

# Syllabus - Week 2

# Generative Trance and The Hero's Journey

## **O**verview

In this second week, we focus on how generative trance can support life as a great hero's journey, filled with happiness, positive contribution, and deep connection. This requires skillful connection with both the sufferings and the joys of life. In activating a creative field before patterns take on specific form and value, generative trance allows one both to absorb and dissipate negative symptoms, and to actualize the seeds of positive realities. In other words, generative trance can help release long-standing sufferings as well as fulfill deep longings.

## **H**uman Creativity

At the core of this model is the idea that human creativity is primarily organized around basic needs: safety, intimacy, individuation, community contribution, etc. For humans, each need can be experienced and expressed in virtually infinite ways. More importantly, needs met with positive presence and support develop as resources; while the same needs met with negative presence—e.g., criticism, indifference, exploitation—become negative symptoms. Every attempt to get rid of them inadvertently feeds them. We will see how generative trance allows these outcast patterns to be transformed into resources.

## **W**eek 2 Learning

In this week of the workshop we will cover:

1. A model of Creative Mind wherein each core pattern can be experienced and expressed in infinite ways, and has equal capacity to be positive or negative.
2. How symptoms (depression, anxiety, addictions, persistent intimacy failure) are formed and maintained; and how they can be transformed into resources.

3. The core positive functions of symptoms—depression (surrender); anxiety (vulnerability); negative habits (deep pre-verbal intimacy); dissociation (separation and autonomy).
4. How these basic functions can be reclaimed for generative life experiences: positive intimacy; positive body image; surrender to a generative field; safe and open vulnerability; and creative professional development.
5. Many techniques for living with authentic fierceness, tenderness, and playfulness. Apply Generative Trance work with individuals, personal relationships, and groups.

This is a new course developed by Dr. Gilligan, it is the cutting edge of his generative work. Come join!