



Transformation Processes: Engaging, Witnessing, and Holding the Somatic Image.

by

**Tara Gilmaher
MA, MFA, LMFT**

Opportunity Through Experience:

Psychosis, Extreme States and Possibilities for Transformation

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Opening Poem: Tara Gilmaher, 1/5/2016, untitled somatics.



For more info, or contact Tara visit: PsycheSoulTending.com

- ▶ Tara works with neurodivergence; childhood, complex, and attachment trauma; and LGBTQIA, multi-racial, stroke, and polyamory. She's a PhD candidate in Depth Psychology at Pacifica Graduate Institute and a LMFT. She's presented at: Art and Psyche in Santa Barbara (2019) and ITP at Asylomar (2019) Conferences.
- ▶ Tara Gilmaher, LMFT, MFA, C.Ht. 2100 Montrose Ave. #294 Montrose, CA 91020 818.749.3583 c
- ▶ TaraGilmaher@gmail.com
- ▶ Tara's Website, [Psyche & Soul Tending](http://Psyche&SoulTending.com) : PsycheSoulTending.com
- ▶ **For more information about Lionel Corbett's group work with numinous experiences, please visit: PsycheandTheSacred.org**



Quiet calm and waiting,

Eyes connect.

Eyes lengthen

Connection

Becoming comfortable;

I get smaller. Wiggly

In my feet and parts touching the ground.

My hand offered up a piece of bark,
your eyes twinkled.

You traced my hand, absorbed.

I am scared, in my past;

You are safe,

We become safe.

We connect: understanding.

I trace a scar on your hand

--is this alright?

am I making you recall? Are you safe;

You are safe,

We become safe.

I feel safe.

How did this happen?

I become childlike, received, seen.

I feel safe and scared. What is happening?

You look deeply, close to my hand;

I see rough cracks, callouses.

I see misshapen, uneven hands.

I hold my breath.

My hands detach, dissociate. I cannot feel them.

My hands begin to sweat, I become shame.

I look to see what you SEE,

where you look, trace...

I try to see the hands between us. Now.

The hands between us are not the image in
my head.

not the image in my hands.

You look deeply,

Not repelled.

We look at my hands together.

Grateful,

I surrender to absolute healing

and the never-ending trail of wreckage yet to
heal.



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- ▶ Tara's website: PsycheSoulTending.com
- ▶ Psyche & The Sacred Website: PsycheandTheSacred.org
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- ▶ TaraGilmaher@gmail.com



“...I became increasingly aware of the beauty of the bright daylight world...at the same time I had a premonition of an inescapable world of shadows filled with frightening, unanswerable questions....It was if I sensed a splitting of myself and feared it. My inner security was threatened” (Carl Gustav Jung, 1961, MDR, p. 19).



Theoretical Lenses to Approaching Extraordinary Experiences

- ▶ Carl Gustav Jung, (also C. G. Jung.) –Swiss, developed “Analytical Psychology,” familiar concepts: complexes, active imagination, Archetypes, Alchemy, Numinous work.
- ▶ “Later...in his career, Jung had personal experience of psychotic symptoms, interacting with visions and voices within his own mind, that are noted in his posthumous *Red Book (2009)*. Jung is, therefore, arguably one of the most experienced analysts and depth psychologists in the realm of psychosis.” (Howe & Demjaha, 2022, p.1)
- ▶ Jung “was (also) the first to state that it contained nature’s efforts to heal, that what one witnessed on the wards was largely an artifact of hospitalization and its methods, and that schizophrenia was amenable very frequently to psychotherapy.” (Perry, 1975, p. 37).



Languageing & Conceptualization: Orienting towards a together

- ▶ Apologia. Conceptual challenges in a discussion of embracing somatic and embodied images.
- ▶ Intent to be inclusive, acknowledging different perspectives and experiences.
- ▶ I'd like to do that by asking each of you a short question.
- ▶ *I'm thinking of an apple. What color is it?*



How we're held: what's Depth got to do with it?

- ▶ Defining depth psychological approaches.
 - ▶ There is no deep spot in the mind or body that is where the “depth” is located.
 - ▶ The idea of depth is an abstract mental representation based on traits we ascribe to a felt sense of physical-spatial dimensionality.
 - ▶ Depth psychological approaches included in this discussion are Jungian, Relational-Intersubjective, Somatic, Attachment, Archetypal, Integrative, and Liberation-Decolonization.
- ▶ Depth understanding of “Holding”



Images are *More Than Visual*

- ▶ An expansive depth understanding of “Image”
- 



Mystics or Psychotics? Is it in the attitude?





Embodied image as affective feeling-tone Complex.

- ▶ Holding is one key aspect to the transformation of the image
- 



Three Embodied Experiences





R.-

Shattered; A struggle to tolerate the world.

➤ Citation:

➤ No author. (2020,1604). *The Bible, (edition) King James Version*. Proverbs 27:17



**Presenter's experience:
Body Dreams. Held by Dr. Corbett's PSCC
group opens dialogue in the body.**





O.P.-

**Oceanic Bliss, Oceanic Terror;
a path of finding the self.**





Concluding Remarks Discussion/ Q & A





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