

Psychotherapy Guidebook

# ZARALEYA PSYCHOENERGETIC TECHNIQUE

Zaraleya

**Zaraleya**  
**Psychoenergetic Technique**

**Zaraleya**

e-Book 2016 International Psychotherapy Institute

From *The Psychotherapy Guidebook* edited by Richie Herink and Paul R. Herink

All Rights Reserved

Created in the United States of America

Copyright © 2012 by Richie Herink and Paul Richard Herink

## Table of Contents

[DEFINITION](#)

[HISTORY](#)

[TECHNIQUE](#)

[APPLICATIONS](#)

# Zaraleya Psychoenergetic Technique

*Zaraleya*

## DEFINITION

Used in the framework of a humanistic psychotherapy, the Zaraleya Psychoenergetic Technique is a theory, instrument, and method of gaining greater consciousness and fuller awareness of potential toward self-actualization through a conceptualization of the flow of psychic energy within and between people.

The technique includes keeping a journal record of the process of the psychotherapy and using a series of four charts with inkblots and protocol sheets.

## HISTORY

The Zaraleya Psychoenergetic Technique, consistent with the principles of humanistic psychology, values the concept of self-actualization described by Abraham Maslow as the “desire to become everything one is capable of becoming,” and the concept that individuals can consciously control their own behavior and live creatively.

Work with psychic energy traces back to Freud's libidinal theory, dealing with cathexis and direction of sexual energy, and with Kundalini Yoga based on the mastery of energy toward its positive direction and a state of well-being.

The emphasis on the inner self has roots in the depth psychology of C. G. Jung. Jung's subject of study is the psychic life of the person — the events that take place within the human being. He refers to the energy operating in the psyche as psychic energy — the energy of the processes of life. Particularly pertinent to this technique, Jung observed that whenever persons become too extreme in their self-interest or interest centered in the external world, they are also likely to become emotionally disturbed. Jung also speaks of harmony and disharmony within the energy balance.

For myself (Dr. Zaraleya), this technique began when I traced depression to the use of energy behaving out of harmony with one's own thoughts and feelings. Depression is mourning for the lost self (the self that is abandoned in the interest of safeguarding relationships). Especially since so many of life's problems presented in psychotherapy had to do with autonomy, independence, and integrity in juxtaposition to dependence, melding, and nurturance needs, I became interested in finding a model of psychic energy flow that would encompass ways of being independent, separate, and alone with ways of being closely involved with others; namely, the ability to move

between yielding to the flow of one's separate existence and yielding to the flow of the Universe.

## TECHNIQUE

The Zaraleya Psychoenergetic Technique is used in the setting of humanistic psychotherapy, which is more flexible than traditional therapy and permits the therapist to use a variety of techniques. Other major issues in relation to other therapies include the tendency to emphasize and strengthen individual differences and uniqueness. Both positive and negative energy forces are respected. The people seen in therapy are viewed not as diseased patients in need of treatment, but rather as travelers through life's journey, struggling to make growth choices, integrate them, and experience themselves anew. Rather than having their "mental illnesses cured," individuals are helped to control and direct the flow of their own psychic energy toward growth, development, and fulfillment of potential. The focus in the therapy is the continuous creative process of free and full engagement with life, taking risks and meeting challenges. The therapist offers a much more personal self and his life becomes a model for how one person finds a way to live and in so doing helps others to find their way.

Theory. There is a natural human psychic energy flow and one can learn to yield to oneself and alternately to the Universe. One can learn to control the

flow of one's psychic energy, make it work positively for oneself, and have a more balanced harmonious existence.

Instrument. A series of four charts graphically represent four consecutive phases of psychic energy flow. In the process of psychotherapy the participants use the series to locate the phase they are in and to focus their energy direction constructively. The Transitions are the important areas of struggle.

## **The Phases and Transitions**

**I. Transcendence.** Quiet Energy; period of quiet, peace and solitude.

*Transition I.* Readiness to exchange energy between the newly formed self and the world.

**II. Inter-Activity.** Exchange of energy between the person and the world.

*Transition II.* Readiness to pull away from exchange to private integration.

**III. Synergy.** Private integration of energy leads to decision making and creativeacts.

*Transition III.* Readiness to accept change.



**IV. Transformation.** Actually experiencing oneself as having changed.

*Transition IV.* Readiness to move toward quiescence, solitude.

**Method.** The Journal record is kept in a large looseleaf notebook that comes with a set of the charts, celluloid containers for the inkblots (with directions for making them), and a set of protocol sheets.

Inkblots are made in individual and group therapy sessions. Individuals who have learned the method and who keep a Zaraleya Psychoenergetic Technique journal record make inkblots at set intervals to keep check on the process and flow of their psychic energy. These inkblots are made by folding a page in half after dropping various colored inks on it.

An art form outside of the self, the inner process of psychic energy flow. One may look at an inkblot and conceive of inkblots provide a vehicle to describe it as a representation of the present energy constellation or life space. In doing so, they look for the phases represented by the charts in the inkblots, marking them off with a thick pen and numbering the sections accordingly.

When this is done, there is a concrete representation of the process of our energy flow that makes clearer the individual's situation and the positive direction possible. The structure of the four energy phases and the inkblots provides a springboard for looking at and talking about the inner self.

For each inkblot there is a protocol sheet. On the protocol sheet there is room for a description of the inkblot in terms of the four phases of psychic energy flow in the present life experience of the individual.

The discussion section is used to indicate how energy is being used and what changes may be desirable for more constructive use of energy. It is equally important to notice how one thinks and feels and all the awareness without a plan for change. This is followed by a space where a commitment of intention to change is stated when desired. The commitment is made only when the individual who made the inkblot is seriously devoted to making a change. The initiative to make the commitment must come from the person making it. This is followed by a space for the name, address, and phone number of a contact person. The contact person is usually the therapist. However, depending on the context, the contact person could be a school psychologist, a teacher, or a counselor. People in group therapy often use a group member who agrees to be available and supportive during a difficult period when encouragement to reach a goal may be essential.

## **APPLICATIONS**

This form of psychotherapy is generally useful and effective with individuals and groups of all ages, including young children who have been found to understand it easily. It is particularly good with creative people who

sometimes need help to pull away from further stimulation and to begin to put together and integrate their saturated energy. A minor variation in the format contributes also to classroom learning by offering a refreshing new perspective and means of communicating that helps the learners know just where they are in the learning process and see the next step in the progression. It provides a common language of communication to express energy states of inner self or to request help to stay longer in a phase or to move to the next one.

# THE ZARALEYA PSYCHOENERGETIC TECHNIQUE PROTOCOL SHEET

NAME \_\_\_\_\_ DATE \_\_\_\_\_

## **DISCUSSION:**

How am I using my energy?

How may I use it more constructively?

How do I feel now?

What do I think now?

What is a next possible step?

## **COMMITMENT:**

(if desired)

Contact person

Address and phone

## **KEY TO INKBLOT**

(use black marking pen to outline or indicate by numbers areas on Inkblot)

1. Transcendence—Quiet Energy
2. Inter-Activity—Energy Exchange
3. Synergy—Energy Integration
4. Transformation—Volitional Energy Change
5. Transcendence—Quiet Energy after Change





