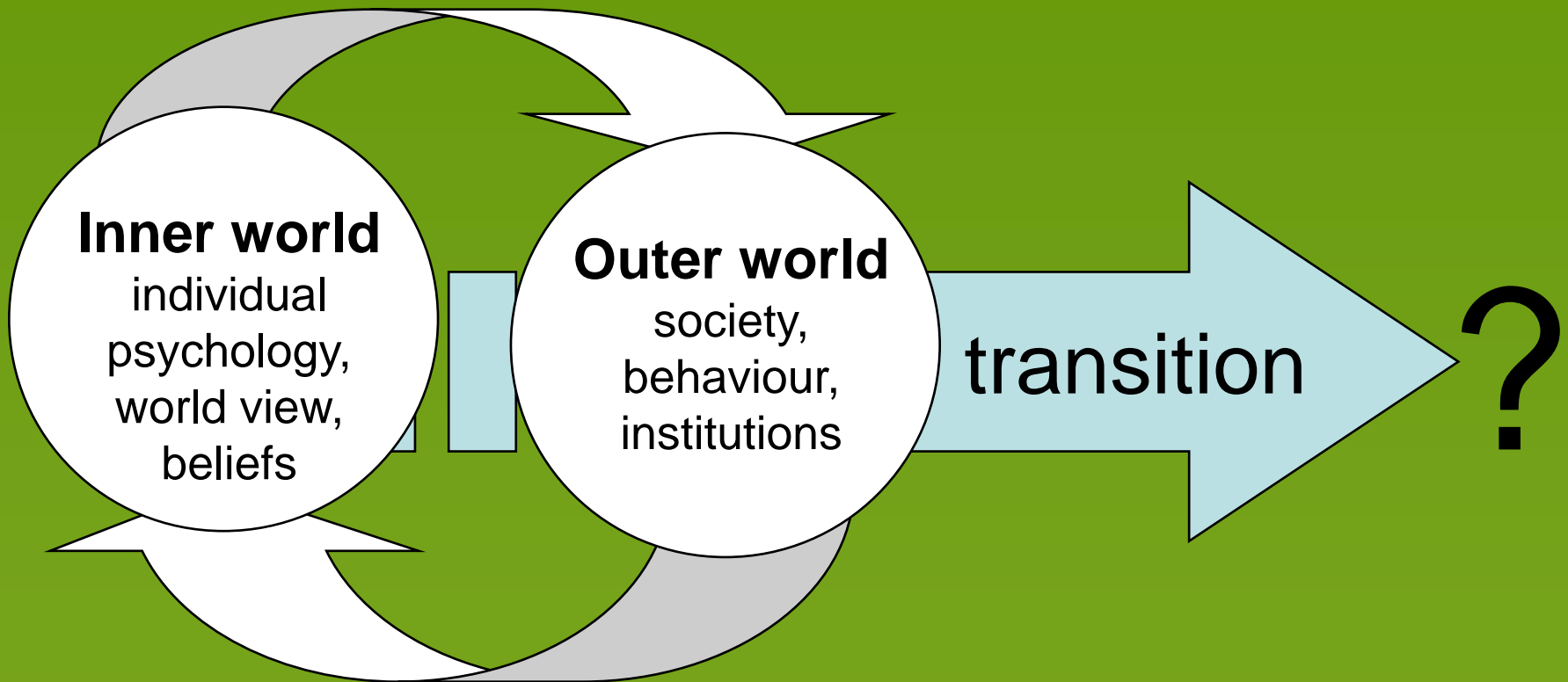
three questions

- *What inner beliefs underlie our outer world?*
- *Where do these come from and how can we change them?*
- *How can the transition movement support inner transition?*

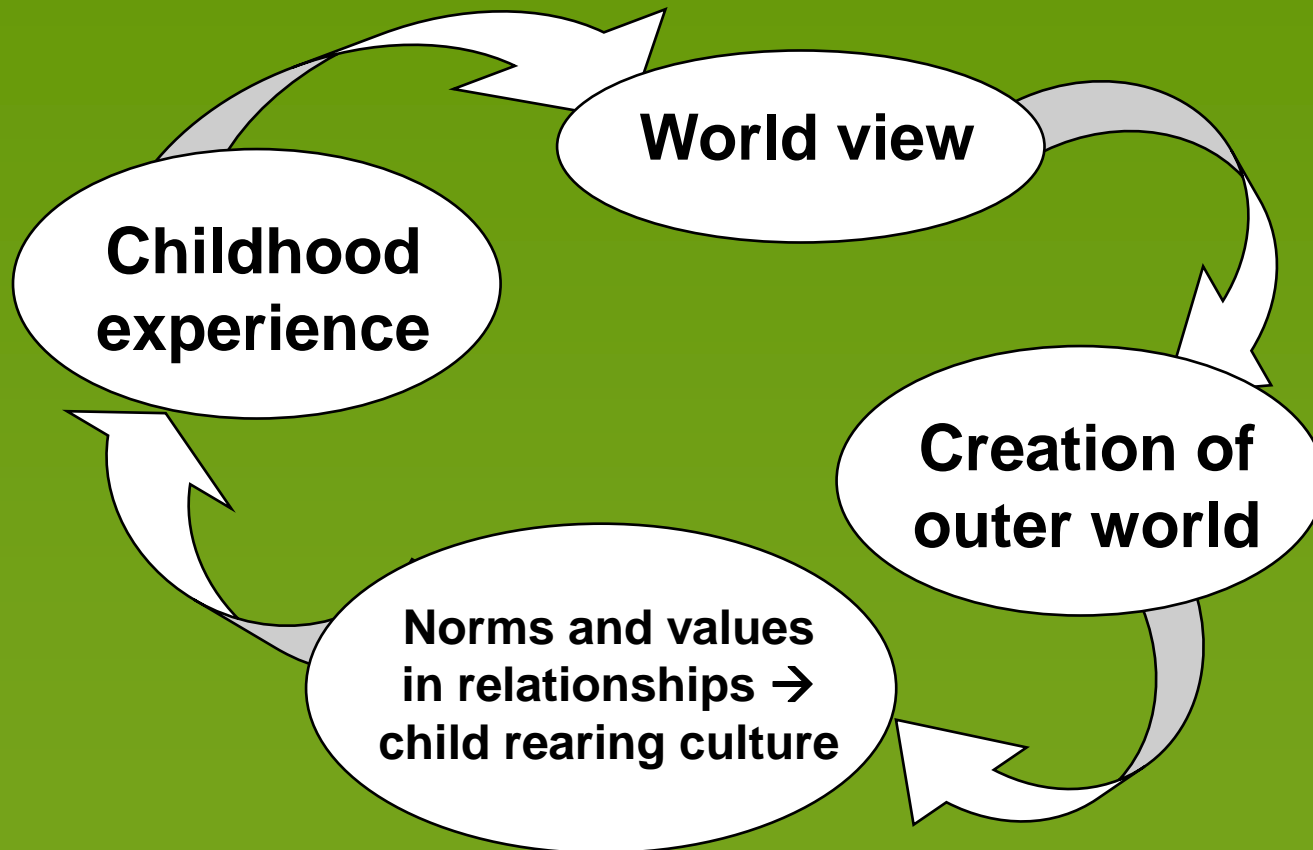
sources

- the work that reconnects
- systems theory
- ecopsychology
- addiction and change models
- psychotherapy
- indigenous wisdom

inner and outer



inner and outer



paradigm shift

paradigm shift..

“You can never solve a problem on the level on which it was created.”

Albert Einstein

“Indigenous people of South America, who still live in their traditional Earth-honoring ways, refer to our modern worldview as our "dream" and have urged us, for the sake of all life, to "change the dream of the North".”

Pachamama alliance, www.pachamama.org

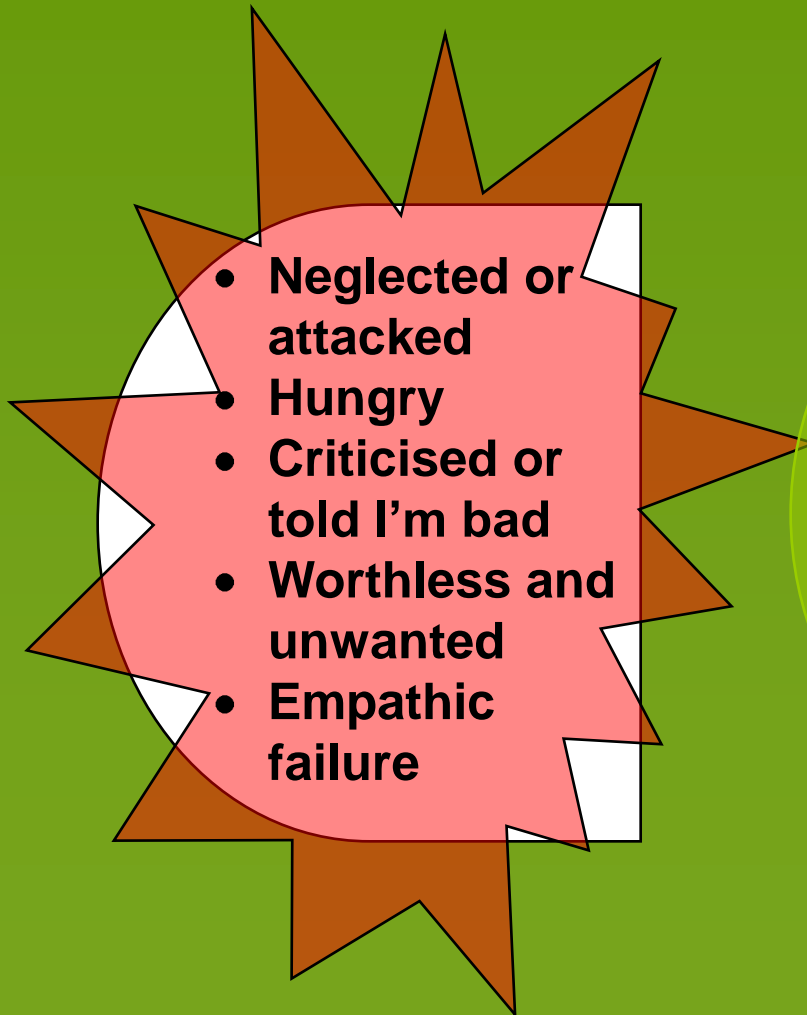
“The problems of the world cannot possibly be solved by sceptics or cynics whose horizons are limited by the obvious realities. We need people who can dream of things that never were”

John F Kennedy

inner world

good and bad reality

Unsafe; bad reality

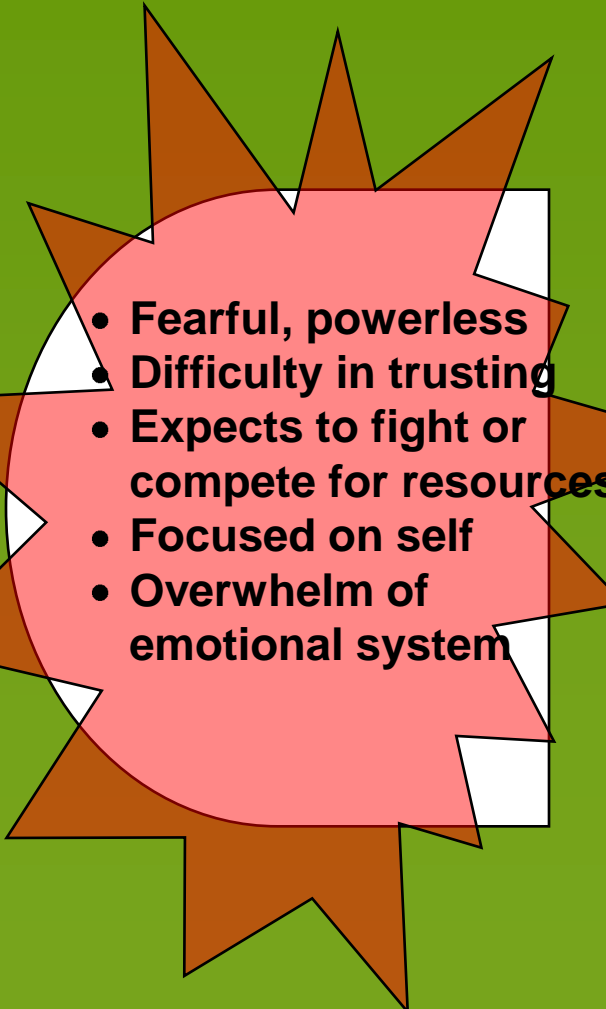


Safe; good reality

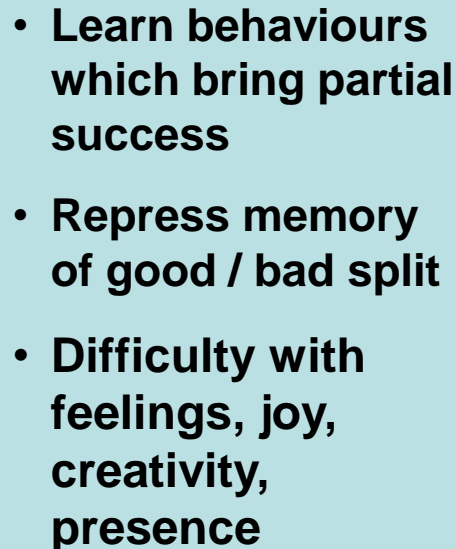


response and adaptation

Unsafe; bad reality

- 
- Fearful, powerless
 - Difficulty in trusting
 - Expects to fight or compete for resources
 - Focused on self
 - Overwhelm of emotional system

Adapted self

- 
- Learn behaviours which bring partial success
 - Repress memory of good / bad split
 - Difficulty with feelings, joy, creativity, presence

Safe; good reality

- 
- Empowered
 - Trusts others
 - Happy to share
 - Concern for others
 - Connected to group
 - Feel and express emotion clearly
 - Experience joy, creativity, presence

resulting personality structure

Potential



capacity for
experiencing
wounding and
potential are
linked

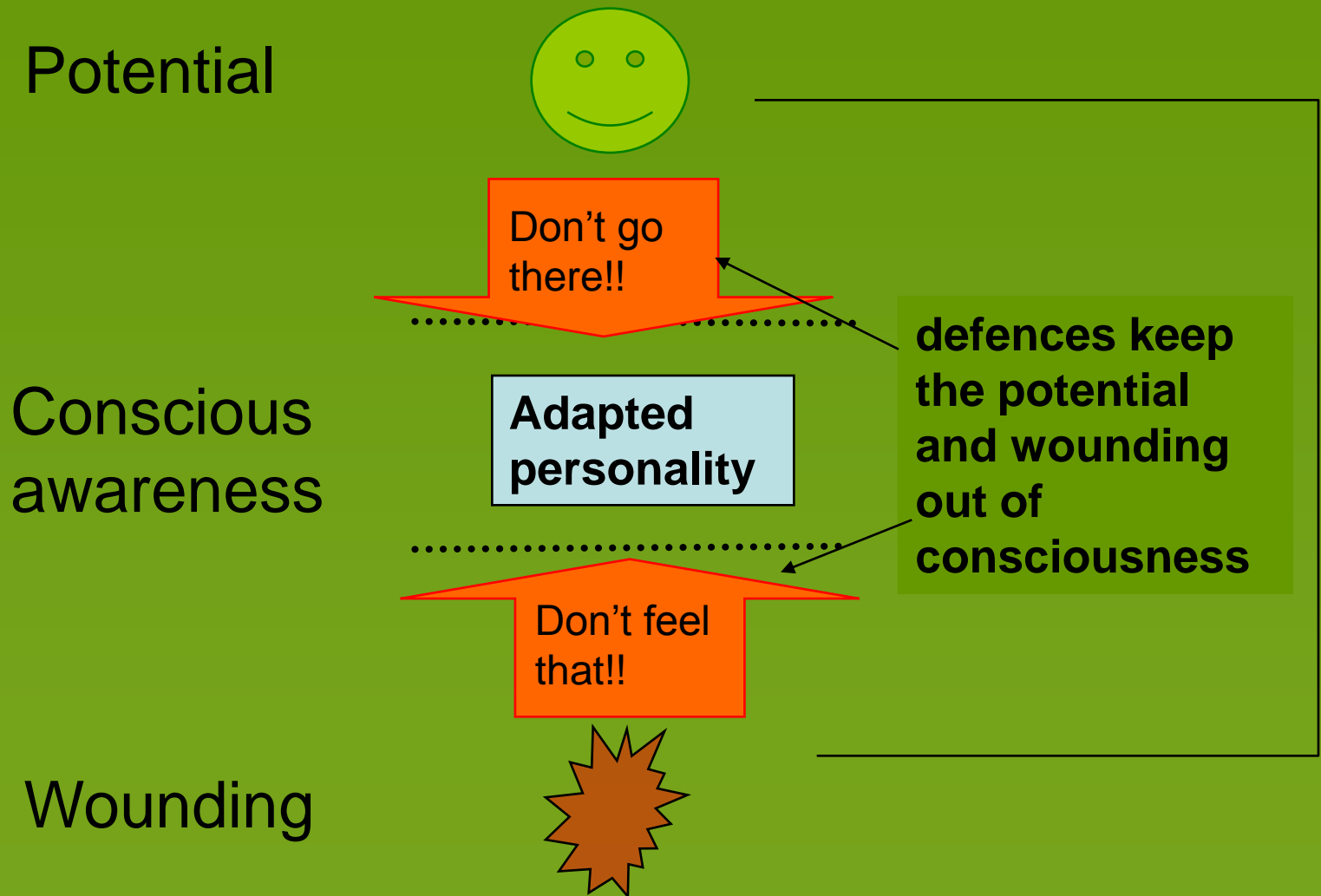
Conscious
awareness

Adapted
personality

Wounding



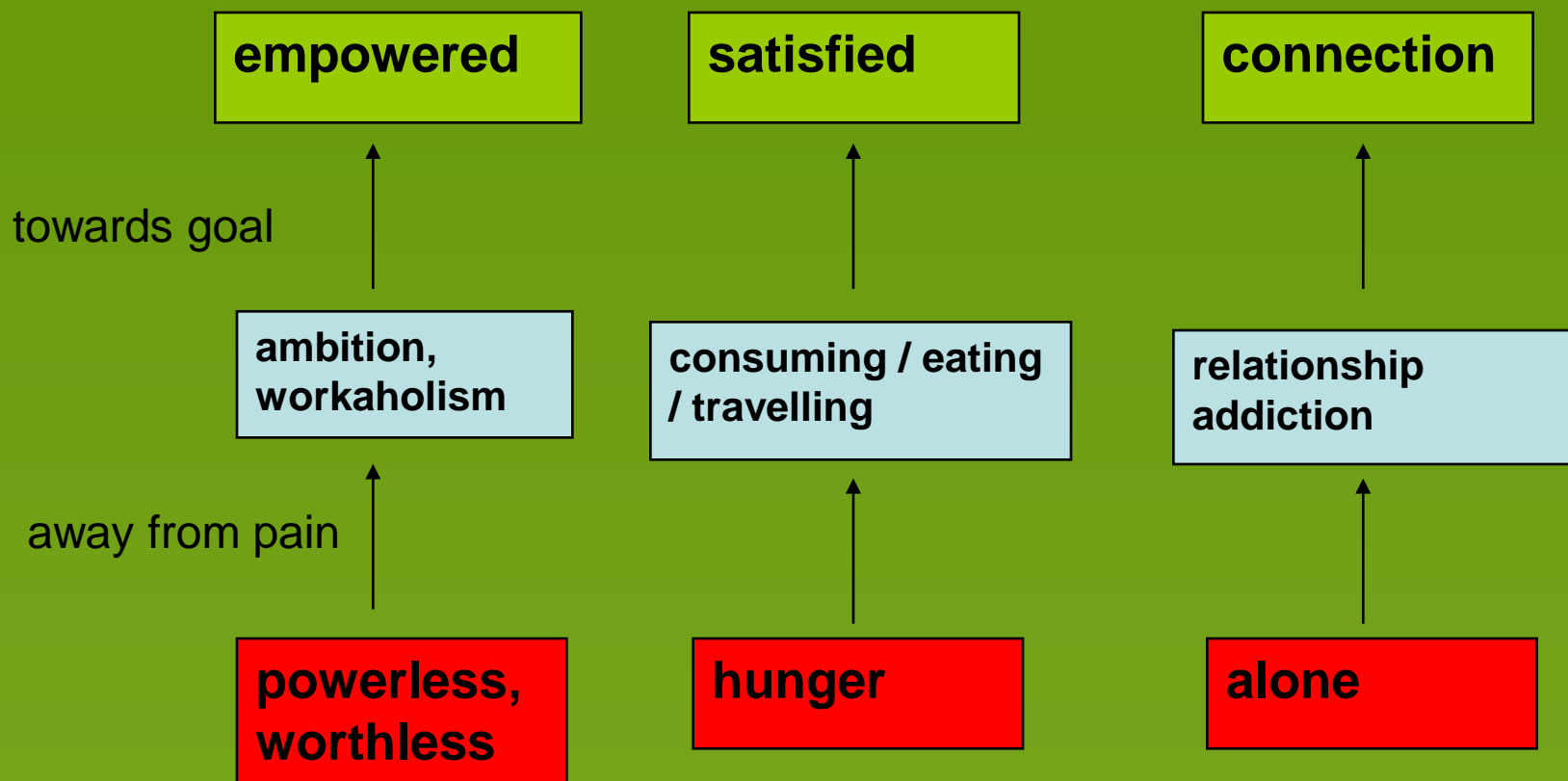
resulting personality structure



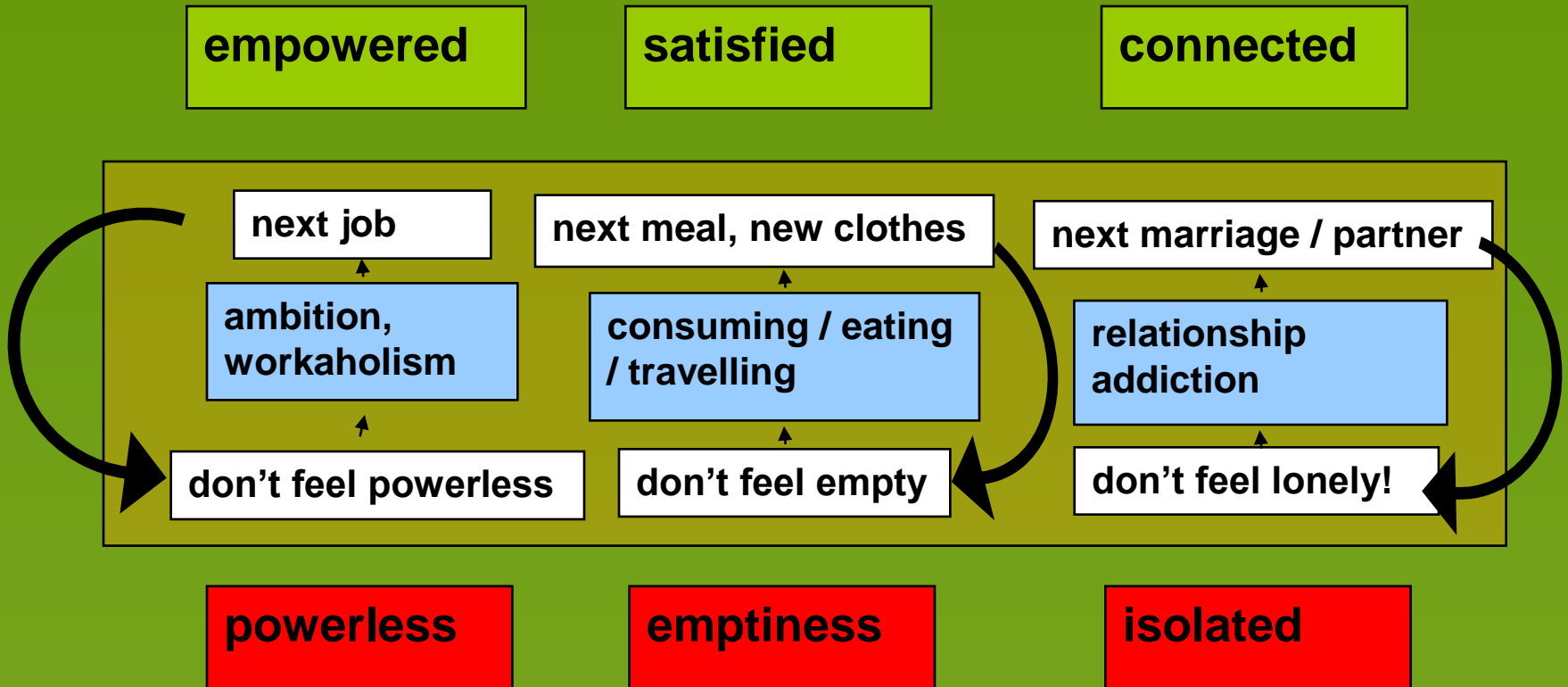
an addictions view



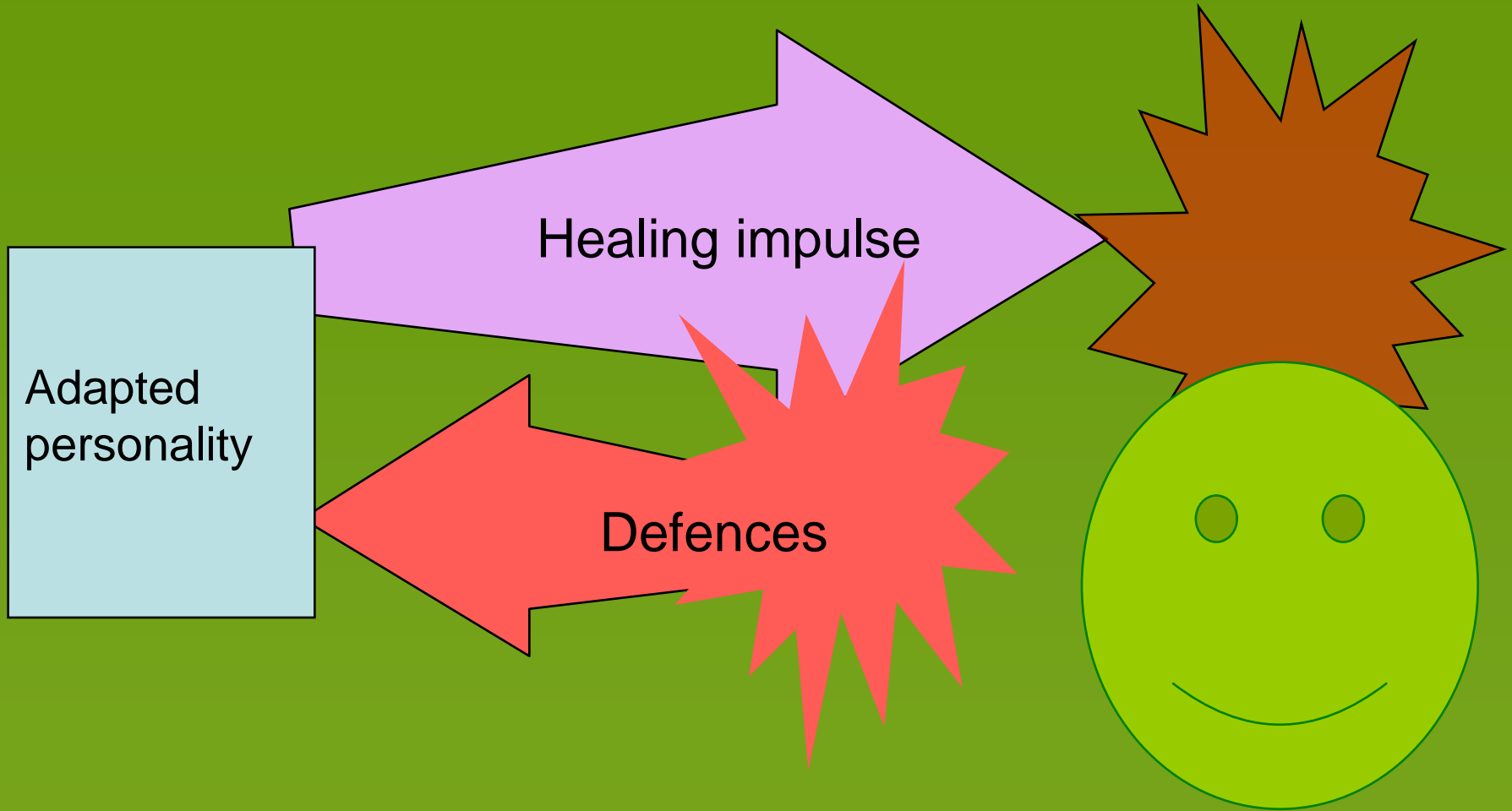
addictive behaviour



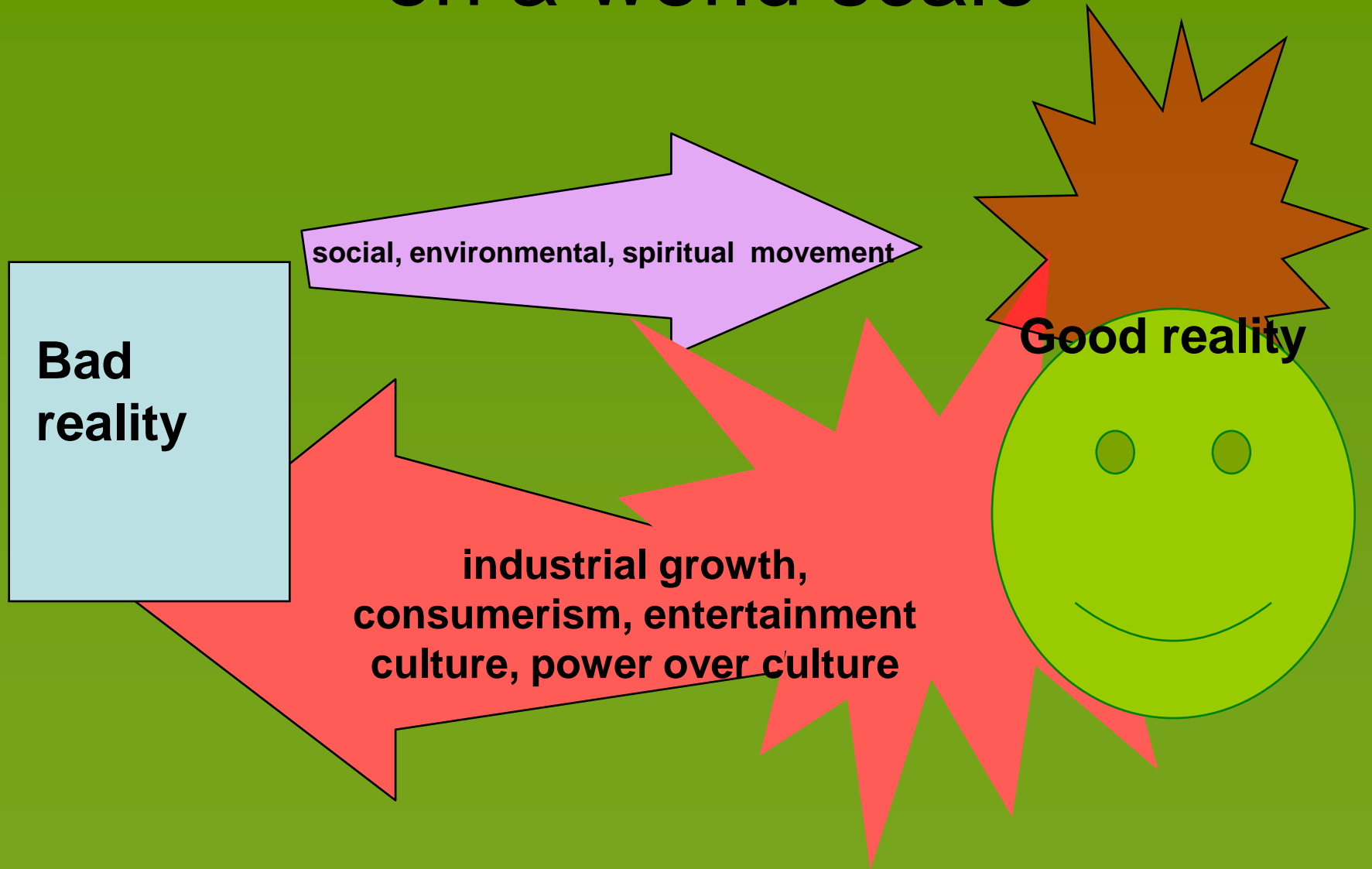
addictive behaviour



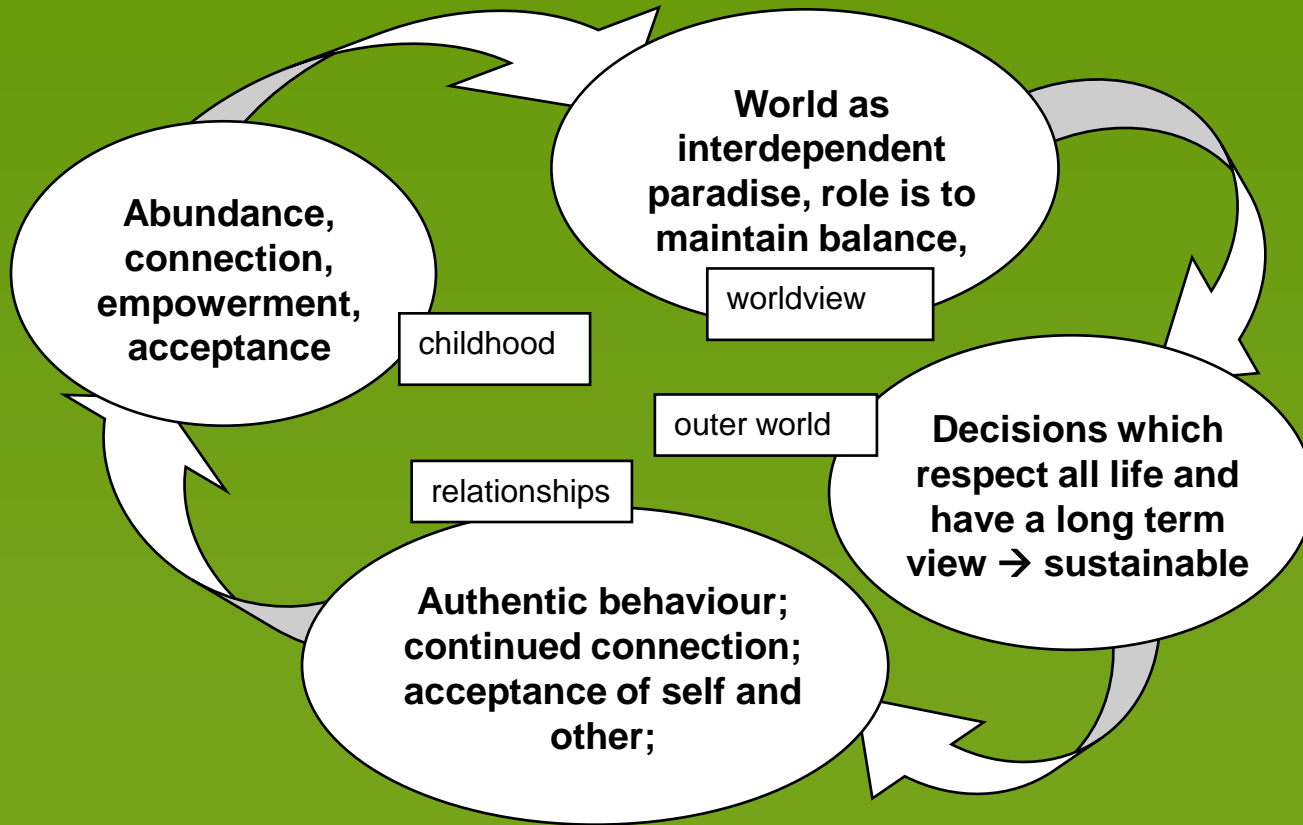
journey of integration or healing



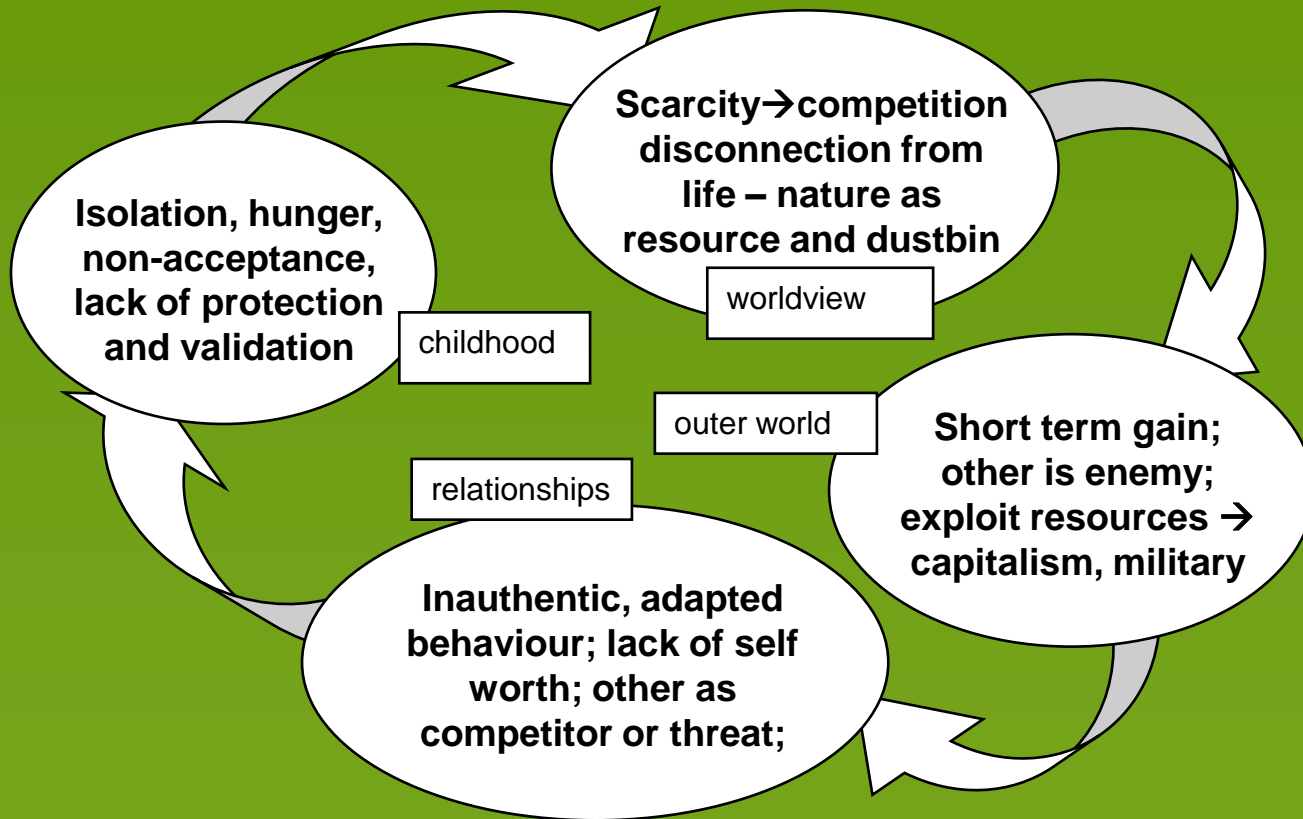
on a world scale



inner and outer: good reality



inner and outer: bad reality



supporting this in transition

activities that support good reality

Bad reality belief	What helps or heals?	Creating good reality Examples of activities add your own!!
Not enough	There's plenty	Shared meals, swap shops or freecycle. Find ways to give things away!!
Overwhelm	Holding spaces to experience despair and possibility	Truth mandala and other Joanna Macy processes, support groups Watch for burnout!!
Unsafe	Safe place to be creative, have fun	Support groups – ongoing and building trust. Art, music events, storytelling
Separate	Be with others Connect with nature	Group activities, discussions after films wild food gathering, bike rides, rituals!
Worthless	Value everyone's contribution.	Celebrate achievements publicly and in meetings. Publicise stories, art, photos, outcomes
Competition	Cooperation	Exchanges, shared projects or work, from either/ or to both - and

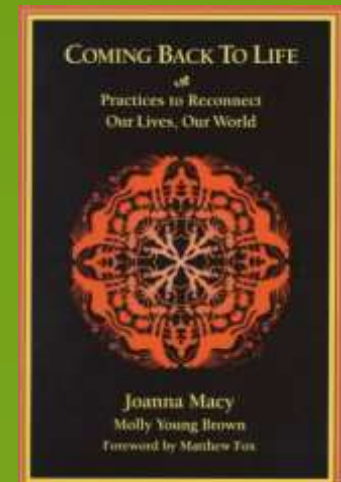
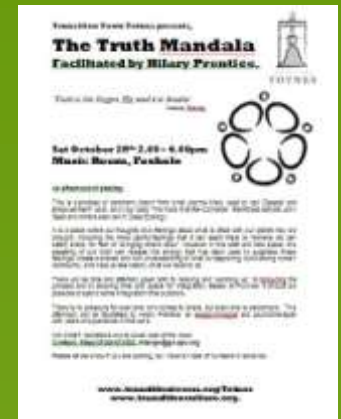
the work that reconnects

“the ecological crisis is real and pending. We cannot overlook its seriousness, nor minimise the importance of grieving as a point of transformation”

Macy, J. & Brown, M. Y. (1998) Coming Back to Life: Practices to Reconnect Our Lives, Our World. Gabriola Island, New Society Publishers.

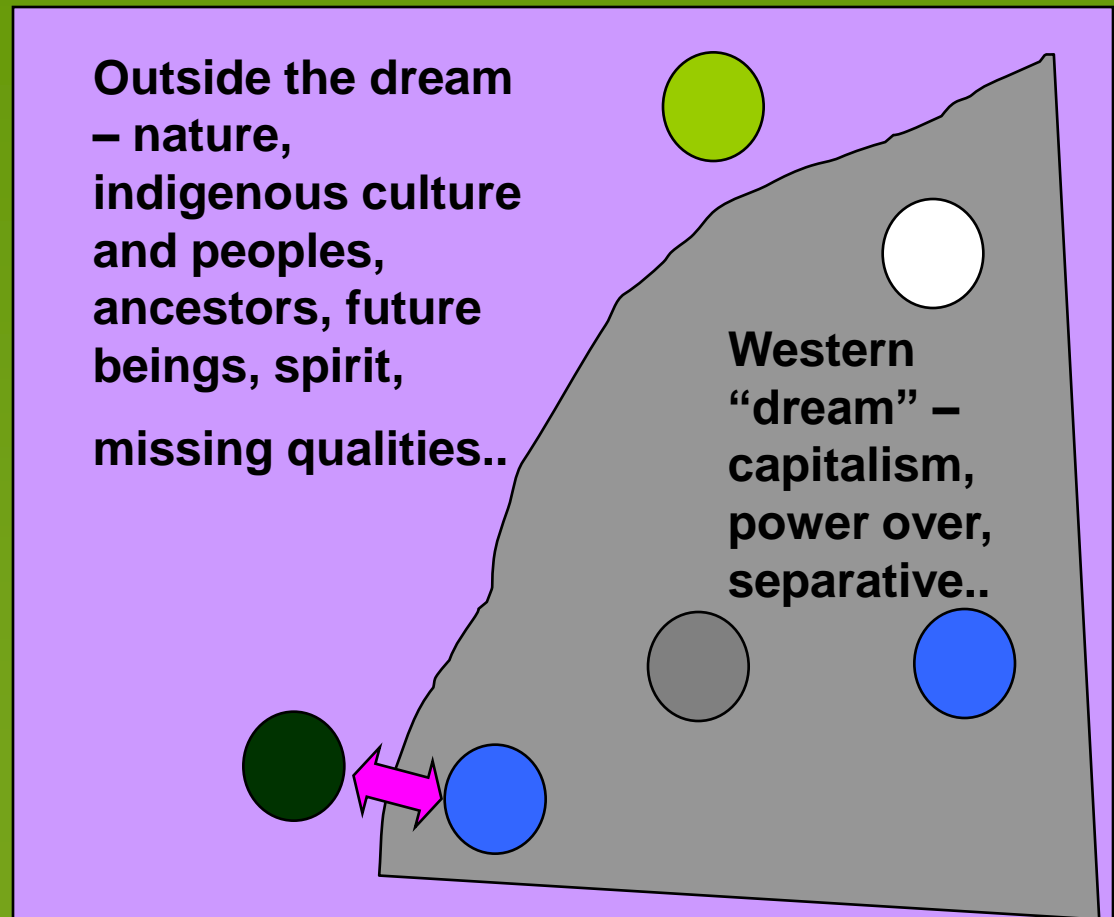
“if (people) listen to the shock rather than blot it out, this stirs up the will to change. This becomes their call to adventure”.

Johnstone, C. (2006a) Find Your Power. Boost your inner strengths, break through blocks and achieve inspired action. London, Nicholas Brealy Publishing



waking the dreamer

- around the boundary perceptions are distorted
- meetings across it are powerful and transforming
- outside is a resource for sanity!



home groups

maintaining and sustaining



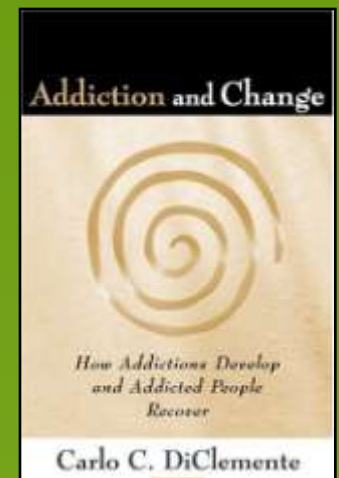
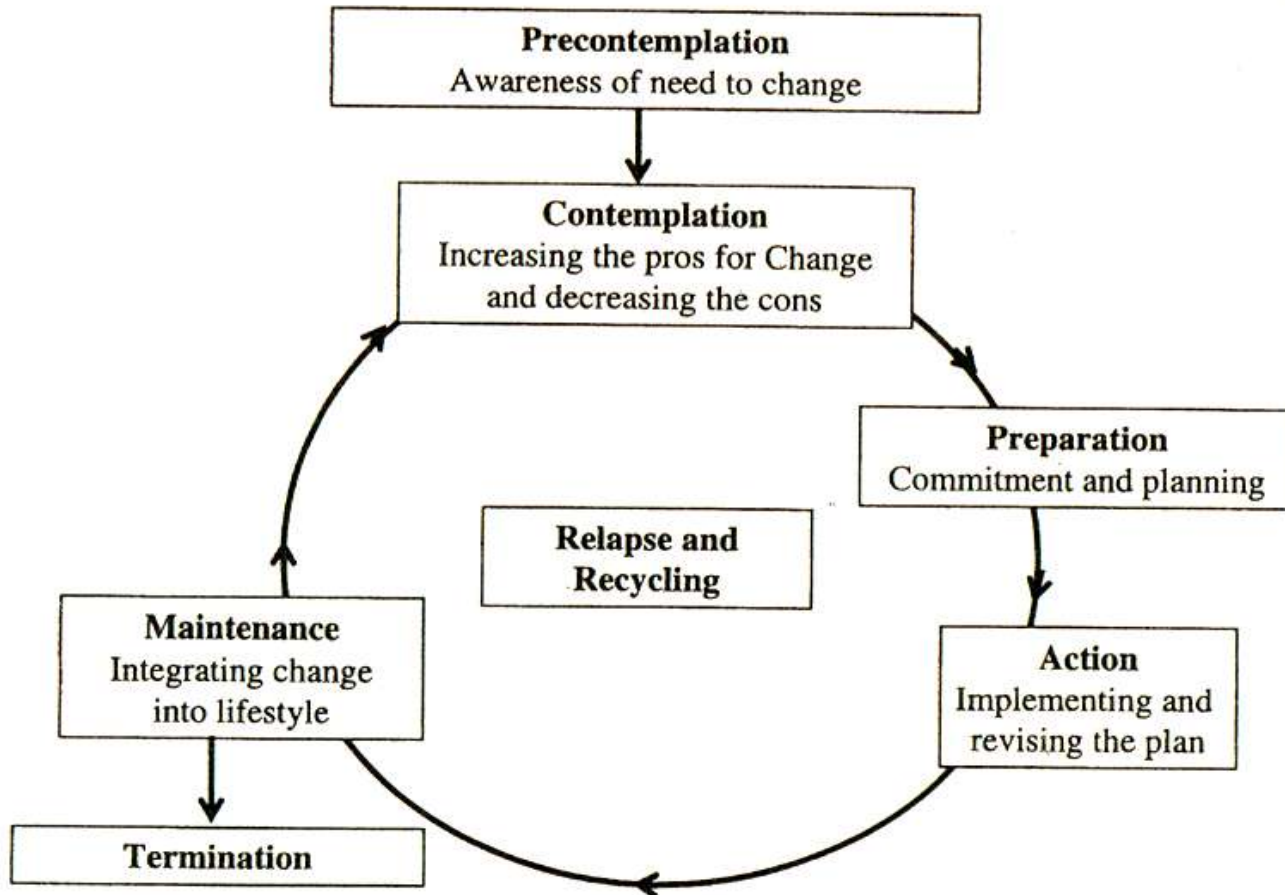
the heart and soul of transition

“the psychological, spiritual and consciousness aspects of transition”

- discussion and talks about paradigm shift, individual and collective transformation
- home or other support groups
- activities in nature
- ceremony or ritual to reconnect with feelings, self, body, earth, other
- safe spaces to go outside the comfort zone, the work that reconnects

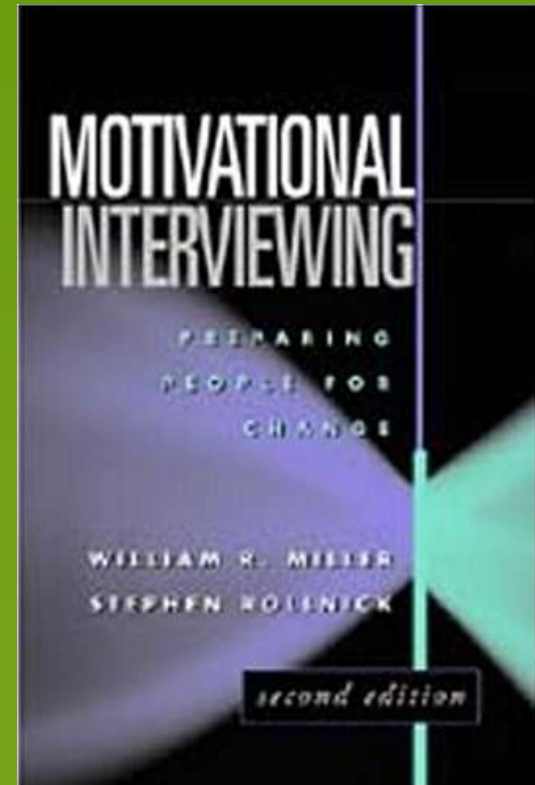
psychology of change

stages of change

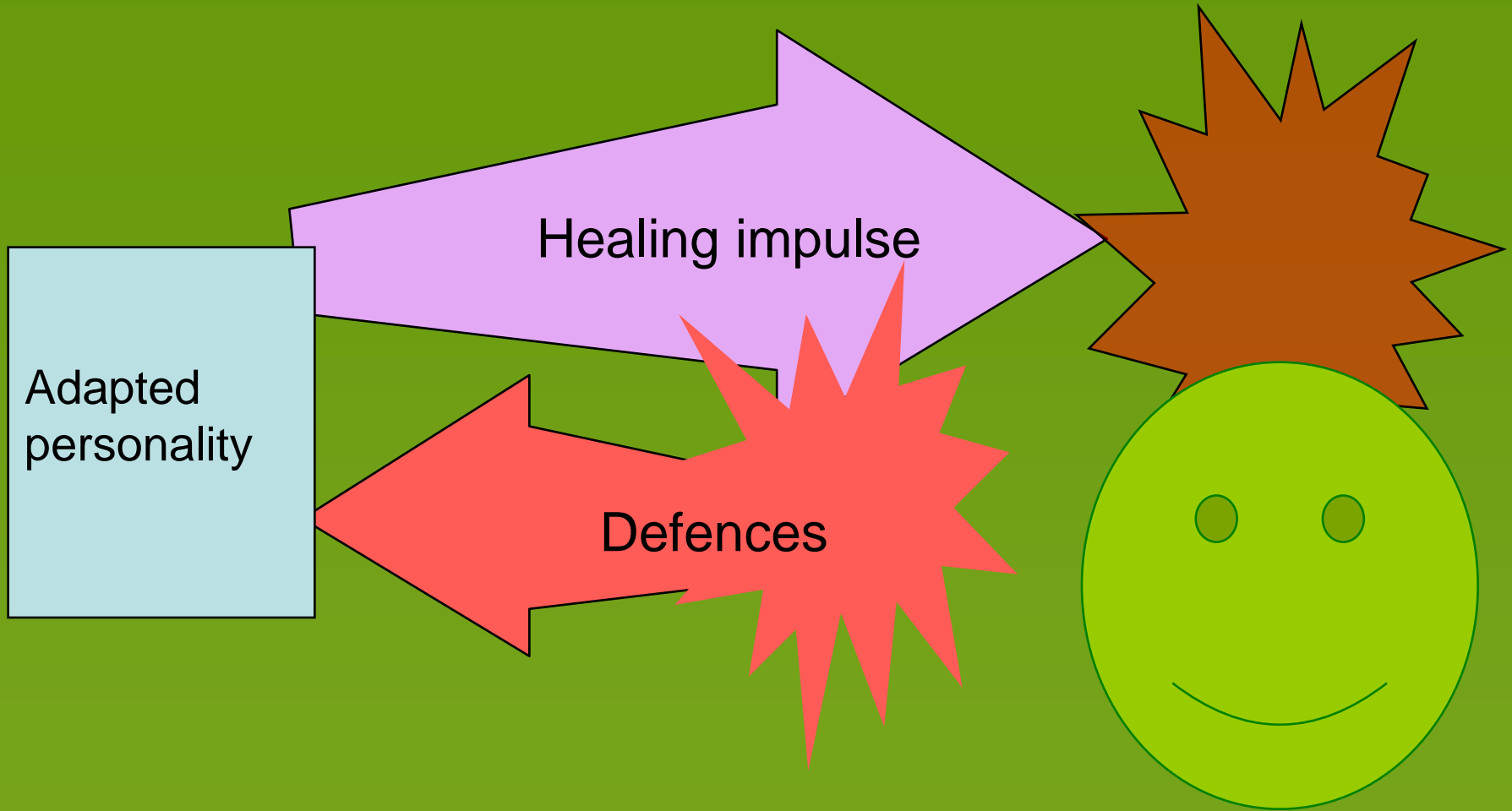


insights from motivational interviewing

- Express empathy
- Identify discrepancy
- Roll with resistance
- Support self-efficacy
- Offer time and space to digest
- Information exchange not information dumping

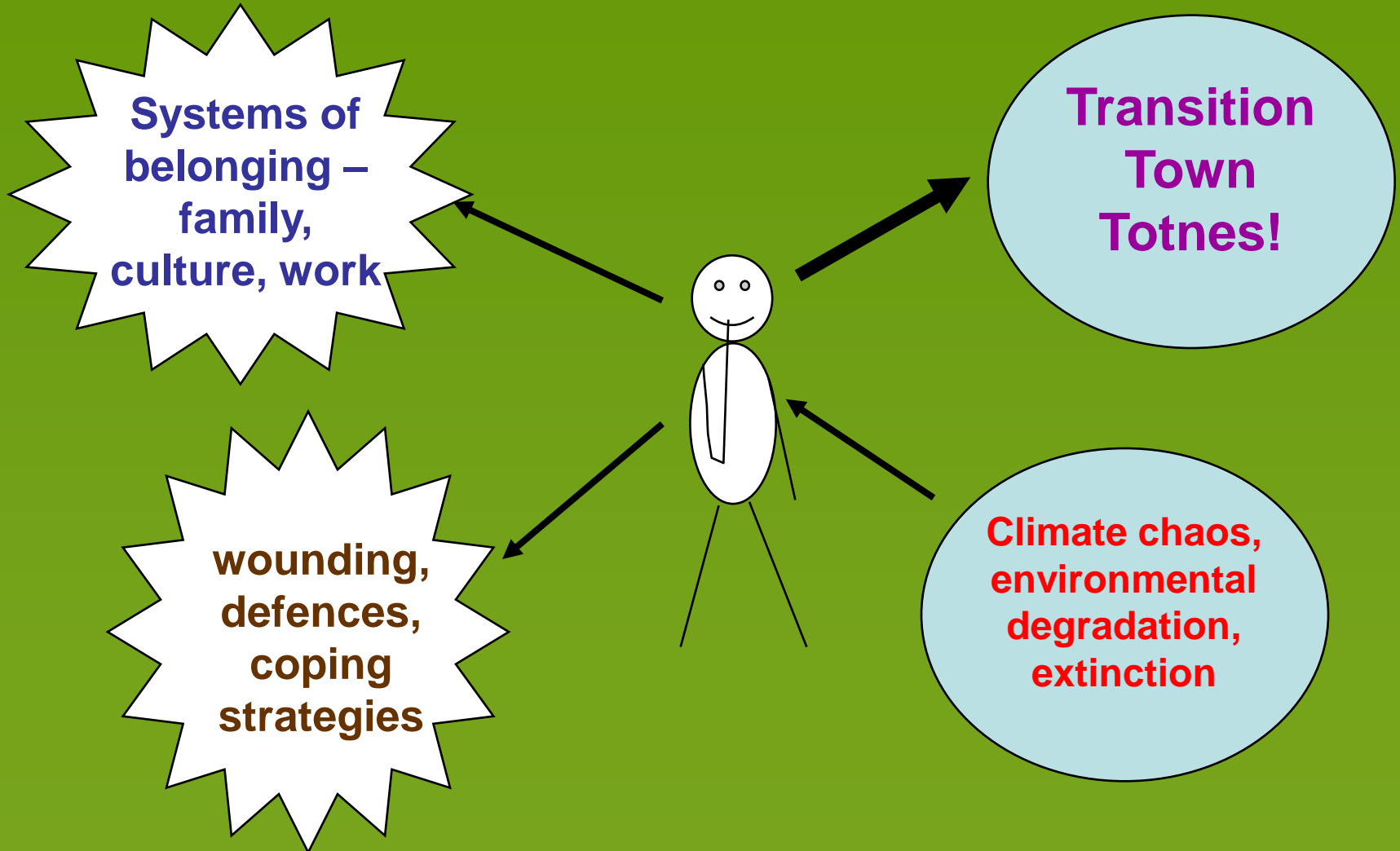


journey of integration or healing



the end

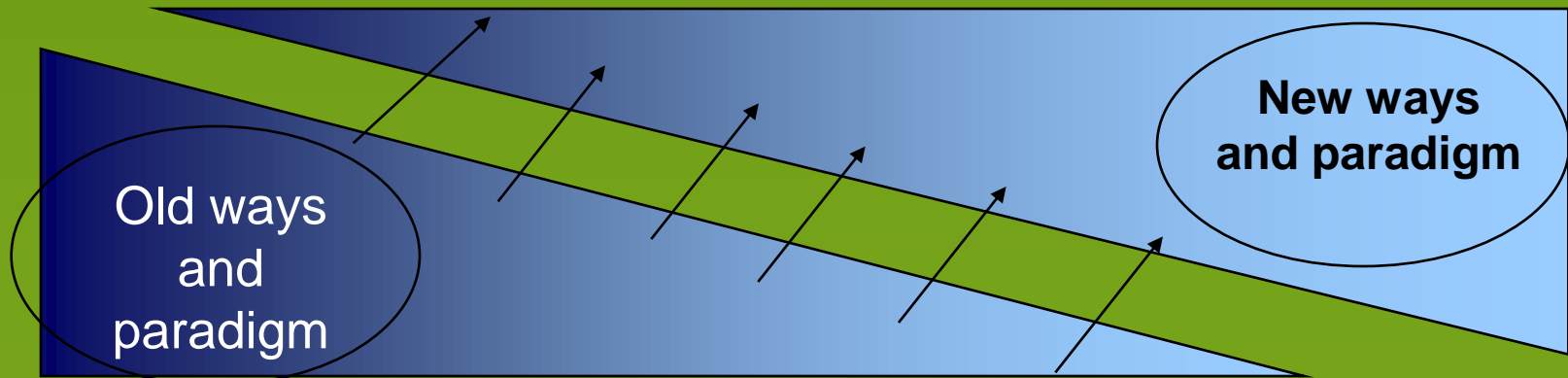
Freedom to change?



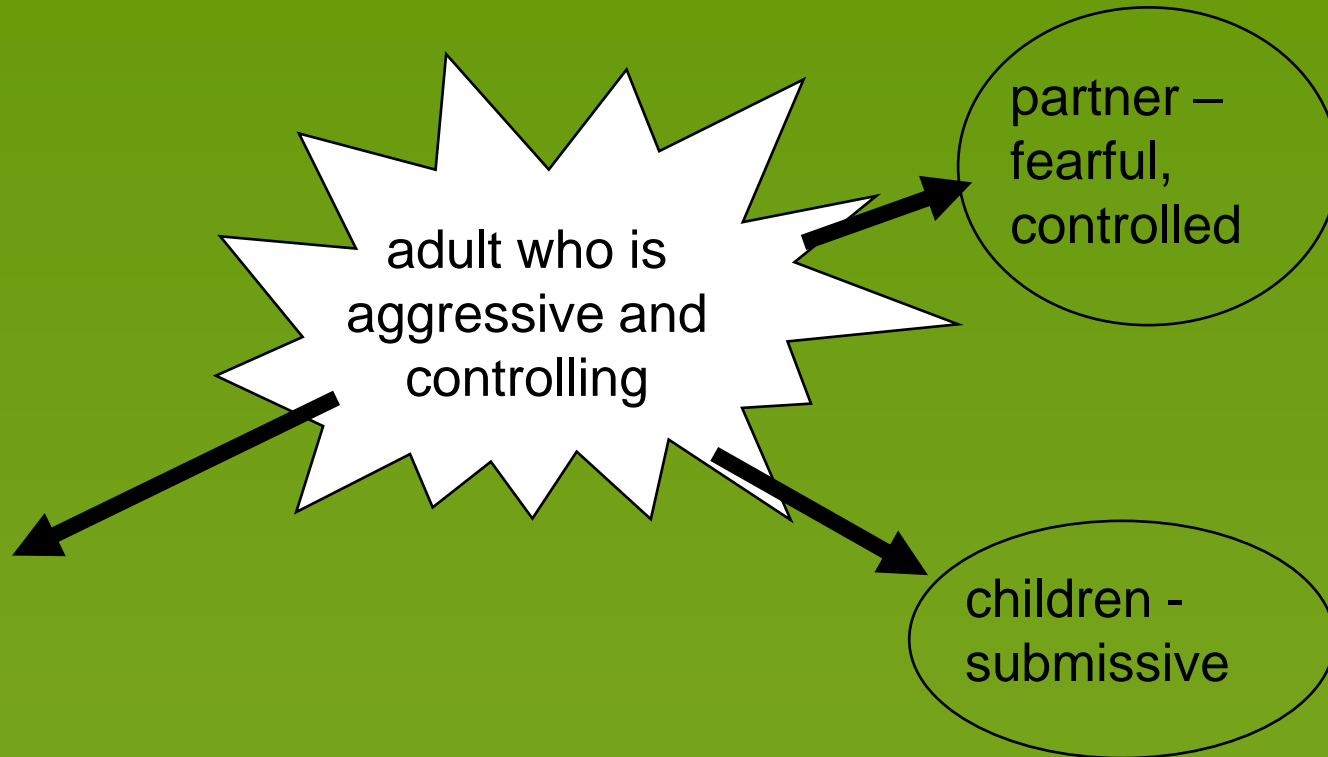
Joining the transition

individualism
adapted, inauthentic
short term
isolated
rational
money

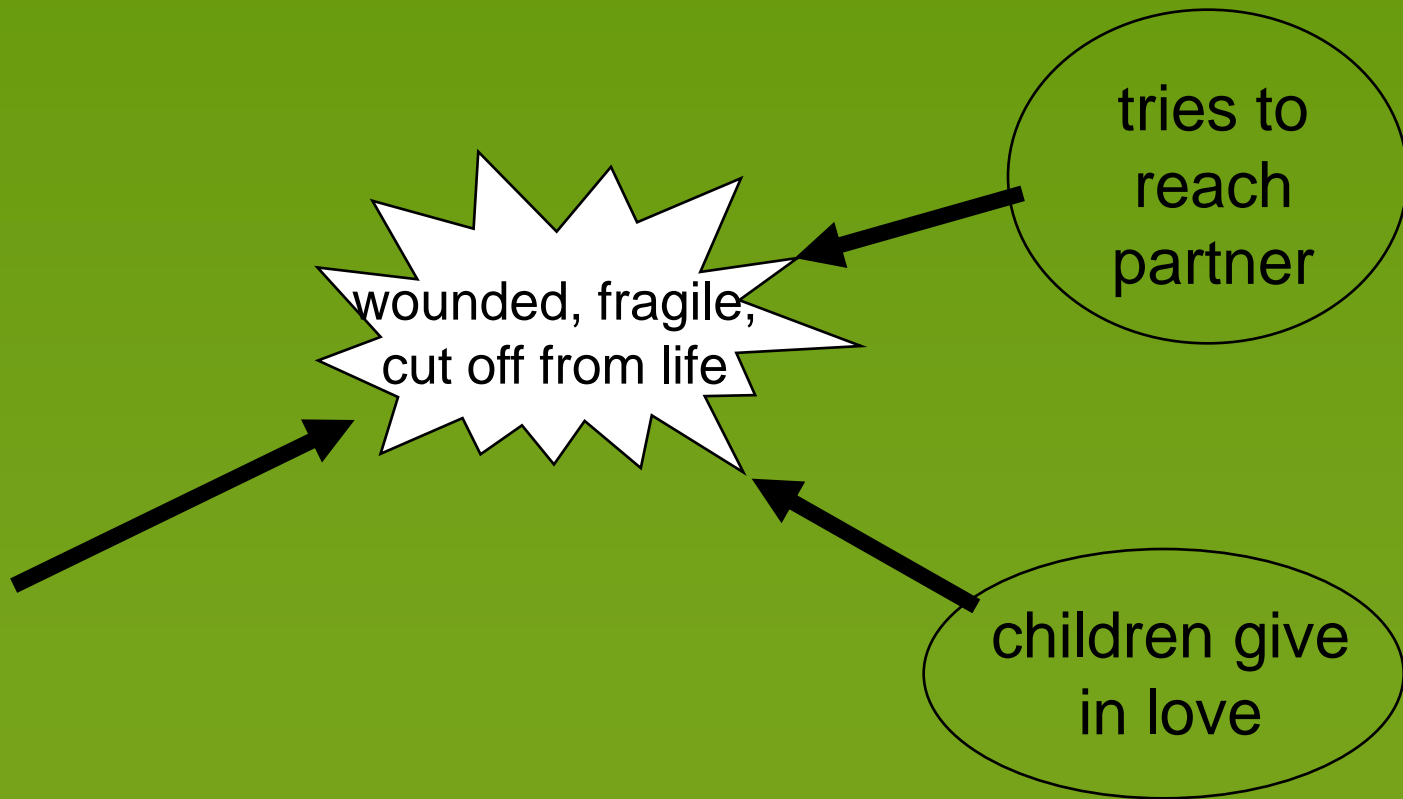
interdependence
authenticity
long term view
inclusion
emotional and rational
spirituality



overt dynamic



hidden dynamic



public institutions and truth

Justice / courts	Truth?	Winning cases
Politics	Truth?	Short term political gain
Media	Truth?	Sales / audience figures
Film industry	Truth?	Romance or shadow
Academia	Truth?	Funding, student numbers
Education	Truth?	Exam results, targets
Health service	Truth?	Targets, fear of litigation
Defence	Truth?	Offence!
Industry	Truth?	Profit, shareholders