


The Imaginal Field



Sue Congram

The Field



(focusing on the ideas of Kurt Lewin & the concept of Field Theory)

The **person** and the **environment**

The FIELD has it's own **principles & order**

The FIELD is bounded by the **focus of inquiry**

The **imaginal** is a **primary element** of the FIELD

The Imaginal



Is the wellspring of life

Is at the heart of Gestalt

The Imaginal Field in the reality of here & now

Working with the Imaginal Field

Imagery

DON'T think of PINK ELEPHANTS



Working with the Imaginal Field

Imagery

Imaginative

Reverie

Dreams

Imaginary

Inventive

Intuitive

Creative adjustment

The work emerges from the field conditions,
co-created between the **practitioner**, the
client and the **context**
- it is unique

'The problem of psychotherapy is to enlist
the patient's power of creative adjustment
without forcing it into the stereotype of the
therapist's scientific conception.'

Paris, Hofferling and Goodman (1951)

Technique, Exercise, or Experiment ?

Techniques & Exercises are **Methods**
which carry the rigour of repetition

Experiment is new, emerging from the
imaginal field

The Power of the Imaginal

Story

Poetry

Theatre

Metaphor

Dreams

Visual arts

Gestalt is elegant and can be
practised as an art form

Mackewn 1997

The Field & The Imaginal Field



Change

Always in a state of flux

The imaginal is critical to movement & change

In Gestalt therapy & coaching the embodied image moves to new understanding

(possible) Relevance Relevance

Expanding our imaginal-perceptive world

Noticing what we previously ignored

Seeing the unusual and the trivial

The courage to voice this as possibly relevant



Organisation

The Field is constantly shifting and reorganising around images, imagination, emotions, fears, concerns, expectations, memories, dreams, intuitions, inventions, stories.

Our challenge is to connect with the FLOW

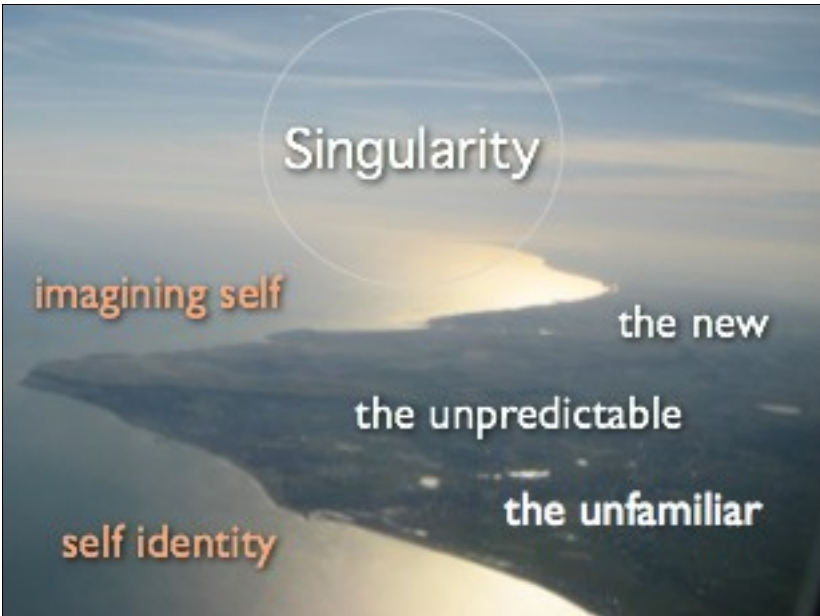


Phenomenology

The character of the situation at a given time may include

Contemporaneity
the-past-as-remembered- now
the future of this TIME and PLACE

contributing to the co-created Imaginal field in the present



Singularity

imagining self

the new

the unpredictable

self identity

the unfamiliar

Gifting our own Imaginal Field

LOOK - with the curiosity of an infant

LISTEN - with your heart wide open

LOVE - as if you have never been hurt

WORK - like you don't need the money

DISCOVER - as though your thirst for learning has never
been squashed

DANCE - like you do when no-one is watching
... or when *everyone* is watching!!