

VII. Many Parts, Many Modes of Spirituality

2019 CPA National Conference, Atlanta

Peter Martin, PsyD
Director of Integrated Training
& Formation, NICPP
pmartin@csssisu.org



“Self” = Attachment Figure

“much of the healing happens when the Self ... becomes the primary, loving attachment figure for a client's injured young [internal] parts”

– Richard Schwartz (2013). *Internal Family Systems Therapy: New Dimensions*, p. 2.

“Internal Attachment Disorder”



Internal Working Models

Attachment experiences influence development of **IWMs**

- Influence future relationship expectations and behavior, including relationships with God (Granqvist & Kirkpatrick, 2016)

Internal Working Models (cont.)

- Internal Parts have an “attachment style” to the “Self”
- Parts can have different attachment patterns to different spiritual figures
- These valued spiritual figures can also be understood as *attachment figures* and potential resources for affect regulation and healthy psychological coping.

Internal Evangelization Therapy

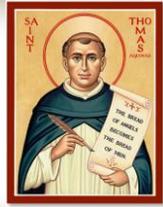
Matthew 22:36-40

“Teacher, which is the great commandment in the law?” And he said to him, “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the great and first commandment. And a second is like it, **You shall love your neighbor as yourself. On these two commandments depend all the law and the prophets.**”

Mercy: The Greatest "Neighborhood" Virtue

Mercy is the greatest of all "virtues which relate to our neighbor"

St. Thomas Aquinas, ST II-II, q. 30, a. 4



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Internal Intercessors



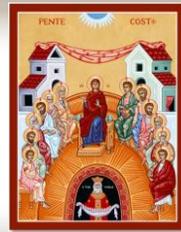
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Internal Good Samaritan



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Spiritual Resourcing



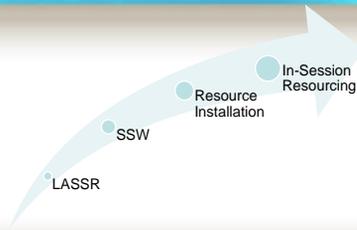
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Maslow's Hierarchy of Needs



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New Ways to Pray & "Resource"



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Level of Attachment Security in Spiritual Relationships (LASSR)



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Spiritual Support Worksheet



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Clinical Considerations

- God is Trinity
- Not only encountering Jesus
- "Foot-in-the-door" spiritual encounters
- Embodied: Help client feel "moved"

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Clinical Considerations (cont.)

- Various ages and depictions of Mary
- Various ages and depictions of Christ
- Angels / HS if embodied is too threatening
- Be context specific

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Experiential Exercise

“Self” invites spiritual resource figure and introduces to Manager part

Fulfilling current needs of “felt security” assists in spiritual transcendence

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