

Development and mission

The reason to developing Life Staging® is that I have long thought that the verbal language is not enough to embrace everything we can, know and feel. That it might even prevent us from seeing and knowing in a richer fashion. What if the verbal traditions in the profession even invite us to reproduce dominant ideas, norms and statements that leads to thin inscriptions about people and phenomena?

Educated as a psychologist and psychotherapist in the 70-ties and early 80-ties, I was mostly taught in psychodynamic and analytical theories, after that systemic and narrative thinking and practice. My background as a clinical Psychologist in the 70- 80-ties in assessing children with the help of projective tests such as pictures, sandbox (is that a familiar one?), as my own experience of psychodrama and images/expressing art therapy made me want to add something to the verbal. Alternative knowledge that comes from the use of the "scene", of bringing forth a greater context to the dominance of linear verbal language. When I started painting some ten years ago, I realized even more the importance of *seeing*. Of letting go from trying to understand and explain too much, trying to get things to fit to some theory or explanation. An awakening took place, an insight that I wanted to add an artistic metaphor also to my professional work. Which connected to my narrative experiences and practice, paying close attention to prejudice and the normative power over what is important to see and be. I have also felt some tiredness of psychological theories and psychological language use. Tired of the endless information that often precedes a kind of longing to get things together, described and found. Instead I started to feel an urge to create something more revitalizing. Beyond theoretical conclusions and languages.

I wanted to create a setting that avoided the "drug metaphor" that dominates many formats within the profession. That is the division into client (which is to receive) and the professional (who should be an expert in giving the right drug).

I wanted to take more advantage of people's knowledge, often silenced, as just competent individuals. Collaborate. Wanted something more dynamic, focusing on the co-creation between helpers and clients' skills and creativity.

From this, Life Staging® grew.

A setting that starts of from the not- knowing- position. From a willingness to be surprised, and transform oneself as well. I wanted more to be an "expert in designing" settings where this could happen, a structural holder, an artistic leader, not an expert in psychology.

Having practiced Life Staging® some 15 years, it is really about knowledge- in-the-making. Where nothing can be repeated, generalized or that anyone alone can neither control nor have special knowledge of. What arises is being merged in the moment and it is magical, healing and worthy. The starting point is, of course, social constructionalistic, that everyone creates meaning based on who they are, how they make sense so there is no right or wrong either. Practicing Life Staging® has shown me that everyone can become healthier, more brave, knowledgeable and richer. That all can contribute and most people stop arguing

about who sees the “most right”. Such relationships/settings are healing for me. My hope is to inspire others to take this journey with themselves and others too.

My belief is that we can feel much better if we add a creative “room” into our practices. With influences from art, poetry, humor and evolutionary (relational) human knowledge in the foreground. When we co create by moving together aesthetically and in an ethical language context where we (initially) can let go of the left brain's dominance over understanding what happens, what is, or how it should be explained. That is what I hope Life Staging® can contribute to.

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