

VOICE DIALOGUE METHOD

Introduction and Practical Guide Book

Revised and updated edition with a foreword by Sidra Stone

Written by Robert Stamboliev, M.A.

Voice Dialogue is a method intended for training in self-awareness and transformation of consciousness, but equally valid as an important therapeutic tool. Furthermore, the dialogue method is extremely useful for relationships. It was developed in the 1980s by Hal and Sidra Stone in the U.S. and author Robert Stamboliev received extensive training and mentoring from them before pioneering the method internationally.

“Robert Stamboliev shows how knowledge of, and sensitivity to the energetic process is used directly in the practice of Voice Dialogue.”—**Hal Stone, Ph.D.**

This proposal features general information about the book and the author, the table of contents, and chapter 5 of the book in English translation. This sample chapter shows five real-life example sessions to give you a better understanding of the workings and impact of the Voice Dialogue method. The full English translation is available if you are interested in receiving, reading, and reviewing it.

ABOUT THE BOOK



Voice Dialogue is the famous method by Hal and Sidra Stone to have a dialogue with your inner voices.

Working with this method requires an energetic sensitivity, because the Voice Dialogue voices are energetic patterns you need to tune in to. And if you are coaching you need to tune in on your client. Robert Stamboliev is an internationally acting psychologist, trainer, coach, and relationship therapist. He has incorporated the Voice Dialogue method in his

practice for over forty years and has enhanced the energetic aspects of the method.

We often think and act on auto-pilot mode and don't identify our thoughts and ideas as our own. As a consequence we feel like things are just happening to us. Robert Stamboliev's energetic work enables us to awake from this dormant state and free ourselves from this conditioning that prevents us from living a free life. *Voice Dialogue Method* is suited for everyone who is interested in taking back control over their lives and an essential introduction and guide book for facilitators, students, therapists, trainers, and coaches.

The energetic aspects of Voice Dialogue are important for a deep and lasting transformation process that leads to the development of your identity and happiness in life. Stamboliev connects the method with esoteric healing principles and Tai Chi Chu'an.

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Full English translation available

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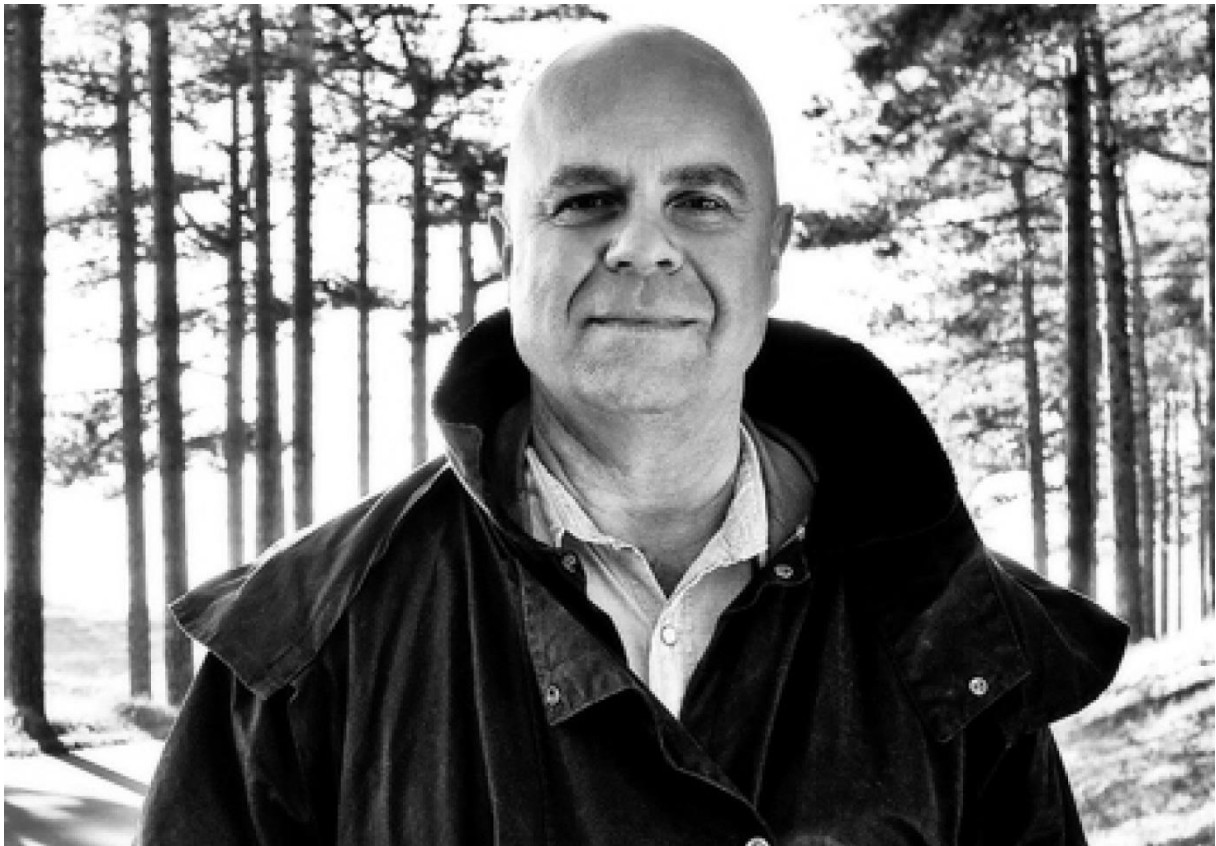
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ABOUT THE AUTHOR

“Our planet needs consciousness!”—Robert Stamboliev



Robert Stamboliev studied at the University of Utrecht and with Dr. Hal Stone at William Lyon University in San Diego, California, where he received an M.A. degree in Transformational Psychology. In 1984 he introduced Voice Dialogue in Europe. He is the Director of the Institute for Transformational Psychology in Amsterdam.

Robert Stamboliev is an internationally acting psychologist, trainer, coach, and relationship therapist. His approach has been described as “coaching with a therapeutic touch” and “an eclectic method ‘from the empty center’”. In the 1980s he introduced Voice Dialogue in Europe and founded the Institute for Transformational Psychology. He developed and implemented

professionalization and leadership programs, and he helps facilitators like trainers, therapists, coaches, managers, and teachers to excel. Furthermore, he provides supervision and masterclasses to Voice Dialogue facilitators all over the world.

The Voice Dialogue network exists of coaches and ambassadors in the US, the UK, Germany, Belgium, France, Italy, Norway, Portugal, Sweden, Switzerland, Spain, Mexico, Singapore, and Dubai. Robert is fluent in Dutch, English and French, and has recently hosted webinars for international audiences from Türkiye, Thailand, South Korea and Singapore.

Besides writing numerous articles, Robert wrote his first book on Voice Dialogue in 1988, followed by several revisions, and he co-authored a book on Voice Dialogue for mental health care professionals in 2021. Earlier editions of *Voice Dialogue Method* have been translated and published in English, German, French, and Italian. The current edition of *Voice Dialogue Method* was published in Dutch in 2023.

REVIEW

“An extremely educational and enjoyable book that is immediately applicable. I knew beforehand that Voice Dialogue is an intense process, but how is it different from other methods and how is it put into practice? All is clearly explained and clarified in this book. The author was one of the first students of Voice Dialogue developers Hal and Sidra Stone, introduced their method in Europe, and wrote a wonderful and practical book about it. He succeeds in describing the phenomenon of energetics in a practical manner even though it is not an easy and concrete subject to explain. The book provides an overview of the techniques that are important when working with Voice Dialogue and the examples wonderfully show what a facilitator does, making a Voice Dialogue session really come to life. At the end of the book the author offers exercises to further develop your practical skills. While reading the book I immediately felt the urge to start working with it.”—A.M. Toby, practitioner coach