

# Practical interventions using parts language

April 27, 2019, CPA convention in Atlanta

Eric Gudan, PsyD  
Indianapolis, IN  
[dr.gudan@integritaspsych.com](mailto:dr.gudan@integritaspsych.com)





# unblending:

Are you  
feeling  
those  
feelings  
or  
are you  
that feeling?



# Unblending:

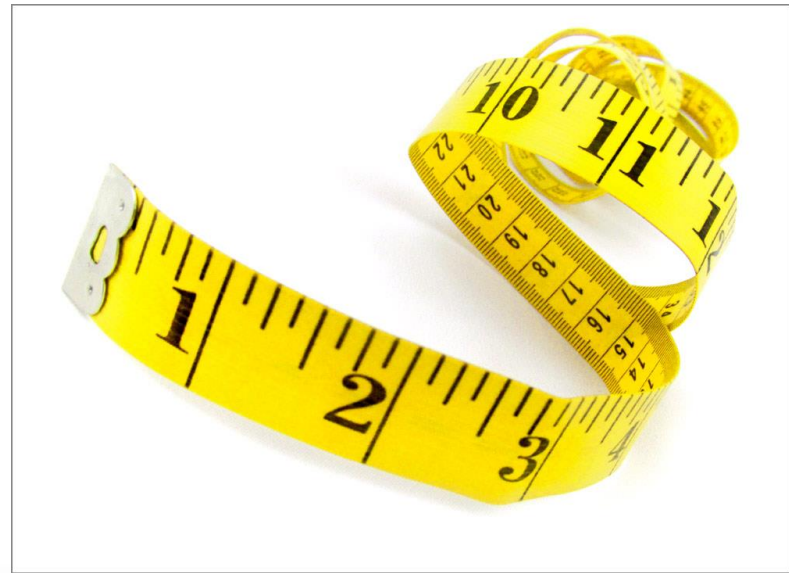




# Unblending:



# Unblending:





Too Close?

157568997

# Parts language: Introduce

**Normalize  
self talk**





# Parts language: Explore







# Reflective Listening

# Ambivalence



# Getting to know part



**ap·pre·ci·ate**

- Recognize the full worth of.
- Be grateful for (something).



# Invite in Divine Presence



# Integrate

