

A Brand New, Exciting and Unique Educational Tool

to Powerfully Impact on Your Personal & Professional Life and Transform Your Relationships.

A DRAMATIC BREAKTHROUGH IN PSYCHOLOGY AND A MEANS TO COMPREHEND THE MIND AT A DEEPER LEVEL

Developed by American PhDs for use in all studies related to the

Psyche, Personality and Relationships

A SPECIALLY DESIGNED VIDEO AND AUDIO SERIES for Schools, Colleges, Universities, Educational & Career Training and Self Knowledge Studies and an important asset for Professionals to keep abreast of the latest developments.

An Engaging and Original Way to Teach and Learn

Students and professionals, who need to understand the mind and personality, with particular reference to the communication, healing and helping professions, will find this series an excellent resource.

***Is Your Area of Interest
Any of the Following . . .***



***Then Embark on a
Rich Learning Experience . . .***

A Revolutionary Insight into the Structure of the Psyche *and* A Breakthrough Method which integrates with all Psychological Systems

***A Fundamental Educational Tool for the
Professional Dedicated to the
Empowerment of Others.***

*The last true frontier on
planet Earth is, of course,
the inner Universe of
the human psyche.*

*It promises to hold
amazing secrets, as it is
explored, which will
transform individuals
and society as a whole.*

*A breakthrough has been
made, which can assist
those who grasp it, to
understand themselves
at a deeper level, as well
as the whole spectrum of
human conditions and,
specifically, relationships.
It requires new knowledge
of Self and Personality.*

Original Insights into the Self . . .

In earlier times it was presumed that the Self was a singular function. Even though this belief was opposed by various religions, myths, philosophies and traditions, it remained in place until the last century.

The arrival of people such as Freud, Jung, and their successors, as well as the mythologist Joseph Campbell, and even unorthodox teachers such as Gurdjieff and Blavatsky, pointed to a new development: The human psyche, in reality, includes many discrete parts, many “selves”, all existing together, battling it out for supremacy, negotiating and compromising with each other, in a bid to ensure the survival and success of the individual.

Many methods have been developed to attempt to access all these different selves, but most have failed to allow integration of them. The problem has always been how to give a person a means of embracing all of the selves, while remaining centred and aware, and still able to grow psychologically, rather than become stagnant, or cemented into a tiny portion of their psyche.

None of these established methods have been entirely effective, whether mainstream or alternative, partly because of the attempt to try to make this multiplicity of personality structures into a single “Self”. They have also been unable to offer a process which gives deep insight into, and allows expression of, all parts of the personality.

Fortunately, a new body of work, called “**The Psychology of Selves**”, has now been created which resolves all these problems. A person is given a new experience of their psychological structure which frees them from the dead hand of the past in a dynamic and easily learnt way.

New and Dynamic Ways to Enhance Consciousness

The Primary Ideas of the Psychology of Selves



Voice
Dialogue

A Profound Understanding of the Personality

The Primary Ideas of the Psychology of Selves

The idea of many selves may seem to make life confusing, but if we do not realise that the Self has a vast constellation of different individual forms (subpersonalities), with specific qualities and functions, then we cannot appreciate why our behaviours can change so often in everyday experience. How is it possible in one moment to be loving and then change to be vile and cruel, or be thoughtful and considerate, and then selfish and narcissistic, or again, be sensual and feeling oriented, and then impersonal and coldly rational?

While Freudian and Jungian psychology, Transactional Analysis, Gestalt and other forms of inner work explored these realms of the unconscious in their own ways, it is only today, with the research of Dr Hal Stone and Dr Sidra L. Stone, that a concrete psychological practice has been developed and explained with extraordinary depth and completeness.

“The Psychology of Selves” is the name which Hal and Sidra Stone, the creators of this system, gave to their work. Firstly, it essentially links together the various systems of understanding the multi-faceted structure of the personality, but with a radical new insight. Secondly, it offers a complete methodology to comprehend what can easily be a confusing morass of different forces at work in the psyche, both conscious and unconscious. Finally, it gives a process by which a trained person can facilitate the identification and separation of these selves in a client, so freeing them in a unique and brilliant way and taking them to a new level of awareness.

A Profound Understanding of the Personality

It is generally understood that the personality (persona) is essentially a mask, or series of masks, used as a protective covering for the innate vulnerability that was born in early infancy. The Stones found that we indeed do contain many autonomous and semi autonomous selves or subpersonalities.

Their system defines the selves at the *surface* of a person’s psyche, as the *primary selves* or the *primary self structure*. These subpersonalities are dominant and control our perceptions, and we consider them to be ourselves. Those that are held more deeply within, suppressed within the *subconscious*, are called the *disowned selves*. They still live in the subconscious causing choices to arise in the conscious mind throughout a

person's life. They also found that those subpersonalities which are *disowned and suppressed* in a person cause a strong emotional reaction to other people who have those same types of subpersonalities as *their primary selves*. This is the so called "opposites attract" mechanism.

From their clinical experience, they have identified these selves by specific names: Perfectionist, Analyst, Inner Critic, Pusher, Clown, Slave, Pleaser, Aggressor, Manipulator, Rule Maker, Rational Mind, Rebel, Achiever, Being, Instinctual Nature, to name just a few. Further into the psyche they define the Archetypes and their functions: Apollo, Dionysus, Aphrodite, Medusa, Ulysses, Hercules, Midas and so on. There is a huge variety of subpersonalities, perhaps hundreds, each independent in themselves and driving a person's life experiences.

This, of course, has nothing to do with split personality, which is a clinical condition, usually based on severe trauma in childhood. The multiplicity and variety of selves, described above, is the normal state of every human being.

Aware Ego – the Radical Breakthrough

A crucial part of their system is the re-evaluation of the ego. By its nature the ego restricts. It holds down a vast and unexplored realm of the psyche. Its job is to limit, rather than expand. Traditionally what has been called the "ego" is, in the Psychology of Selves, termed the "*Operating Ego*".

Their new understanding gives a new and additional comprehension of ego, which is termed the "*Aware Ego*". It is the crucial, central factor on which their system operates. It allows expansion and exploration of more of the psyche, rather than the old ways of restriction and contraction. It embraces all the different selves, consciously and deliberately. It gives a person a breath-taking freedom immediately it comes into play. It is the missing link in psychology, giving those who awaken and develop it, the means to integrate and access all the disparate selves and hold the "tension of the opposites".

The Aware Ego, in contrast to the Operating Ego, is a process which is *intentionally developed* in a person, by the careful separation and identification of the different selves. As this happens, an extraordinary clarity awakens. Parts of a person which have been invisible for decades arise to consciousness. A freedom of self expression, the fluidity and lucidity of which is sometimes hard to believe, appears.

The Aware Ego is the new vehicle for the unexplored frontier of the psyche. It is a safe, intelligent and natural progression for people paying attention to their own growth and evolution.

The technique, developed by the Stones, for bringing the Aware Ego into being and which is their great contribution to humanity, is called **VOICE DIALOGUE**.

A Huge Variety of Individual Subpersonalities



Aware Ego – The Missing Link in Psychology

The Amazing Discoveries of **The Psychology of Selves** and the **Voice Dialogue Method**

**developed by Dr Hal Stone & Dr Sidra L. Stone,
have now been produced as a
COMPLETE VIDEO AND AUDIO SERIES,
which will bring true clarity and a new
understanding to your work.**



**Dr Sidra L. Stone
& Dr Hal Stone**

Dr Hal Stone

Dr Hal Stone was born in 1927 and received his PhD in Clinical Psychology at UCLA in 1953. He practised as a clinical psychologist, both as a Captain in the U.S. army and in private practice. In 1973 he founded the Centre for the Healing Arts in Los Angeles and acted as its Director until 1979. Since then he has taught and presented seminars and conferences all over the U.S.A., Europe and Australia. He is the author and co-author, with Sidra Stone, of several books, including *Embracing Heaven and Earth* (1984), *Embracing Our Selves* (1985), *Embracing Each Other* (1990), *Embracing Your Inner Critic* (1993) and *Partnering, a New Kind of Relationship* (2000) and audio and video productions.

Dr Sidra L. Stone

Dr Sidra Stone was born in New York and received her PhD in Clinical Psychology from the University of Maryland. In 1972, after practising as a psychotherapist she became the Executive Director of the Hamburger Home (now the Aviva Centre) in Los Angeles, until 1979. She now teaches the Psychology of Selves and the Voice Dialogue system around the world with Hal Stone. In addition to co-authoring the books listed on the left with Hal Stone, she has also authored *The Shadow King*, *The Invisible Force That Holds Women Back*, as well as several chapters in anthologies. Dr Sidra Stone is well recognised as one of the leading and most influential female psychotherapists in the USA.

Voice Dialogue

Voice Dialogue is a jewel among techniques because almost anyone, with proper training, can learn how to do it. It is an exciting and extraordinary way to understand ourselves and, like most great discoveries, is remarkably simple.

It is based on the fact that subpersonalities express themselves as voices within the mind, as well as energies within the psyche, and they can communicate if encouraged to. This communication can be verbally, emotionally, physically and energetically expressed. This simple realisation has opened the way to this very new form of inner exploration.

It quickly allows experiences of the multidimensional, and structural realities of the personality, as well as the ability to directly comprehend and resolve the numerous issues which arise in relationships of any type. The quality of understanding, which spontaneously arises in a person practising this process, is awe inspiring in its speed and depth.

It is a system which is easily learnt, and, once put into practice, gives a profound and permanent insight into the workings of the mind. It is a tremendous help in every area of human interaction and communication, particularly personal relationships.

Perhaps the most practical benefit of Voice Dialogue is that the insights and

behavioural realisations are permanent. It is very hard to regress to a lesser state of awareness.

And, as the awareness and perceptions start to flow, the practitioner can then integrate newly discovered behaviours into their lives, often developing more powerful and fulfilling ways of self expression and being.

Another advantage is that Voice Dialogue can be integrated into any psychological process or technique. It was always envisioned by Hal and Sidra Stone that the method could be integrated into any theoretical system, just as the theory of the psychology of selves could be used by anyone who took the time to learn about it. There is also no certification of practitioners involved in the use of Voice Dialogue.

Voice Dialogue is a powerful and practical tool. It can enhance the skills and abilities of every practitioner, so allowing them to assist their students, patients and clients very effectively. It is fast, safe and rewarding in a way that few methods are. And perhaps the greatest advantage is that it improves and strengthens the practitioner's own abilities to relate and communicate, and grants them a greater awareness of themselves and others, which can significantly improve their life.

Learning this system makes your life into an ongoing, exciting adventure. It is also an inspiring and clear contribution to the work you offer.

The most comprehensive and detailed step-by-step explanation of VOICE DIALOGUE ever produced, with Dr Hal Stone and Dr Sidra L. Stone.

**Produced by Dr John Coroneos M.B.B.S.(Hons) UNSW
Presented and Directed by Michael Domeyko Rowland**

12 VIDEO TAPES (around 11 hours) and 8 AUDIO TAPES (over 8 hours)

VIDEO TAPES

The Video Tapes look deeply into every aspect of Voice Dialogue. Drs Stone give brilliant explanations, stories, examples, associated dreams and archetypal links to illustrate and clarify their system. They also personally demonstrate several different sessions of Voice Dialogue with each other, expressing a variety of subpersonalities. This includes demonstrations as couples, and with dreams. Included in the series are parts of a live Voice Dialogue training seminar they gave in Australia, which is intercut with their explanations, and a special visual explanation of the psyche using 3D computer graphics. There are also bullet point teaching screens every 20 minutes or so summarising what has just been shown.

- Tape 1: Introduction to Subpersonalities
- Tape 2: Primary Selves
- Tape 3: Disowned Selves & the Effects of Subpersonalities on Health
- Tape 4: A New Vision of Consciousness
- Tape 5: Relationships and Bonding Patterns 1
- Tape 6: Relationships and Bonding Patterns 2
- Tape 7: Dreams
- Tape 8: The Origins, Benefits and How to do Voice Dialogue
- Tape 9/10/11/12: Voice Dialogue Demonstrations

AUDIO TAPES

The Audio Tape series is an in-depth explanation of some of the major subpersonalities and their opposites, and includes a large section on dreams.

SUBPERSONALITIES COVERED:

Rule Maker/Rebel	Personal/Impersonal	Inner Children
Observer/Spontaneous	Critic/Inner Teacher	Responsible Parent
Mind/Feelings	What will people Think	Psychological Knower
Control/Release	Sensuality/Sexuality	Abuser/Abusee
Pleaser/Selfish	Independent/Dependent	Special/Ordinary
Pusher/Being	Invisible/Spacer/Chameleon	Spiritual/Earthly
Perfectionist/Slob	Jungle/Victim	Patriarch/Matriarch
Power/Vulnerability		

DREAMS:

Included in this series is an in-depth description of many different themes and levels of dreams.

- Themes and Symbols in Dreams
- Disowned Selves in Dreams
- Illness as a Teacher
- Mythic and Archetypal Dreams

Benefits

Voice Dialogue

Results

This series will help you to:

- ◆ Discover paths to greater self growth and self worth.
- ◆ Understand the Psychology of Selves and Subpersonalities.
- ◆ Learn about the process of Voice Dialogue.
- ◆ Develop an "Aware Ego".
- ◆ Grasp the way your personality is structured and functions.
- ◆ Understand the requirements to resolve problems in relationships and for creating a great relationship.
- ◆ Awaken new levels of intimacy and heart connection.
- ◆ Become far more skilful at communicating with people.
- ◆ Unlock your creative and intuitive powers.
- ◆ Express yourself fully in an easy, effective and centred way.
- ◆ Release any of your unexpressed skills, talents and abilities.
- ◆ Increase the depth of communication, and draw out the best in others, and help them understand themselves at a deeper level.
- ◆ Bring to awareness the disowned or shadow parts of the psyche.
- ◆ Have a far greater range of choices in every area of life.
- ◆ Gain extraordinary insights into common psychological traps for people involved in spiritual or personal development.
- ◆ Develop new and unexpected creative talents in career, the arts, sports, wealth creation, inventions and lifestyle.
- ◆ Realise the connection of the mind to the body and its effect on health.
- ◆ Comprehend the meanings of dreams.

Testimonials

Wm. C. Harrell, M.D.
Internal Medicine
Specialist
U.S.A.

I have longed to have such a teaching resource as is now available in the new video/audio series available from the creators of Voice Dialogue. The video format brings nuance, clarity, and an energetic connection to the subpersonalities. Here is the comprehensive tool that gives any student access to understanding the complexity of themselves and others, while at the same time discovering paths to greater growth and self-worth. The series should be a requirement in the curriculum for all general students, but is absolutely a must for those in the clinical, behavioural and medical sciences.

Robert Stamboliev M.A.
Managing Director of the
Institute for
Transformational
Psychology (ITP),
Netherlands

In our teaching programs for psychotherapists, consultants and trainers we have found that the Voice Dialogue Series gives an inspiring and clear contribution to the work we offer. We heartily recommend the Series as an important asset to any educational program aimed at giving insight into human behaviour. Furthermore it offers new and exciting ways to enhance consciousness and restore balance in individuals, couples, teams and organisations.

Francine Pinto, Voice
Dialogue Teacher and
Facilitator, B.A., J.D.,
Northern Virginia and
Washington, D.C.

Voice Dialogue is a powerful transformational tool that develops the capacity in one's daily life to have "real choice". This tape series is a powerful, clear, and touching rendition of the fundamental principles of the Psychology of Selves and the Aware Ego Process. It can be used very successfully to communicate the spirit and concepts of Voice Dialogue. It is a foundational educational tool for any professional dedicated to the empowerment of others.

Ane Haaland
Cross-cultural
Communication Trainer,
Researcher, Norway.

This video series is a real gift. It shows what Voice Dialogue is about, and the rich learning experience which is open to anyone who decides to invest in learning more about the function of their "inner family" – or to teach it to someone else. In courses, the video tapes are a useful resource: the questions asked by the interviewer are clear and to the point, and Hal and Sidra cooperate to give different insights about the issues with convincing charm and humour. They know what they are talking about, they believe in it from the core of their beings, and they communicate it in a very direct way. Even people who are not familiar with Voice Dialogue, get the point. The tapes are professionally made, and stay with each subject long enough for the viewer to listen, learn and reflect. And the summaries are useful "thinking stoppers", and pedagogically very well done. I recommend the series without hesitation.

Shonna M.W. Ruff, LCSW
U.S.A.

Voice Dialogue has had a powerful impact on both my personal and professional life. The understanding of bonding patterns and energetics has transformed my relationships. The video and audio tape series has brought true clarity and understanding to the many

facets of this work. Learning about my primary selves and how they operate in my life is an ongoing, exciting journey.

**Robin Gale-Baker,
B.A., T.S.T.C., M.A.A.S.P.
and Paul Gale-Baker,
B.A., Dip Ed.
Directors, Australian
Institute for Relational
Training, Melbourne,
Australia**

The Voice Dialogue Video/Audio Series is an excellent summation of the theoretical framework of the Psychology of Selves and its method, Voice Dialogue. Voice Dialogue is an elegant, simple and effective method of accessing the inner family of selves. Voice Dialogue readily lends itself to integration with other psychological models and is used extensively by psychotherapists from a wide range of modalities. It is easy to understand and apply, and its immediate benefits are one of its major advantages. We are fortunate to have such a complete record of the theory and method as related directly by the founders, Drs Hal and Sidra Stone. Michael Rowland has done a superb job of interviewing them. We thoroughly recommend this excellent series.

**Susan Schwartz Senstad,
M.A., M.F.C.C., M.F.A.
Family Therapist
Norway**

The 5-year training program, "Diversity in Leadership", for the Norwegian State Labour Department in which Voice Dialogue was a central methodology concluded: "These courses had particular significance for participants' self-development and insight, they contributed to their understanding of other people's mental and emotional reactions and gave enhanced communication breadth and helped them utilise a wider range of their own abilities. The participants say this benefited their interactions both at home and at work." The videos work, they are serious and professional, yet funny and human, with an enthusiastically engaged interviewer who asks good and cumulative questions.

**Fran Florsheim M.A., M.F.T.
Peter Florsheim Ph.D.
M.F.T.
U.S.A.**

Hal and Sidra's Voice Dialogue Video Tapes are an excellent educational tool for teaching the Psychology of the Selves, including Voice Dialogue, Bonding Patterns, and Dream Work. We highly recommend these educational tapes.

**John Ruh
Founder of the Human
Resource Store
U.S.A.**

Voice Dialogue has been used to improve the performance of managers and executives throughout the United States. I have used it with managers and executives to increase their focus, personal effectiveness, and improve their working relationships with bosses, peers, subordinates, and customers. Voice Dialogue is easily integrated into a variety of executive development programs and provides a safe and powerful method for managers and executives to quickly improve their performance. Some practical benefits I have found include being able to relate more effectively by clearly seeing who I am dealing with. I am also able to coach my clients easily and generally I am a more compassionate person. I would highly recommend learning about the Voice Dialogue technique, and especially the video/audio series produced by Dr John Coroneos. The series explains this process better than any other vehicle I have seen.

THE VOICE DIALOGUE SERIES

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