

Unifying Personal Development Through Dance, Movement and the Increase of the Emotional Intelligence Level

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Abstract

Introduction: It has been recently proven in repeated studies and publications that emotional intelligence is responsible for the successes and achievements in different existential dimensions, especially through the qualitative increase of interpersonal relationships. Also, several hypotheses were issued regarding the fact that the level of emotional intelligence may be increased through various creative activities and educational-therapeutic programs.

Objectives: The present study aims to investigate the dynamics of emotional intelligence in relation to the participation in a unifying personal development program through dance and movement. To this end, we covered two major stages and objectives at the same time: 1 – building up and implementing a unifying personal development program through dance and movement (UPDDM) and 2 – conducting a statistically quantitative study in order to capture the effects of the program on emotional intelligence, as well as the correlation between it and the self-satisfaction regarding the physical body.

Method: The experimental-quantitative research was conducted on an experimental sample, composed of 32 persons and a control sample composed of 32 persons as well. The method of applying the instruments was the test-retest type. The initial testing was at the beginning of the program and the retesting took place two months after its finalization. There was a period of six months between the test and retest. The conducted experiment consisted in a program called “Filia Alchemic Dance”, composed of 3 modules, 20 hours long each, every two months. “Filia Alchemic Dance” is a complex program, based on UPDDM and, implicitly, on the Experiential Therapy of Unification.

Results: The results obtained after the statistical data processing show significant differences between the control group and the experimental one in the two main variables, emotional intelligence and self-satisfaction regarding the physical body. There is a strong positive correlation between these variables, which confirms the hypotheses of the research.

Conclusions: The study demonstrated that unifying personal development, with corporal support, in this case through dance and movement, is a valid method of increasing the emotional intelligence by reconnecting with one’s own body and through the inner unification between body, emotion, reason and spirit.

Keywords: *emotional intelligence. personal development, dance, movement*

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Experiential Innovations through Voice Therapy. A Case Study

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Abstract

Introduction: *This article presents a possible experiential therapeutic approach based on the use of vocal improvement techniques. Inspired both by a case study and by the theoretical and methodological elements offered by the Unifying Experiential Psychotherapy (UEP) perspective, this paper argues that the expressive techniques and creative methodology of the vocal training allow the integration of the cleaved personality parts, metabolizing the associated traumatic experiences, as well as the reconstruction of identity through the integration of polarities.*

Objectives: *My article follows the application of the UEP method as a theoretical and methodological basis for voice therapy.*

Method: *This part describes a case that started with an exclusive focus on the art of speaking and illustrates some of the psychological effects of the voice work. This case is the starting point for the third part, which proposes a program for the creative integration of the art of speaking and psychotherapy. In this section I follow the stages of the unifying therapeutic process and the integrative dynamics of the unifying axes.*

Results: *The section continues with a set of possible voice therapy techniques that creatively combine the dynamics of the experiential provocative exercises with the art of speaking techniques. This program is inspired by the experiences and personal development needs of the client in the described case.*

Conclusions: *We can state that voice therapy enriched by the Unifying Experiential Psychotherapy (UEP) approach offers a path to the client's unconscious that leads – via increased voice freedom – to the evolution of the creative adaptation to the environment and to increased levels of autonomy and inner freedom.*

Keywords: *voice, voice therapy, experiential psychotherapy*

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Dynamic of Personal Development in Experiential Groups

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Abstract

Introduction: *Researches and studies suggested the importance of identifying and describing developmental processes that contribute to becoming a fully functioning person. In the process of personal development, an adequate self-image is an indicator of health and well-being.*

Objectives: *This study proposed to evaluate the effects generated by an experiential unification program in establishing self-identity and self-unity in adolescence. This program will increase self-acceptance, self-esteem and will improve self-image.*

Methods: *Experimental method, observation, psychodiagnostic instruments (SERS - Self-esteem Rating Scale, and IAV - Index of Adjustment and Values Bills), and statistical methods were used in this study.*

Results: *After going through this type of experiential program the subjects experienced more adequate self-acceptance and self-esteem; a richer self-image. Experiential symbolic and metaphoric techniques (interactive symbolic games and metaphorical scenarios), body techniques (corporal metaphor) and creative meditation exercises facilitated change and reorganization of adolescents' self-concept.*

Conclusions: *the development of adolescents' self-image, as a result of the experiential group, is a step forward in the process of growth, personal expression and creativeness. This unification on the Ego-Self Axis sustains a more adequate self-image, a lower discrepancy between real-self and ideal-self, and a better social, professional and personal adjustment. Results highlight the importance of such programs, in the field of prevention, personal optimization and development, treatment.*

Keywords: *personal development, experiential group, experiential unification psychotherapy*

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Birth Order, Couple Configuration and Romantic Satisfaction: Between Myth and Statistics

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Abstract

Introduction: Birth order has long been considered as a potential influencing factor for one's personality. Nowadays this is an important debate subject, for there are lots of variables and aspects that are to be clarified regarding this matter. Knowing that personality is influencing the decisional manners, the adaptive patterns and the way of thinking and acting, generally speaking, we can assume that birth order is indirectly affecting couple satisfaction. There are various researches that have statistically shown that there is a correlation between birth order and future time orientation (Kalkan, 2008), that there are some connections between numerical birth order and couple satisfaction (Mukangy, 2010), but at this time there is no research regarding the relation between psychological birth order and couple satisfaction at least not in Romanian people.

Objectives: The aim of this research was to establish the relation between numerical and psychological birth order and to find the possible correlations between different couples formed after specific psychological birth order configurations and couple satisfaction.

Method: The data were collected from 344 participants, males and females in equal number, namely 172 Romanian couples. The instruments used were the PBOI inventory and the DAS scale. Spss 10 was used, Anova statistically form.

Results: The results have shown that there are some positive correlations between specific couple configuration – in relation to the psychological birth order identity of the partners – and romantic satisfaction. As this is a part of a yet undelivered doctorate thesis, the article is just presenting a part of the results found.

Keywords: relationship, psychological, brother, position, PBOI

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Implications in Lack of Hope Among Depressive and Alcohol Addiction Disorders

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Abstract

Introduction: *Cognitive-behaviorism theorists claim the fact that a person's cognition is based on aptitudes or cognitive schemas from a previous experience. Cognitions are considered to be the most important connections in the chain of events that lead to behavioral disorders or psychological dysfunctions. According to A. Beck's theory, all depends on the way the person interprets his situation and on the attributed significance, in other words, all depends on the cognitive schemas.*

Objectives: *The present research will emphasize the presence or absence of cognitive, dysfunctional schemas in alcoholic persons, the way the dysfunctional schemas mediate depression and lack of hope among the subjects diagnosed with ethyl toxic-addiction, depressive disorder, also depending on the lack of pathology in nonclinical subjects.*

Method: *The investigated dimensions were the following: emotional deprivation, abandonment, distrust-incompetence, vulnerability to bad and disease, undeveloped self, emotional inhibition, unrealistic - hypercriticism standards, negativism-pessimism and punishments.*

Conclusions: *After comparisons, results show that depression and lack of hope correlate with maladaptive schemas within alcoholism.*

Keywords: *hope, alcohol addiction disorder, cognitive schemas, depressive disorder*

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The Assimilative Integration with Humanistic-Experiential Basis in the Psychotherapy of Maladaptive Emotions. The Development of a Process-Systemic Oriented Working Model

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Abstract

The paper presents a theoretical model designed to understand the etiology and subjective phenomenology involved in maladaptive emotional experiences, and also a framework for psychotherapy interventions. Starting from an experiential approach, the model integrates in an assimilative manner a series of theoretical and methodological perspectives developed in various approaches: experiential-humanistic psychotherapy, Reichian analysis, psycho-traumatology and trans-generational perspective on family. The model synthesizes the authors' experience crystalized in a period of over 10 years of teamwork in group psychotherapy and individual psychotherapy. It is based on analysis and conceptualization of a large number of cases. Highlights regarding the model construction and its applicability in psychotherapy are presented. The proposed approach is oriented both in terms of process, as it concerns the phenomenology of maladaptive emotions and systemically, considering the influences of the family system in the etiology of maladaptive emotions.

Keywords: *experiential-humanistic psychotherapy, assimilative integration, maladaptive emotions*

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Postmodern Society and Individual Alienation

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Abstract

In today's society, dominated by postmodernism, both individuals and institutions are under some pressures; their effect seems to be rather the de-essentiality of a traditional pattern, a shift from essences to forms, a preference for customization to the detriment of generalization or universalization. These effects correlate with a multiplication and diversification of original, traditional meanings.

Postmodernism is a real ideological and individualistic explosion that determines dispersion, leading to differentiation, which pushes the world into indifference. Therefore, we witness an exacerbation of subjective expression and an attempt of self-retrieval or activation of personal valences.

Unlike Classicism, which maintained a convergence trend of several fields, postmodernism promotes a subjective, individualistic pluralism, which results in a real identity crisis.

Keywords: postmodernism, crisis of meaning, identity crisis, alienation

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Co-evolution and Linguistic Creation

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Abstract

The present article highlighted the fundamental importance of the existence of a private language to create the basis for the therapeutic change. Literature proved the existence of languages comprehensible only by the creator, but at the same time there are some authors like Wittgenstein, who consider that all languages are essentially public and they are not comprehensible by a single person. This assertion appears to be essential for psychology. The therapeutic process represents a private meeting centered on the present moment, which creates a private language and a co-evolution, generating the so-called dyadic states of extended and shared awareness, the motor of therapeutic transformation.

Keywords: private language, co-evolution, shared awareness, therapeutic transformation

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