

OBSERVER - MUM

THERAPY FOR PROGRESSION IN SELF-PERCEPTION

My long-term scene building experience and the knowledge of Anorexia nervosa gained at the Charité Berlin developed the therapy by the neuropsychologist Dr. Martin Grunwald, which includes the help of wetsuits allowed me to develop the following therapy:

Requirements:

- elastic bandage
- crêpe bandage
- theater complexions "Kryolan" (watercolours), black and white
- water
- camera with a self-timer
- tripod
- dictaphone

1. The participants determine and photograph themselves, deciding in accordance to their sentiment how neutral the face expression they impose is.



2. The face ought to be embraced by the elastic bandage in order to intensify the self-awareness of it.



3. The face is being embraced by the bandage. Breathing and vision are ensured.



4. The participants paint their faces with both hands without eyeing at themselves.
The task is to keep the vaulty parts of the face white and paint the sunke parts black. The transitions are to be expressed by mixing both colours gaining shades of grey. It is desirable to tape-record the deeply felt state of mind in a verbalized



5. The finished face painting shall than express: Happiness, Sadness, Anger.
The participants fotograf themselves or the therapist undertakes that task.



6. After cleansing their faces the participants photograph their neutral face expression again.



My face expression, before and after.
The change within my countenance (as in the case of all participants)
is plain to see.

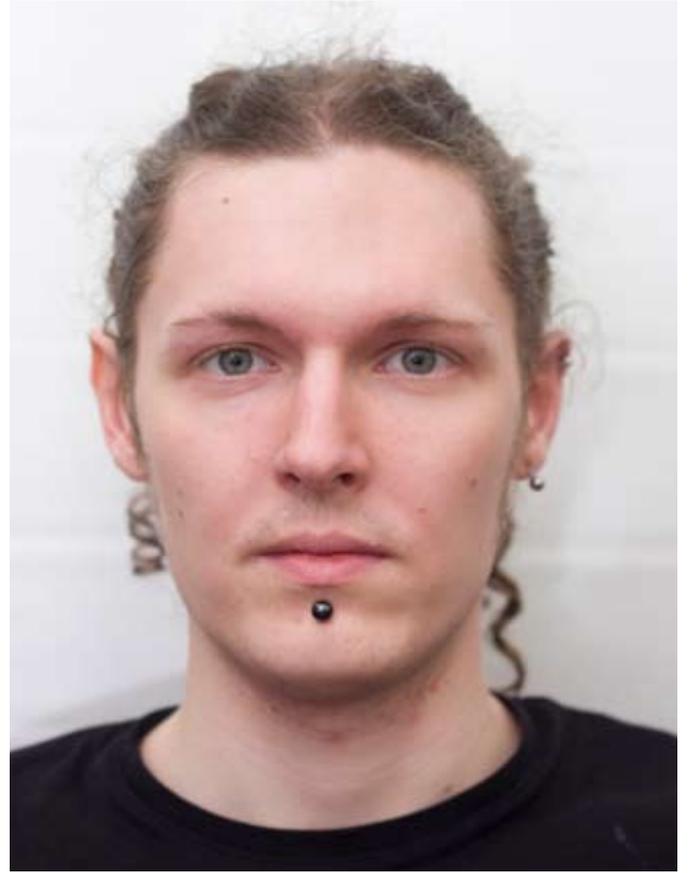
In the process of the experiment are the impressions to the participants
with due regard to their privacy presented on the photos.



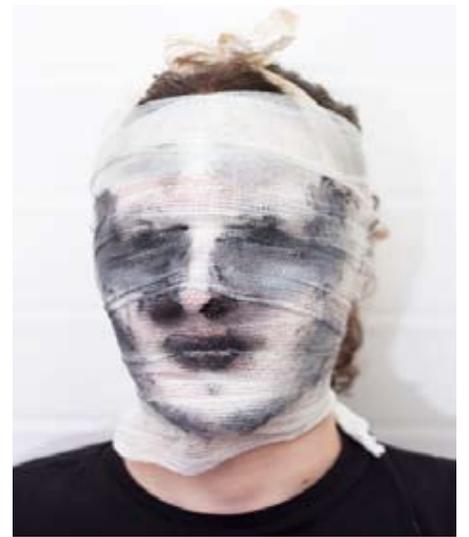
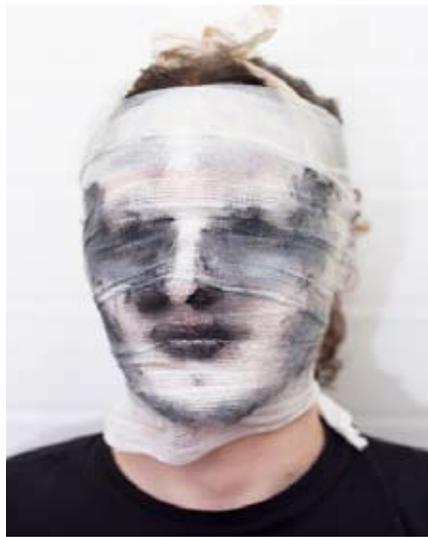
IGOR



Before



After

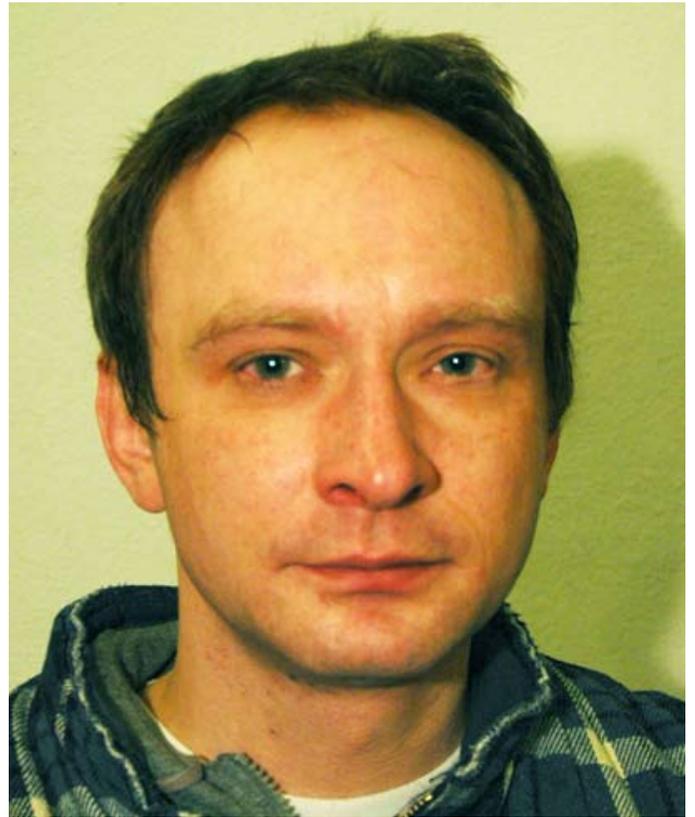


"I have never sensed my countenance at that intensity before!
I came to thinking: No one is watching me and thus I can do whatever
I please."

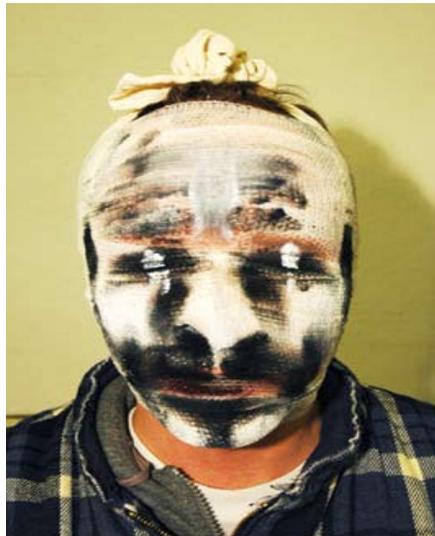
MARCIN



Bevor



After

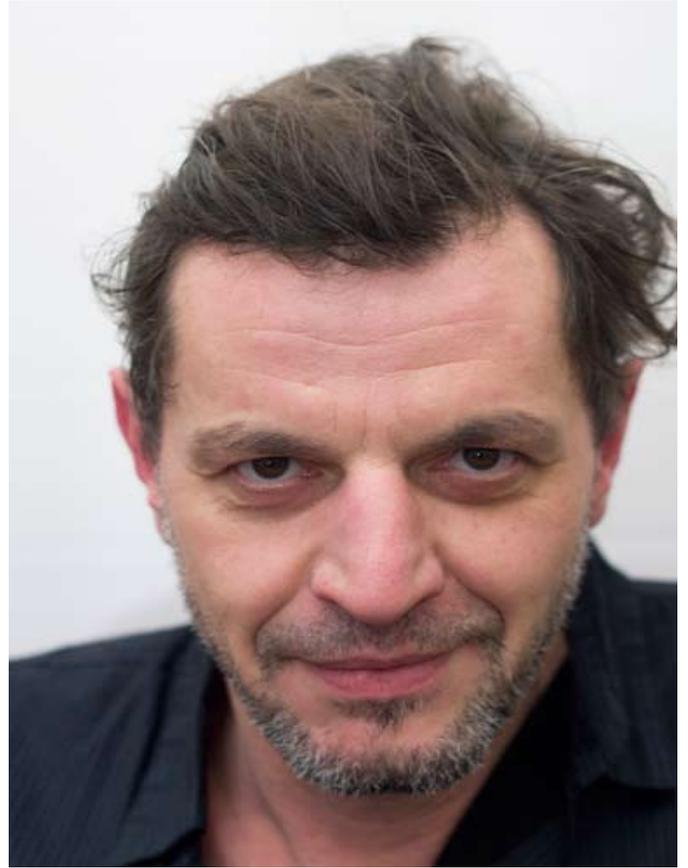


"I have never felt my face in that manner before. The vaulty parts like nose or chin haven't been recognizable to me in that way before; just like my orbits and temples. Even if I would have gotten my hands on my face at a daily basis, I would have done that automatically (without putting much of a thought to it); this special kind of self-awareness would have not occurred to me that easily."

FRANK



Bevor



After



"This occurrence reminded me of the indian shaman's sweat lodge. A short journey into the interior. Quick trip - metamorphosis."

AGNIESZKA



Before



After



"For a short period of time I have lost my orientation. I couldn't distinguish up from down, left from right. I gained the feeling of being composed of my head only, the rest appeared non-essential. It has been pleasant though; I had no fear."

RICHI



Davor

After



"That's been like a journey. Pictures at the speed of strobe light about places, that I have seen hitherto. I have known the people before. Beneath the mask I noticed that I don't know them after all. It's some kind of a meditation escorted by intense emotions. Is this the feeling when one is dying? It's hard to put this in words."

TONI



Before



After



"The face is capable of freedom, because it's behind a mask. It feels comfortable underneath it. Once the mask has been taken off of me, it felt like being thrown out of mother's womb."

HAPPINESS



SADNESS



ANGER



Quantum reality

The client is on the move in a reality beyond any judgement.

A reality wedded to the observer.

The inner observer is silenced.

The capture of sensorial phenomenon occurs without assessment.

The gesticulation and countenance are under no influence or judgement from the outside.

The situations are being honored in their accuteness. You reach the neutral ego state.

The perception becomes active and simultaneously receptive, instead of being active

and constitutive.

The Question about authenticity of the client and her/his identifiability is not needed.

The client is his own "creation".

A tying between the subjective and the objective takes place.

According to the french psychoanalysis of Jacques Lacan:

At the mirror stage of a child (6th-18th month of life) defamiliarization sets in.

The recognition in the mirror a imaginary misrecognition leading towards splitting of the subject into an ideal ego (imaginary subject) and the social ego.

The subject is incomplete thenceforth and for that reason longs for the state of being whole in order to take up the slack within itself with objects. (Theory of desideratum and desire)

It - the real (client)

Me - the imaginary (face of the client - "the little Other one")

Super me - the symbolic (the mask and "the great Other one")

The procedure intergrates the 3 Levels on the surface of the mask.

Enhanced circulation of blood in the brain region

Celebrum:

frontal lobe - speech centre

parietal lobe - speech comprehension and processing of read word, sensoric excitement

temporal lobe - another speech centre and auditory cortex

back lobe - visual centre

cerebellum - centre for fine regulation and coordination of motor function steers muscle tension, movement and balance

thalamus - GATE TO CONSCIOUSNESS - all information put in are received and filtered by the nerve centeres of the thalamus

hypothalamus - coordinates actions of hormones system and the nerve system, body temperature, ingestion, circuitry, water budget, excretion

The procedure is not recommended for clients suffering from elevated blood pressure and cardiac neurosis.

Requirements for the implementation of this therapy are great rapport and great trust.

The therapy must be in an advanced state, in which the therapist knows his patient very well.

The individual disposition and vulnerability must attract attention.

The clients' decision of being ready for that kind of therapy form might be supported by a prefab catalogue containing examples and utterances of other participants (with the consent of the participants).

The therapy is suitable for single sessions. The client should enjoy a relaxed and quiet environment in order to be able to concentrate on himself/herself best.

Kinds of patients eligible for this therapy:

- adolescents being in the phase of the quest for their own identity
(mask, that gives special powers - Spiderman, Batman)
- obsessive - compulsive disorders - clients find under the mask a state free of rating
- anxiety disorders - irritant confrontation - dissensitization; inundation of fear and
endurance of fear step by step
- eating disorders - enhanced perception of the body of ones' own
- adaptive disorders - confrontation with feelings caused by burdensome life
experiences (bereavement, separation experience)

My experiences:

A participant suffered from F98.5 (stammer). During the session his stammer dropped. The participant was surprised while listening to his recording.

After about 2 months the stammer reappeared in a weakened form.

The participant asked for a repetition of the procedure.

All of the participants felt warmer under the mask as well as all through their whole body.

All participants developed raised nutritional requirements.

One participant said to have felt a sensation like after a sexual experience.

All participants gained relaxed and satisfied facial features.

The change in spiritual sensitivities is mirrored in the expression of the eyes.

Text for preparing the client:

I'm becoming quiet and turn to my inner self.
I take the feelings and issues as they come.
I concentrate on the rhythm of breath and other sensitivities of the body.
I weigh everything that I am and everything that I have been in a special kind of an active perception.
I brake up with the observer of my own and free my feeling within the moment.
In this particular state of perception I allow the greatest turmoil of passions to reach and touch me.
I neither try to push away the turmoil, nor to escape or to run away.
I do nothing.
My feeling can run riot and be felt in order to come apart.
Another space emerges underneath.
Maybe a different, deeper feeling.
I leave my self to the device of those feelings. I dive into them.
Through glorifying emotions I burn them - the breath, the pressure and the tension come adrift more and more by every approach.
I become hot underneath the mask.
By letting the hard pressing, moving and threatening emotions vanish the inner space becomes freer and dissolved.
I devote myself to my inner truth.
Letting go, diving into resembles a deeper fall.
Dive into an endlessly broad and deep space.
It might feel bit threatening or uncanny or eerie.
The fear of reappearing I let burn as well.
I let the falling turn into a hovering.
The hovering turns into flying.
I reach this endless state without space and time.
Serenity, peace, joy and bliss emerge.
The mind became still.
The flow of thoughts comes to rest.
I am in a different kind of a sense of being.
It is being called wakening and enlightenment.
If I open myself to every feeling, even the most threatening one, I lose every amazement.
In this moment I make peace with any fear. (Pain, Anger, ...)