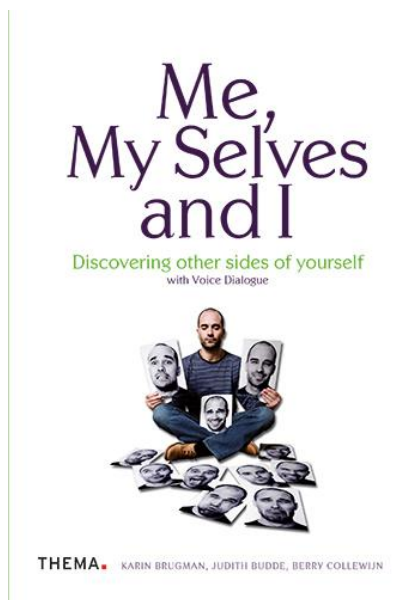


SANTASADŌ

Karin Brugman, Judith Budde & Berry Collewijn - Me, My Selves, and I

Discovering other sides of yourself with Voice Dialogue

BESTSELLERS | COACHING | PERSONAL DEVELOPMENT



In *Me, My Selves and I*, the authors invite you to look at yourself in a different light and to consider yourself as a person composed of not one, but of an entire collection of selves. You have different sides, parts or subpersonalities which all see the world with different sets of eyes.

They each have their own habits, feelings and thoughts. This is a fun and enlightening way of looking at yourself and it offers a number of advantages. It will provide you with an understanding of how your behavior works and why it is sometimes ineffective. You will also learn how you can turn your behavior around. It will also become clear to you why some people immediately attract you and others do not.

This book was written for anyone who wants to know themselves better and for professionals who want to become acquainted with Voice Dialogue.

Published in April 2010 | Paperback | 198 pages | ca. 58,000 words

- Full English translation available
- Over 40,000 copies sold
- Dutch edition published by Thema Publishers



ABOUT THE AUTHORS

Karin Brugman (behavioral scientist) works as an independent senior trainer and coach. She operates from her own office, 'De Onderstroom' (lit. The Undercurrent). During her studies, she worked as a volunteer for the 'Kindertelefoon' (a children's hotline) in Utrecht. This is where she first began her work as a trainer. She continued to hone her skills with the KPC Group where she trained teachers. It was here that she was first introduced to psychodrama techniques, thanks to her colleague Jan Lap.

Judith Budde (Dutch linguist) is head of 'het Balkon', a conference and training center in the Netherlands. She has more than 20 years of experience as a business trainer (NIP-registered, lit. Dutch Institute of Psychologists) and coach in the fields of management, personal effectiveness and team development. She has been training trainers and coaches since 1997. In the late 1990s, when she was looking for a way to liven up her courses, she took a course in Psychodrama techniques with Lex Mulder. She enjoyed the playfulness and the joy in his way of working. It was during this course that she first became acquainted with Voice Dialogue, and with Karin Brugman. Shortly thereafter, she met Berry Collewijn who was also very enthusiastic about working with Voice Dialogue.

Berry Collewijn has been established as an independent senior trainer, coach and educator since 1995. She operates from 'Beer' in Amsterdam where she works for various companies and institutions. With her life partner Lex Mulder, she creates trainings for professional coaches, trainers, and consultants in Amsterdam and on Ibiza. They teach how to use Voice Dialogue and also how to combine it with drama techniques in order to work with it in groups. Lex developed Voicedrama, a combination of Voice Dialogue and psychodrama techniques, in the early '90s. On request they can give international training in different places in the world in various languages (Dutch, English and Italian). Berry is also active in guiding and facilitating behavior modification training programs for executives as well as courses in personal effectiveness. She uses a lot of experiential learning in those courses, along with Voice Dialogue and various drama techniques.

RECOMMENDATIONS

'Karin, Judith and Berry are a great team! They have written a practical, delightfully easy to understand, and very valuable book on Voice Dialogue.'

Hal and Sidra Stone, founders of Voice Dialogue, Voice Dialogue International, California

'An excellent clear and concise yet remarkably complete presentation of the Voice Dialogue work.'

Robert Stamboliev, director Voice Dialogue World, the Netherlands

'This well-written book kept me engaged from start to finish. It is alive with vivid examples of how different inner selves can emerge and enhance our personal and professional lives.'

Mary Disharoon, licensed psychotherapist and director Voice Dialogue California

'Drawing on both their professional and personal experience, Judith, Berry and Karin explain in a clear and simple way how a knowledge and understanding of the many selves that inhabit our being can bring us great gifts. This book is essential reading for anyone interested in understanding who they really are and how they can take more conscious charge of their lives.'

John Kent, director Voice Dialogue UK

TABLE OF CONTENTS

Foreword by Hal and Sidra Stone

Introduction

1 The Psychology of Selves

1.1 Every person is made up of many selves

1.2 The limitations of your primary and disowned selves

1.3 How do your selves react when you try to change?

1.4 The manager of the selves: the Aware Ego

2 Subpersonalities take the stage

2.1 Discover your own subpersonalities

2.2 The Pleaser

2.3 The Pusher

2.4 The Rational Mind

2.5 The Inner Critic

2.6 The Inner Child

2.7 More subpersonalities

2.8 Archetypal subpersonalities and the Patriarch

3 Patterns in relationships

3.1 Bonding patterns

3.2 Past selves in present relationships

3.3 Subpersonalities and their impact on relationships

3.4 How can you break through the patterns?

4 How does the Voice Dialogue method work?

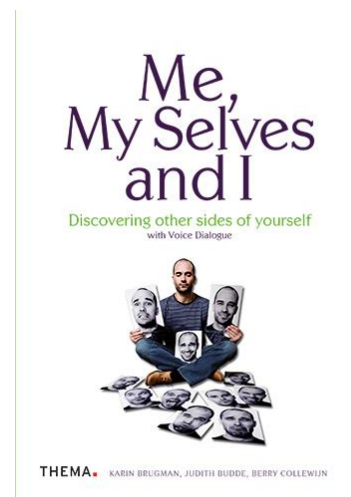
4.1 The goal of the method

4.2 What type of challenges does the method lend itself to?

4.3 The form of a session: Mary

4.4 Is that all?

4.5 The role of the facilitator



Thanks and acknowledgements

Appendix

1. The history of Voice Dialogue

2. Addresses for Voice Dialogue sessions and education

3. Glossary

Bibliography

About the authors

