



Resolving the Burden of Destructive Entitlement in the Practice of Direct Address

By Marina Riemslagh, PhD

Keywords: direct address, dialogue, destructive entitlement, unconscious, subconscious, The LOVE Method, alarm-signals, stress

Purpose: detect and resolve the impulses that lead to destructive entitlement

During my PhD research 'Why Don't We Behave Ethically Correct as Counsellors' (2011), I got prove that normal memories are clusters of sensory signals while trauma is characterised by a black-out during which we don't cluster the sensory signals. During trauma, our brain connects the signals with the amygdala in order to be alert and so that the situation won't occur again. This means we don't have conscious nor even subconscious memory of the worst moments of trauma, but whenever some of these signals reoccur, our body goes into alarm, our perception changes from safe to 'needing to defend ourselves' and we consciously create stories being victimised. Whenever we act out from these alarm signals we don't feel what we do, we are stressed and defensive (destructive entitlement).

This creates a big burden in dialogue, direct address. Even when we forgave what e.g. our parents did to us, the moment we see, hear or feel, smell or taste the same alarm signals as during what happened, our body automatically goes into stress and we become defensive.

The challenge is to do our 'homework' before meeting our family members and others to whom we act out our destructive entitlement: we need to take the stress impulses away.

As the impulses are 'unconscious' in the 'subconscious' we cannot reach them by understanding them or with talk therapy. We need a method to reach the alarm signals and to dismantle them.

As contextual thinking is the conceptual framework of The LOVE Method and The LOVE Method can release the alarm-signals fast and effectively, I use this in my practice and I teach this in trainings.

How do we inhibit the stress impulses in order to give open way to dialogue? Let's discern our consciousness - which is our focused thinking and feeling that is specialized in taking decisions - from our subconscious, which is our database. We connect and dismantle the unconscious alarm-signals by using 'The ABCs of De-Stressing': we connect with Love, with the interconnectedness of all; we engage the subconscious to dismantle the alarm-signals and we do the DNA string as a ritual. After about two minutes the alarm signals are gone and we are ready for direct address.

Official Personalia, Education and Career:

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Born at Bornem on September 16, 1958

1980 Married to Koenraad Grolus

Mother of Tinne (1981), Roeland (1983), Katrien (1985)

Grandmother of Seth (2014) and Simeon (2016)

Education

1976 Secondary education in sciences

1979 Graduated from hospital school (with distinction)

1992 Graduated as theologian and pastoral caregiver (great distinction) from the Centre of Ecclesiastical Studies at Leuven

1994 Certificate as bibliodrama counsellor (57 course units)

1995 Clinical Pastoral Education at Amersfoort (3 months full-time)

1996 Conference of contextual care with I. Boszormenyi-Nagy (12 units)

1996 Seminar of System-approach Interaction (Antwerp Academy, 12 units)

1997 Philosophical foundations of contextual therapy, Learning about Living (18 units)

1998 Certificate of Post-doctoral Education of Contextual Pastoral Care (Faculty of Theology, Amsterdam)

1999 Certificate of group psychotherapist and leader of Psychodrama (222 units)

2000 Certificate of Supervisor Clinical Pastoral Education (70 units of lectures, 100 hours of group supervision, 45 hours of individual supervision, 60 hours of receiving supervision, literature examination (4,000 pages), paper of learning processes, final paper)

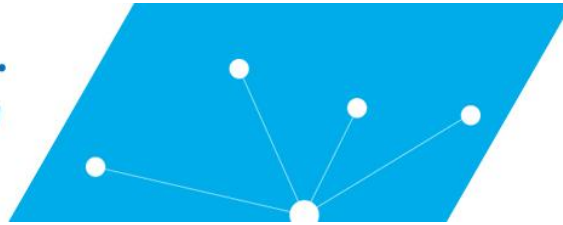
2001 Education as Training Supervisor (extra 6-week training and paper)

2002 Past Reality Integration Introductory Workshop (5 units)

2003 Graduated from K.U.Leuven, Religious Sciences (great distinction)

2004 Graduated from K.U.Leuven, Theology (great distinction)

2008 Theory of Presence + higher education



- 2009 Recognised coach (LVSC Utrecht)
- 2010 Lifestyle and PMA coach
- 2011 PhD in Theology K.U.Leuven on 'Why don't we behave ethically correct?'
- Books ISBN 9781616279363 and -70
- 2011 Reconnective Healing Practitioner (level I, II and III)
PSYCH-K[®] Facilitator Basic, Advanced (in Dutch and French)
- 2012 PSYCH-K[®] Basic and Divine Integration Instructor, PSYCH-K Pro Facilitator
- 2013 PSYCH-K[®] Health & Wellbeing Facilitator
PSYCH-K[®] Advanced Instructor, PSYCH-K Pro Instructor
- 2014 PER-K[®] Instructor
- 2017 Founder, Teacher and Educator in The LOVE Method

Career

Started on 1.9.1979 as full-time graduated nurse on night duty at the Psychiatric Centre St Hieronymus at Sint-Niklaas.

From 1.7.1988 partial job interruption in order to be able to do a priest study at the Centre of Ecclesiastical Studies. Part-time service as a nurse on night duty. End of hospital work on 30.6.1993.

From 1.3.1993 part-time hospital chaplain (50%) at the National Centre for MS at Melsbroek. Secretary of the Ethical Committee since 1995. Chief Pastor from 1997. From 2001 part-time job (45%). Job interruption from 1.1.2006.

From 1.02.2001 also part-time counsellor for groups of post-abortion at the Centre of Relationship building and Pregnancy problems at Leuven (33%).

From 2001 till 2004 also training supervisor at the University of Amsterdam.

2003, 2004: group supervisor at the education of Contextual Pastoral Care.

2006: Trainer at the Clinical Pastoral Education (Centre Maarssen) and licensed Individual and group supervision on request.

From 1.02.2007 until 31.12.2010: researcher at the K.U.Leuven, department Pastoral Theology.

From 1.03.2012 until 18.09.2012 Ethicist at University Hospital of Ghent. Also from 1.04.2012 for 'VOLUIT' (Free Full Living) Self-employed coach, supervisor, trainer in communication.

From 19.08.2012 self-employed coach, supervisor, trainer, PSYCH-K[®] Facilitator,

PSYCH-K[®] Instructor for VOLUIT. Also Freelance ethical expert for the INTERREG Project 'Dignity in Care' and freelancer at sTimul Care Ethics Lab.

From 2013 – end 2016 Full time self-employed PSYCH-K[®] Basic, Advanced, Pro and Divine Instructor. PSYCH-K[®] Optimal Health Coach.

From 2017 full time self employed Teacher and Educator of The LOVE Method.



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