

Voice Dialogue

Level I Training Program

The Psychology of Selves

You Will Learn . . .

- The normal development of the selves, including how the dominant selves develop.
- How the selves function in daily life and how they influence choices.
- The archetypal pattern of how these selves interact in all relationships.

You Will Experience . . .

- A new understanding and appreciation of your own selves.
- The magic of interacting directly with the selves.
- The simplicity and wisdom in developing rapport with “resistance” and with “shadow.”
- The Aware Ego: an elegant, energetic process for managing the diversity of our inner selves.



After training in Voice Dialogue, I was amazed at how quickly clients were able to access parts of themselves they were

only vaguely aware of before. They then began to realize they have choices and control over which parts they

need to have available at different times. Wow! Gloria Mog, LCSW

Some examples of how I use Voice Dialogue with my couples:

1. A woman in the midst of an affair wants to remain with her husband (**Wife**), but doesn't want to give up the new aliveness (**Aliveness**) she feels with her lover (**Lover**). Giving a voice to all three parts gives her much more clarity and the ability to make a conscious choice.
2. When with a couple who were conflict avoidant, the woman could let her **Angry** part tell her husband how upset she was that he was working way too much as long as she could also have the part who **Appreciates** that he is trying to provide a good lifestyle for the family have a chance (an opportunity) to speak. Both are freed up to speak and listen, knowing that this is only a part of them, not all of them who feels this way.
3. When a couple is stuck and not able to hear each other, I move one of them into the "self/voice" that I have been hearing - e.g. the **Romantic**, the **Businesswoman**, the **Emotional One**, the **Controller**... I do a Voice Dialogue facilitation and it becomes clearer to all why that self believes its point of view is the best way to get its needs met and protect against pain, hurt, rejection.
4. When a person is reactive and unable to stay in the dialogue process, I do a 5 minute facilitation that helps the person to clarify what s/he is feeling intensely and is then able to return to the dialogue process.
5. This can help couples with opposite issues – e.g. being overly **Responsible** and being **Laid Back** – learn how to either let go of doing too much or step up to the plate.
6. For couple who have been with me a long time, Voice Dialogue brings another dimension to help them understand their childhood wounds and get free of old behavior patterns. It also gives them another tool to use at home when they get into some conflict.

Time: 10am to 1pm

Cost: \$135/session

16.5 CEU's

More information or to register visit:

www.anndobbartin.com, (301) 422-0101

Training is limited to 6 participants.

Learn more about Voice Dialogue for Therapists:

www.voicedialogue.org/articles/Voice_Dialogue.pdf



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