



Deep Dive

Our Approach

Our overarching goal is that you become stronger, healthier and happier by making real progress on your most personal issues and relationships.

Mitch Dickey has focused on this for almost 30 years ... as a scientist, a trainer of therapists, a coach, consultant and as a recipient of therapy. And he has developed methods that he believes bring coherence and structure to the growth process.

Our services are focused on the big issues in life, the long-term issues that compromise health and happiness. For smaller issues, we offer a set of shorter-term services.

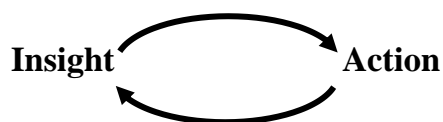
The Path to Personal Renewal

Healing the Past – If negative experiences are similar enough and occur early enough and often enough, they become encrusted as personal “issues” that keep us from getting what we want. This is illustrated in Box A in the diagram at the right.

These issues lie on us like a stack of heavy blankets in winter, insulating us not only from ourselves, but from a world we imagine as too cold to thrive in. Every time we remove one of the blankets, we paradoxically become less protected from life’s travails and yet more able to deal with our own issues.

To heal is to loosen the grip that your past has on your future by removing the blankets. To do this, we must break down your issues back into the original experiences that caused them. Our personal suffering is transformed into events that were painful but transitory. This happens in Box B.

Present Effectiveness – In Box B, we take on two mutually reinforcing challenges.



Insight – we find those few essential truths about who you are that will enable you to become a more

authentic person. This truth-telling is an essential piece of what you bring to the table, and is more difficult than you might think.

Mitch has developed specific tools and methods to identify these core insights relatively quickly.

Action – We start with a goal that is important enough that you will sustain your effort to reach it. And we develop a plan that incorporates the core insights about who you are and your current relational capabilities.

And we put the plan into action. This is the walking the walk stage, in which we try out new actions at the edge of what you can already do. You are now better able to manage present situations as they emerge.

We no longer cause pain to others. This is Box C and the world becomes warmer still.

Deepening and Strengthening

When you have removed enough blankets and are able to manage uncomfortable situations as they come up, you will reach a point where you are finished with the issue. It’s there, but no longer has a hold of you.

When you reach this point, you can shift to Box D, from focusing on yourself to focusing on others. You create value and joy. This deepens and strengthens you.

		Pain Accrues to ...	
		Ourselves	Others
Problems that are caused by ...	Ourselves	B	C
	Others	A	D

Within your sphere of influence you become progenitors of strength, health and happiness. You can take on those forms of social suffering that are caused by others (Box D). You help those close to you remove their own blankets – and the world is warmer still.

