

Identity construction and symptoms

Seminar with Béatrice Bourau-Glisia

Décodage
EMOTIONNEL des SYMPTÔMES
BBG



Identity :

Self-image, continuity and constancy... Each individual's relationship with himself... BEING... but still more!!!

What is the state of being?

Being in the world, in society, being confronted with ourselves? Is being a definite and fixed state?

What are we? How do we construct our identity over the course of our life? Through every stage of life, from the child's declaration of self with the word NO, or the teenager's acts of rebellion, all the significant events and periods of crisis in life are part of this construction.

Over the course of my work in Biological Decoding, I have come to realize that many of the symptoms or medical conditions that appear when our body malfunctions are directly linked to our identity. In auto-immune disorders, for example, why does the body attack itself? How can we explain this identity confusion from the perspective of emotions?

For an identity that corresponds with you.

The goal of this training, which is designed as several therapy sessions, should enable you to find an identity that is in harmony with yourself.

You will discover how to

- Measure the impact of the emotional identity on the physiological identity.
- Create a new relationship with yourself.
- Construct or reconstruct your identity.
- Learn to free yourself from behaviors that don't belong to you (parents, family, etc.).
- Change your implicit attitudes and change your "me."



Therapeutic work

We will also address the identity from a therapeutic perspective :

- to go from a work on yourself to a work in therapy.
- to present the definition and construction of the identity.
- to use tools for finding faults and wounds in the identity.
- to develop techniques linked to the reconstruction of self-image.

This training is organized around practical and tangible exercises which incorporate personal experimentation in order to learning about, and verify, theory.

Seminary open to everyone



Béatrice Bourau-Glisia, thérapeute, formatrice et conférencière internationale depuis plus de 15 ans, a constaté que beaucoup de difficultés de ses patients étaient liées à la problématique de l'identité.

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