

INTENTION

This study aims to explore the benefit of Emotional Education and Emotional Healing Process work for people living with a diagnosis of mild to moderate depression.

In particular, we'll be exploring the notion that the suppression of anger and sadness can result in the symptoms and experiences that are commonly called depression.

This study invites participants to engage in educational sessions and guided conscious feeling processes in order to gauge the impact of this work on their experience of depression.

BACKGROUND

Stacia Beazley & Gero von Aderkas of The Art of Relating have been working with, researching and developing emotional literacy and expression tools for over 10 years.

Stacia is a Holistic Counsellor and Gero a Mental Health Nurse and together they founded The Art of Relating in 2013 to offer new perspectives on human relating. They also have training and expertise in other therapeutic and educational bodies of work including Somatic Psychotherapy, Shamanic Practices and Possibility Management.

In 2015 they encountered Possibility Management: a body of work developed in Europe in the 1990's by Clinton Callahan - Physicist, Memetic Engineer and author of three books including *Directing the Power of Conscious Feelings*.

Emerging from other theories (eg. Transactional Analysis from Dr. Eric Berne, and Parent Effectiveness Training from Dr. Thomas Gordon), Possibility Management discovered a crucial and measurable distinction between feelings and emotions.

The notion that when people suppress feelings, they build emotional charge that impacts their physical bodies is not new. However, after over 20 years of research in this field, Possibility Management Trainers observed that emotions appear to mix together internally. For example, the symptoms of depression could be most often attributed to the mixture of unexpressed anger with unexpressed sadness. Unravelling the feelings of anger and sadness independently, appears to permanently alleviate the symptoms of depression.

This approach appears to introduce greater clarity and creates new possibilities for working through both feelings and emotions, and in particular, the need for the Emotional Healing Process called Unmixing Emotions.

Through incorporating the principles of Possibility Management over the past 7 years to the delivery of their in-person training, Stacia and Gero have received anecdotal feedback from participants that their experience of depression, as well as anxiety, and chronic fatigue have changed, including a reduction or elimination of symptoms.

Stacia and Gero, along with the research collaborators would now like to formally validate these observations by conducting this initial Depression Research Trial.

TIMEFRAME & LOCATION

The research study will take place in a group setting with 8-12 participants over 8 weeks. Participants must be willing to complete all 8 sessions to the best of their ability and to communicate with The Art of Relating prior to a session and if they are unable to attend to arrange a catch-up call via Skype. If two Emotional Healing Process sessions are missed a participant will be disqualified from the study.

Dates :: 8 x Tuesdays from 21 April to 9 June 2020 ****postponed due to COVID-19****

Time :: 1:30-5:30pm each session

Location :: Second Story Studios - Collingwood, Melbourne

METHOD

Over the 8 weeks Stacia and Gero will provide education around emotional literacy and invite participants to engage in practices and processes that support the safe unmixing and expression of suppressed anger and sadness.

The technique of Unmixing Emotions invites the participant to work with each emotion separately, rather than attempting to release the entire emotional charge at the same time.

Week 1 of the study will begin with confidentiality agreements, establishing group guidelines and creating cohesion before beginning the emotional literacy education.

Week 2 will continue to build on the emotional literacy education and context building before easing into Emotional Healing Processes.

Weeks 3-7 will predominantly be engaging in Emotional Healing Processes that will involve vigorous emotional expression, both vocally and physically. There will be regular space for questions and checking-in before and after practices to support personal safety and group interconnection..

Week 8 will involve integration practices and a group check-out to complete the study.

Prior to the end of each session participants will be asked to reflect on their experience and provide feedback in written form.

The impact of the work on participants' experience of depression will be measured using the Beck Depression Inventory (BDI). As part of the selection criteria, participants will be required to complete the BDI via an online assessment to measure the current status of their depression. If eligible, they will also be required to complete the BDI in the week following the last session and 6 months afterwards as a follow-up.

The content and practices utilised throughout the 8 sessions are largely from the work of Possibility Management. The facilitators will also be drawing upon practices from the field of Somatic Psychotherapy, as well as their own experience and expertise of helping people with emotions.

Once all 8 sessions are complete, independent researcher Michelle Morgan, will collect and interpret the data to produce a report on the outcomes that will then be used to inform any further research. De-identified results may be used for grant applications, presentations and written publications. Participants will be sent a copy of the final report if they indicate that they would like this.

ELIGIBILITY

To be eligible for this study you are required to complete an online questionnaire stating your agreement to the study criteria along with providing further personal and health information as outlined below. NB: All information provided is purely for the purposes of this trial and all personal information will be treated in a strictly confidential manner.

- You are between 25-65yrs old.
- You experience mild-moderate depression and are willing to complete the Beck Depression Inventory (BDI) as the measurement tool to gauge your level of depression for eligibility.
- You can commit to attending ALL 8 sessions to the best of your ability, will contact The Art of Relating prior to a session if you cannot attend, and are willing to engage in an online catch-up call if one is missed. You cannot continue the study if the first session is missed. If two Emotional Healing Process sessions are missed you will be disqualified from the study.
- You are willing to complete questions at the end of each session throughout the study to reflect on your experience and provide feedback to the facilitators.
- You agree not to disclose any information outside of the study that may identify any of the participants in any way. In other words, you will keep the work confidential.
- You understand that you will be invited to participate in Emotional Healing Processes that will involve vigorous emotional expression (both physical and vocal), which may feel unfamiliar and uncomfortable and are willing to participate to the best of your ability.
- You understand that an Emotional Healing Process produces emotional healing because it causes actual change. By participating in the Depression Research Trial you certify that you want to have transformational change in your life.
- You have AT LEAST 2 people you can contact for support during and after the study, and are willing to provide us with their names and contact details. One contact MUST BE a professional therapist or medical practitioner; the other a trusted friend or family member.
- You are not currently experiencing suicidal ideation. If you begin to experience suicidal ideation during the study you commit to immediately communicating this to your professional support person and The Art of Relating.
- You do not currently have any other mental health conditions that might interfere with the activities being undertaken during this trial e.g. schizophrenia, psychotic episodes, substance dependence. If you have any questions in relation to this, please contact the trial organisers.
- You are willing to truthfully disclose any medications you are currently taking including prescriptions, over-the-counter, herbal preparations, or recreational substances. It is crucial that you disclose any psychoactive drugs such as antidepressants or 'brain drugs' that you are taking as these may adversely influence the effectiveness of the Depression Research. This is because the Emotional Healing Process of Unmixing Emotions requires consciously experiencing and expressing pure emotions.
- In choosing to participate in the study you agree to take full responsibility for your emotional, mental, physical and spiritual experiences. The research organisers and team have put in place measures to create a safe and supportive environment for emotional healing, and you agree that they are not responsible for what you personally experience during and after the trial.
- You understand that you can exit the study at any time for no reason.

Depression Research Trial

Participant Information

COLLABORATION & SUPPORT

This study is being led by Stacia and Gero of The Art of Relating and was created in collaboration with Dr Chris Ganora (*GP & University Academic*), Dr Jonathan Tandos (*Clinical Psychologist, PhD*), and Michelle Morgan - (*Creative Arts Therapist & Research Consultant*) with the support of Second Story Studios.

All collaborators have undertaken training with The Art of Relating and understand the context within which the research will be taking place. They are providing collaboration and guidance according to their professional experience.

In the event of the need for further support or intervention for participants in the study, referrals to Dr Tandos may be arranged in confidential communication with the research participant.

We conduct this study with full permission and support from Possibility Management.

[Click here for more information about Chris, Jonathan, Michelle, Clinton Callahan, or Possibility Management.](#)

QUESTIONS?

If you have further questions about this study before applying please contact Stacia Karina Beazley on 0407 412 691 or Gero von Aderkas on 0401 357 752. Or e-mail connect@theartofrelating.com.au which will reach them both.

STATEMENTS FROM PARTICIPANTS OF STACIA & GERO'S RECLAIMING ANGER TRAINING

I experienced that my depression could be explained as anger mixed with sadness and that in order to harness the pure energy and power of both I must develop a conscious anger practice.

The 'aha' was discovering a new direction I could take to address my depression."

Mim Kempfen :: Writer, Therapist, Student

"I have been seeing a therapist for sometime and on a journey to understand my difficulties, but I felt like there were things she said that I couldn't access - like she was trying to show me something that I couldn't see. I feel like I can see now. I needed to move into my body to really understand, and search for my strengths and test what I thought were my limits with my body."

Anon :: Lawyer & Policy Consultant

THANK YOU!

Stacia, Gero & the Research Team