

## Self-Meaning Overview

At the heart of our Self-Meaning Based Therapy® , also referred to as SMBT, is the uncovering of one's core negative Self-Meaning, which lies deeply within our unconscious.

One's self-meaning develops within imperfect interpersonal interactions in childhood, leaving us with relational needs unfulfilled, for which we are left to make sense of "*Why.*"

A child's meaning-making process assumes personal responsibility for this "*Why,*" and is captured in the intuitive reasoning, "*It must be because of who I am.*"

One's core Self-Meaning is typically negative in nature, and it's unconsciously stored in our psyche, throughout our lives, where it becomes the cornerstone understanding of one's self, albeit a false one, that powerfully and pervasively influences our sense of self as well as the dynamics within our primary intimate relationships in adulthood.

But because our core negative Self-Meaning is held within our unconscious, it's inaccessible through, and unamendable to, traditional talk-therapy approaches.

Being trained in SMBT will teach you how to access your patients unconsciously held self-meaning, which lies at the heart of much of their psychological suffering.

Learning this approach will enable you and your patients to embark on an emancipatory project.

Rather than simply teaching patients how to manage the unconscious negative effects of their core Self-Meaning through best-practice approaches, SMBT enables therapists to help patients permanently dismantle the self-created lie borne during childhood, thereby helping patients realize a newfound psychological freedom and the ability to reconnect with their inherent design--enabling them to experience their True Self.

Our SMBT approach is a nuanced and comprehensive treatment model from which to ground *all* psychotherapeutic work.

It's an integrated model, grounded in psychoanalytic, humanistic, and internal family systems theory, and strategically incorporates the effectiveness of bilateral stimulation to elicit profound and lasting change.

SMBT potentially benefits anyone, to the extent that we all carry within us a core negative Self-Meaning, whether experienced situationally or comprehensively.

At its surface, SMBT is a psychotherapy model; at its depth, it is a stance toward human suffering and human possibility. It invites psychology to move beyond symptom reduction toward liberation, beyond recovery toward emergence, and beyond identity repair toward a sacred return to the self—reconnecting the field with its deepest calling: assisting human beings in remembering who they truly are.