

# LIVING TRADITIONS



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## TEAR SHEET March-April 2007

### The Voice Dialogue Series Article 3: Other Voice Dialogue Resources

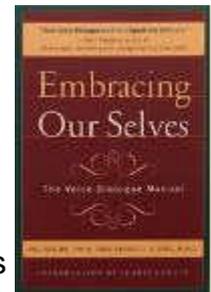
#### **Embracing Ourselves**

#### **The Voice Dialogue Training Manual**

Revised Edition with introduction by Shakti Gawain

by Hal Stone, PhD & Sidra Stone, PhD

New World Library



This is considered the primary text of Voice Dialogue. It introduces the basic concepts of Voice dialogue such as the multiplicity of selves or sub-personalities, primary and disowned selves and nature of the Aware Ego, it discusses key “selves” and the role these play in our health and lives. There are some specific sections on major selves such as the Inner Critic and these give us a good overview of how these selves operate. There is also a significant section on the way in which Voice Dialogue can be used for the empowerment of women.

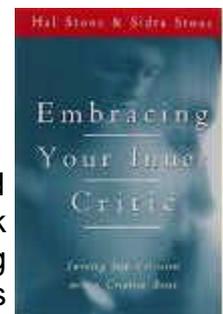
The comprehensive overview of the psychology of selves is one of the best in the field and is valuable whether you use voice dialogue or not. It is written in an easy to understand way with lots of examples and down to earth advice and hence will be of interest to the laymen or professional. There is certainly enough detail about the “psychology of selves” that any therapist will find this of exceptional interest and will challenge anyone interested in their own mental and emotional health to look a second time at the emotions they suppress.

#### **Embracing Your Inner Critic**

#### **Turning Self Criticism into a Creative Asset**

by Hal Stone, PhD & Sidra Stone, PhD

Harper San Francisco.



I found this an exceptional book as so many authors, journalists and those with an “intellectual” bent have inner critic issues. This book explores in great detail all the facets of the inner critic, discussing how it works and what it does to the other selves. It is practical as well as theoretical offering advice on how to deal with the “scorching attack of the inner critic” and ultimately how to transform it into something that works for us instead of against us.

**Other books by Hal and Sidra Stone** include Embracing Each Other and Partnering. Sidra Stone has also written The Shadow King, The Invisible Force That Holds Women Back and Hal has written embracing Heaven and Earth, A Personal Journey.



### **Voice Dialogue International**

**Web:** <http://delos-inc.com/>

This is the website for Hal and Sidra Stone and includes details of books, products and resources as well as a Reading Room with lots of good materials.

### **Voice Dialogue Edmonton**

**Web:** <http://www.voicedialogueedmonton.com>

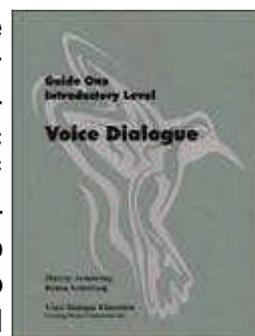
Voice Dialogue Edmonton is the site of Murray and Donna Armstrong who run a thriving Voice Dialogue counseling service and center, they also offer a range of superior Voice Dialogue products.

### **Voice Dialogue Guides**

These guides are fantastic, they are easy to use, well presented in spiral bound formats and will prove of exceptional practice use to anyone studying Voice Dialogue. Whether you are doing a voice dialogue course or teaching one, you cannot do without these simple to use guides. The first Guide also works well as a simple Introduction to Voice dialogue and will help someone coming into using this system for the first time understand the concepts involved. The careful planning of these three guides so they move from simple to intermediate to advanced concepts within the system make them the perfect teaching tool.

### **Guide 1 – Introductory Level to the Basic Concepts of Voice Dialogue**

This is the first level of an educational series and organizes all the basic concepts of Voice Dialogue and the Aware Ego Process for both students and teachers in a coherent and easily accessible format. It starts with What is Voice Dialogue and discusses a Basic Voice Dialogue Sessions. Then works through The Psychology of Selves, Primary Selves, Disowned Selves, The Aware Ego Process and the Consciousness Model of Voice Dialogue. There is also a section on When not to use Voice Dialogue and its relationship to other therapies. This is simple, easy to use, uses questions and answers and point formats and simple diagrams. It is a must have introduction to Voice Dialogue.



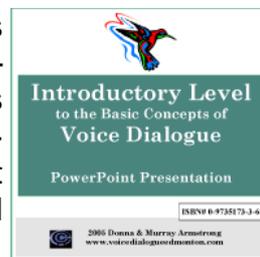
**Guide 2** Expands on Guide One examining the various facets of Voice Dialogue in more detail and also considering such issues as the significance of vulnerability and a section on Energetics and Voice Dialogue.

**Guide 3** Is an advance guide and looks deeper into all the aspects of Voice Dialogue with extra sections on Energetics and Relationships, Bonding and Conscious and Unconscious linkage. It is quite extensive and includes not only all the subjects covered in Guides One and Two but offers a comprehensive overview of all aspects of Voice Dialogue.

These three guides offer great summaries of all aspects of the Voice Dialogue and are move from a very introductory level to advanced concepts, all expressed in easy to understand language, diagrams, illustrations and summaries.

### **Voice Dialogue Power Point Presentations**

This series of three products are great adjuncts to the guides above, they use Microsoft Power Point to offer an amusing, animated and graphic overview of Voice Dialogue. Like the guides the first product is a basic introduction and move through intermediate to advanced Voiced Dialogue materials. The use of point form, animations and graphics make these great learning and teaching tools.



When running workshops these presentations will prove of great use in outlining the basic theories and practice of Voice dialogue in a clear and precise manner.

Many of the images from these Guides and Power Point Presentations have also been turned into posters for teaching purposes.

Between the Guides, these Power Point Presentations and the DVD Course earlier discussed, there is a whole Voice Dialogue training system of the highest quality.

**The Reading Room at Voice Dialogue Edmonton** offers Tables of Content, Sample Chapters and Demonstrations of the Power Point Presentations.

**Web:** <http://www.voicedialogueedmonton.com/readingroom-guides-pp.htm#guide1>

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