

FOUR PATHS TO WHOLENESS

Marianela Medrano, PhD, LPC
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Psychotherapy & Writing/Feed Each Other



Curtain, Jug, and Fruit, Paul Cezanne, 1894

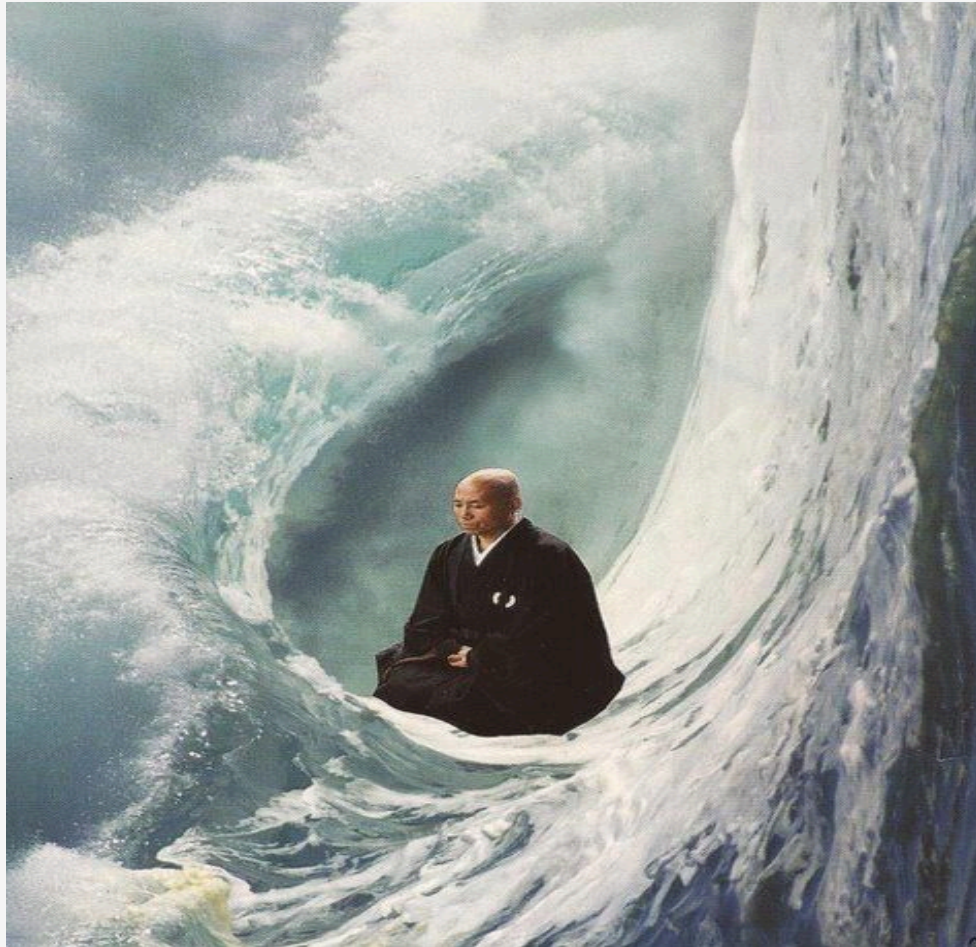
The Refuge of Silence & Writing

Power of words over cognition



Human Suffering is Recurrent

Sitting through it is eventually healing



ACT & Poetry Therapy

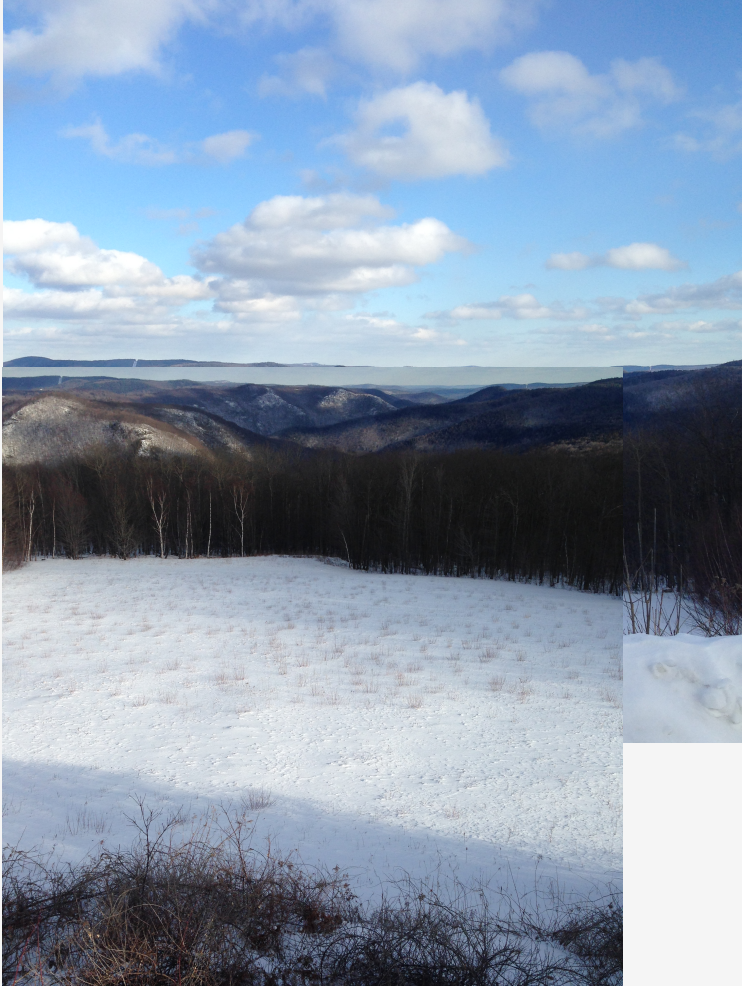
Two important
components
of my current
clinical work



*Cueva de las Manos, Santa Cruz Province,
Argentina, ca. 7300 B.C.*

Four Paths to Wholeness

Mental health conditions are forms of separation from the true Self



First Path: Acceptance



Rumi's Reminder

The Guest House

Rumi

This being human is a guest house.
Every morning a new arrival. A joy,
a depression, a meanness, some momentary
awareness comes
as an unexpected visitor...

Welcome and entertain them all.

Be grateful for whatever comes because each has
been sent as a guide from beyond. (fragment)

First Path : Rumi's *The Guest House*

To inhabit the house of the Self

Is to be in the here now w/ acceptance



Mindfulness: Bearing witness to content



Second Path: Self-Compassion and Kindness

How we Relate to Self and to Others



Naomi Shihab Nye's *Kindness*

“ Before you learn the tender gravity of kindness,
You must travel where the Indian in a white poncho
Lies dead by the side of the road.
You must see how this could be you.
Then it is only kindness that makes sense anymore.”

Kindness is not about becoming someone better

It is about
befriending
the person we
already are



Self Portrait, Max Beckmann, 1938

Third Path: The Self as Context

Mindfulness is a
de-fusion strategy



We Are not Our Thoughts!



Fourth Path: Commitment

Seriousness commitment is held with humor
and light touch



Wild Geese by Mary Oliver

“Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese,
harsh and exciting over and over
announcing your place in the family of things.”

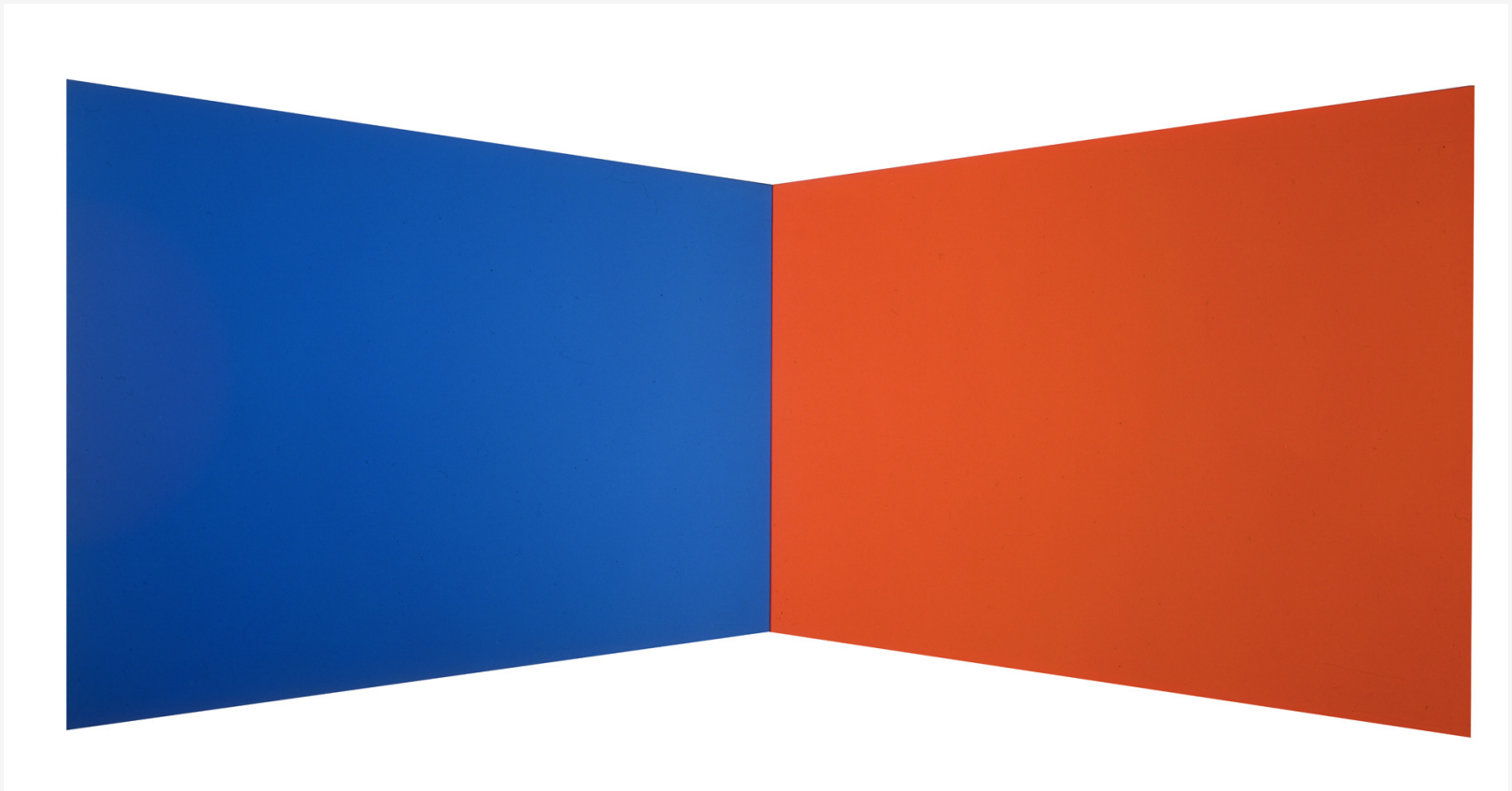


We must find our Place in the Family of Things



The Equatorial Jungle,
Henri Rousseau, 1909

Mindful Writing: A Cognitive Pathway to Wholeness and Psychological Flexibility



Blue Red, Ellsworth Kelly, 1968

The Paths Lead to Psychological Flexibility



Jungle Snacks, Katherine Bernhardt, 2015