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Since Voice Dialogue and its
accompanying theoretical framework
have evolved out of our relationship
and out of love and acceptance, it is a

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work that is basically non-judgmental and non-pathological in its approach to the human psyche. It seeks to discover what is rather than what is wrong.

Embracing All Our Selves | Voice Dialogue

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If we TRY to love unconditionally we are not embracing, honoring, and loving certain parts of ourselves. This is a paradox for the spiritually oriented person, who wants deeply and profoundly to change the world, and who feels at some deep level that love is the answer. In trying to love unconditionally, we are actually identifying with the heavenly God, trying to love humanity from above.

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Voice Dialogue | embracing all our
selves

The Psychology of Selves. by. Hal Stone, PhD & Sidra Stone, PhD. This article is on how to use Voice Dialogue. and is written for mental health professionals only. In the article “Embracing All Our Selves”, we speak of the Psychology of Selves, the theoretical framework for our work. We discuss the development and the importance of the “selves” which we view as the smallest units or the building blocks of the psyche.

The Psychology of Selves - Voice Dialogue

The following articles about Voice Dialogue have been published in a variety of international journals.

Embracing Our Selves A Pusher,

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Pleaser, Romantic, Perfectionist,
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Embracing Ourselves: The Voice Dialogue Manual: Stone, Hal ...
Drs. Hal and Sidra Stone. Welcome to the website of the founders of Voice Dialogue, Hal Stone, Ph.D. and Sidra Stone, Ph.D. Initially developed in 1972, Voice Dialogue, Relationship & the Psychology of Selves (also known as the Psychology of the Aware Ego) continues to evolve - and to inspire. As a trans-cultural - and remarkably inclusive - psycho-spiritual approach to consciousness, this work has been used internationally.

Voice Dialogue International
Embracing Our Selves: The Voice Dialogue Manual Hal Stone, PhD,
Sidra Stone, PhD Limited preview -
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Embracing Our Selves: Voice
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This highly acclaimed, groundbreaking work describes the Psychology of Selves and the Voice Dialogue method. Internationally renowned psychologists Hal and Sidra Stone introduce the reader to the Pusher, Critic, Protector/Controller, and all the other members of your inner family. They have refined the process to the point where voice dialogue is considered one of the most effective

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Voice Dialogue is about separating
from the many selves that make up the

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human psyche and creating this Aware Ego. We do not discard anything. We embrace the selves that are already ours and we add to them those we have disowned. It is as though we were living in ancient Greece and worshipping at the shrines of all the gods and goddesses.

by Hal Stone, Ph.D. Sidra Stone, Ph.D.

Embracing All Our Selves Embracing All Our Selves by Hal Stone, Ph.D. & Sidra Stone, Ph.D. This article is the first in a series of four written in 1994 for the journal, Psychotherapy in Australia. There is a mysterious realm within each of us that alternately beckons and frightens the explorer with its depth, its complexities and its

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by Hal Stone, Ph.D. Sidra Stone,
Ph.D.

Embracing Our Selves SKU: 107871

This is the revolutionary work that you have heard so much about! Written for the psychologically minded lay person, but hailed as a potential clinical text, it provides a clearly written, entertaining, in-depth introduction to your inner family of selves.

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