

Castellino Prenatal and Birth Training

T10 M6 Home project:

This project is the design of Alison Greene-Barton and Ray Castellino. The exercise is based on a process that Alison created for her clients to help them develop healthy ego strength. It is an excellent process to support building the self-reflective muscle and the ability to sit with the energy of double binds.

Intention:

Intention of the project is to strengthen healthy ego structure and the ability for self-reflection in a way that integrates the right and left-brain.

Definition:

Ego strength definition from “Alleydog.com”

<http://www.alleydog.com/glossary/definition.cfm?term=Ego%20Strength>

Ego Strength: We all have an ego. And your ego has the ability to deal with reality and stress differently than my ego, your mother's ego, or anyone else's ego. To that extent your ego is able to do all of this, maintain emotional stability, and deal with stress is your “ego strength”. In a clinical setting (when dealing with psychological disorders) we can say that ego–strength is a person's capacity to maintain his/her own identity despite psychological pain, distress, turmoil and conflict between internal forces as well as the demands of reality.

Alison states that ego strength provides the ability to:

- assess a situation;
- perceive patterns,
- make comparative analysis (growth curve, capacity for staying present, degree of activation, sense of being able to perceive your own growth);
- create intentions for new healthy behaviors;
- help one know what one is identifying into;
- track oneself at one's learning curve or leading edge;
- differentiate as apposed to indiscriminate merging;
- make healthy judgment calls.

There are three ways to complete this project. Choose one of them:

1. Take a PW DVD video watch it. Then transcribe a pertinent section of the session. Then give a buddy a copy of the transcription and review it with them. Write a few paragraphs that describe what you learned in relationship to the above skills.
2. Do a new in person or phone session that you audiotape with a buddy from the training. Then transcribe a pertinent section of the session. Give the buddy a copy

of the transcription and review it with them. Write a few paragraphs that describe what you learned in relationship to the above skills.

3. Do a new in person or phone session with a counselor of your choice. Audiotape the session and transcribe a pertinent section of the session. Give the counselor a copy of the transcription and review the transcript with them. Write a few paragraphs that describe what you learned in relationship to the above skills