1. Summarize the findings of the APA's latest annual Stress in America Survey.
2. State the psychotherapist social responsibility ethical imperative this program emphasizes.
3. Define each of the 5 ingredients in this program's psychoeducational framework.
4. Describe how this program defines "spells.
5. List the 2 interactive aspects of personal purpose covered in this program.
6. Define 3 skillset categories for developing socially responsible self-sovereignty.
Cultivating Client Resilience
Amidst Unprecedented Societal Stress

What We’ll Cover to Achieve Those Learning Objectives

1. Unaddressed Client Stressors
2. An Integrative Framework
3. Resilience Reframing & Trauma
4. Setting a True North
5. Purpose Alignment
6. Sculpting a Supportive Paradigm
7. Selecting Skills to Develop
8. Aligned Support
9. Implications & Next Steps

Module #1
Mind the Gap
Insufficiently Addressed Client Stressors

APA-Harris Poll’s Annual “Stress in America Survey”
- Overall Stress Level Rated High
  - 2022 (20%) ➔ 2023 (26%)
- Overall Mental Health Level Rated Fair-Poor
  - 2022 (31%) ➔ 2023 (37%)
- 87% Feel the World is in a Constant Stream of Crises
- 73% Report They Feel Overwhelmed By These

TheCESS.com/StressInAmerica2023
Stress-Fueling Societal Dynamics

- Factors Contributing to Overall Stress and Overall Mental Health?
  - Ongoing economic uncertainty
  - Political polarization
  - Social unrest and divisiveness
- How are These Dynamics and Symptoms Showing Up in Your Clients? In You?

Neglected Ethical Imperative, Part 1

- **Assertion #1:**
  The APA’s Stress in America findings make it incontrovertibly clear that mental health pros are insufficiently addressing the impacts on clients of dysfunctional societal dynamics.

- **Assertion #2:**
  This neglect is unethical and socially irresponsible.
  - While most mental health pros intuit this, few know what to do about this with clients.
Historical Context: How We Got Here

What was the Greatest Generation’s version of human potential?

1950s Human Potential = "The Good Life"
What was the Baby Boomers' version of human potential?

1960s Human Potential = “Sex, Drugs, Rock’n’roll”

1970s-2020 Human Potential = 3 Big Siloes + Holistic Health
What was the Gen X/Y version of human potential?

1970s-1990s Human Potential = Accumulating “Stuff”

What was the Gen Z version of human potential?
What was the Gen A version of human potential?

2000s Human Potential = Accumulating Experiences

2010s Human Potential = Transformation
Impacts of COVID lockdown on human potential?

2020s Human Potential = Transcendence Me-Me-Me to Me-We-Us

Higher Meaning/Impact

Self-Transcendence sense of meaning, purpose
Self-Actualization realizing personal potential
Esteem needs prestige and feeling of accomplishment
Belonging and love needs intimate relationships, friends
Safety needs security, safety
Physiological needs water, warmth, rest

"Spiritual Self-Sovereignty That Serves Us All"
Key Client Sx of Current Dynamics

- Learned Helplessness
  - Symptoms you see in your clients?

- Just/Unjust World Hypothesis
  - How are your clients who believe the *Just* World Hypothesis impacted?
  - How are your clients who believe the *Unjust* World Hypothesis impacted?

- Divisive Polarizing Information Bubbles
  - Impacts on your clients?

Neglected Ethical Imperative, Part 2

- Do most mental health professionals courageously and directly address the impacts of dysfunctional societal dynamics on clients? What’s missing?
  - Hint: Mindfulness, meditation, stress management, and even trauma healing aren’t enough!

- Have most mental health professionals reimagined Human Potential so it integrates individual and collective wellbeing? What’s missing?
  - Hint: Being an activist isn’t enough!

The Unmet Need

- A dearth of psychoeducational resources to address the key client symptoms of dysfunctional societal dynamics

- A reimagined approach to Human Potential that integrates individual and collective wellbeing
Module #2

A 21st Century Integrative Human Potential Framework

Integrated Human Potential

1⃣ Shatter Client Societal and Personal Spells
2⃣ Enable Client to Picture Their Desired Future
3⃣ Help Client Align Their Purpose With Their Desired Future and Their Paradigm to Support That Purpose
4⃣ Reimagine the skills the Client Needs to Be Equipped With to Actualize Their Purpose
5⃣ Kindle Collaboration as a Theracase: Therapy, Mentoring, Skills, Initiatives

The SPARK Blueprint

1⃣ Shatter Spells
2⃣ Picture the Future
3⃣ Align Purpose & Paradigm With Desired Future
4⃣ Reimagine the skills needed to actualize purpose
5⃣ Kindle Collaboration (Therapy, Mentoring, Skills, Initiatives)

Do you see how these ingredients fit together, how sequence matters, and how this provides a Transcendent Human Potential framework?
Psychoeducational TheraCoach

Research on...
- Learned Helplessness (Boddez et. al., 2022, Cobos-Sanchiz et al 2022, Maier & Seligman, 2016, Scherer, 2022, Teodorescu & Erev, 2014)
- The Just World Hypothesis (Kiral et. al., 2022, Selwyn et. al. 2023)
- Visualization Methods (Ji et. al., 2017, Krau, 2020)

...appear to point the way toward psychoeducation focuses that could be helpful toward these ends.

Psychoeducation Research

While some psychoeducational programs exist, very few studies of this approach appear in peer-reviewed journals. Some examples that do include:

- Mughairbi et. al. (2020): Effects of Psychoeducation and Stress Coping Techniques on Posttraumatic Stress Disorder Symptoms.

Module #3
SPARK 1

Spells Illumination + Trauma Clearing + Resilience Reframing = Spells Freedom
Societal & Personal Spells Block
- Spiritual Connection
- Authenticity & Wellbeing
- Co-Creating Collaborative Relationships
- Positive Impact Effectiveness

Objective/Deliverable
Help your clients get free from societal and personal spells that have held them back from effectively envisioning, crafting, and embodying the future they want for themselves, their loved ones, their descendants, their society, and humanity.
Shatter Spells

Manufactured Consent Destroys Self-Sovereignty

“The conscious intelligent manipulation of the organized opinions and habits of the masses is an unseen mechanism of society. Those who pull the wires which control the public mind constitute an invisible government, which is the true ruling power of [a] country.”

Edward S. Herman, Father of Modern Public Relations - Social Engineering | Manufactured Consent

Backup Plan: If a client finds it hard to...
Uncouple from a spell
ID & treat susceptibility ULES (Undigested Life Experiences AKA Traumas)

Embrace a desired alternative
ID & embed full resonance with the desired replacement (Note for Paradigm Alignment!)

Shattering Spells: Three Steps
1. [Halt]ly: Become conscious of the spell
2. Uncouple when it’s being used
3. [Invert]ly: Embrace a far more appealing alternative to the spell

Five Big Societal Spells and Replacements That Promote Transcendent Self-Sovereignty
1. Happiness
2. Health
3. Prosperity
4. Patriotism
5. Problem-Solving
Fundamental Architecture | 3 Core Drives
Humans Are Social Beings, Endowed With Free Will | Authenticity: Self-integrity
Connection: Relationship Integrity | Impact: Collective Integrity

Societal Spell #1: Happiness
- Power Over / Learned Helplessness
- Privilege / Entitlement
- Doingsness Addiction / Seek But Don't Find
- Vicious Internal LOC Resilient Happiness
- Living in Integrity with Humility
- Fundamental Architecture • Three Core Drives

Societal Spell #2: Health
- Illness Creation + Symptom Control
- Vicious Optimal Health
- Illness Prevention + Health Restoration

Societal Spell #3: Prosperity
- Sacrifice: Personal Well-being, Self and Relationships, and Social Responsibility for Solutions or the Mean
- Vicious Socially Responsible Ampleness
- Developing Sustainable Financial Independence
Cultivating Client Resilience Amidst Unprecedented Societal Stress

Societal Spell #4: Patriotism
Ideological Manipulation + Divisive Exclusion + National Narcissism + Constitutional Illiteracy
Venue
Informed Consent + Synergistic TIEResponsibility + Nested Patriotism + Constitutional Integrity

Societal Spell #5: Problem-Solving
Positions + Coercion or Compromise
Venue
Deep Concerns + High Intentions + Synergy

PRACTICUM:
Which Spells Ensnared You?
1. Happiness
2. Health
3. Prosperity
4. Patriotism
5. Problem-Solving

What Are Your Nourishing Replacements?
Cultivating Client Resilience
Amidst Unprecedented Societal Stress

Five Big Personal Spells Start As Childhood Survival Genius. Their Replacements Promote Transcendent Self-Sovereignty.

1. Happy Ending Fantasy
2. Rules
3. Pandora’s Box
4. Thrill
5. Anesthesia

Six Times A Client Is Impressed By This?

Personal Spell #1:
Happy Ending Fantasy
Versus
Spiritual Connectedness

Personal Spell #2:
Rules = 1 Prerequisite + Inner Critic
Versus
No Prerequisites to Being Valid & Lovable + Inner Standard
Cultivating Client Resilience
Amidst Unprecedented Societal Stress

PRACTICUM:
What Ego Redemption Plan Spells
Imprisoned You As an Adult?
- Over-Achieving?
- Codependence?
- Crusading?
- What Are Your Nourishing Replacements?

Backup Plan: If a client finds it hard to...
- Uncouple from a spell
- Embrace a desired alternative
- ID & treat susceptibility ULEs
- ID & embed full resonance

HOMEWORK:
SPARK Milestone #1
Write your Declaration of Independence from...
- The societal spells you internalized
- The personal spells you adopted
...All of which originally enabled you to survive!
- Not sure what to write? Seek community support.
- Not sure about replacements? Seek mentoring.
- Mentoring not enough to get free? Seek psychotherapy that focuses on ULE harvesting/trauma completion.
Module #4
SPARK 2

Set True North
Picture a Passionately Committed-To Future

Objective/Deliverable
Reimagine the future as your highest self wants it to be, fully aligned with your version of higher love and wisdom. Write it. Fully embed it within you. Establish & consistently use imagination habits to remain fully aligned with it, independent of external circumstances or inner mood.

Consider...
- The Basic Waking That Drives Us: Authenticity, Connection, Impact.
- Not sure what to write? Have conversations. Conversations not enough? Heal objections blocking your vision from emerging. Be facilitated in or master an imagery method.
Cultivating Client Resilience
Amidst Unprecedented Societal Stress

Module #5
SPARK 3a
Align Purpose to True North

Discourse + Homework:
SPARK Milestone #2
- Embed your picture deep within your psyche
- Establish habits to continually remain focused on it
Once your clients are free from spells, how will you help them to:
- See the impacts of lacking a future statement
- Develop their imagination skills
- Craft the details of their future vision statement
- Amplify their resonance with that future vision
- Remain aligned with it throughout sessions
Objective/Deliverables
Illuminate your chosen role in helping your chosen future emerge.
• Inner Essence
• Soul Growth Mission
• Impact Mission
Fully embed these within you. Remain fully aligned with them, regardless of external circumstances or inner mood.

Align Purpose
Consider...
Inner Essence
Core qualities you most want to express
Soul Growth Mission
Grand theme that will take a lifetime to master
Impact Mission
Your part in helping your illuminated future emerge
Synergy
How do these 3 purpose ingredients need each other?

Align Purpose
PRACTICUM: Inner Essence Draft
• Qualities of the 5 core archetypal energies
• List your core quality for each archetype
• Combine those qualities using few words
• Proclaim that phrase as your Inner Essence
Cultivating Client Resilience
Amidst Unprecedented Societal Stress

Align Purpose

PRACTICUM: SG Mission Draft

- Immunity vs. Life Coaster vs. Lifetime
- What blocks you from fully & consistently embodying your Inner Essence?
- List your top 5 most painfully or disorientingly undesired and unacceptable life experiences.
  What is the big theme that ties these together?
- List your top 5 most heart-opening spiritually ecstatic unplanned peak experiences.
  What is the big theme that ties these together?
- What theme integrates these 2 big things?
  My Soul Growth Mission is to deeply embrace that...

Align Purpose

PRACTICUM: Impact Mission Draft

- Review your Enlightened Future Statement
- Set aside your Redemption Plan script and learned helplessness programming
- Identify the intersection of your passion, traits, talents, & desired spheres of influence
- Consider your life balance commitments: personal wellbeing + cherished relationships
  • "I co-create a world of [qualities] by utilizing my [passion/traits/talents] with [spheres of influence]

Align Purpose

Consider

Why is it useful to start to help a client craft their 3 Purpose Statements until after they are relatively free from spells and clear about the future they want?
Do you need training to effectively facilitate Purpose Statement development?
Objective/Deliverables

Ensure that your highest values and deepest beliefs (worldview + selfview) optimally support you in co-creating the future you want.

Create your Paradigm Statement.

Craft your Paradigm-Purpose-Future Alignment Statement.
Cultivating Client Resilience
Amidst Unprecedented Societal Stress

Align Paradigm
Consider That Your Paradigm...
- Bring on your perspectives about:
  - Our fundamental human nature, the basic wiring that drives us, and our best future.
  - Includes your replacement beliefs for this:
    - Societal + personal spells you had adopted
    - Antidotes your:
      - SpiritSet: Views about the higher love and wisdom that guides you and binds us together
      - HeartSet: Values
      - Mindset: Ethics
- Not sure what to write? Have conversations...
- Conversations not enough? Work with a therapist.

Align Paradigm
PRACTICUM: Paradigm Draft
- Review your replacement beliefs for:
  - Each of the societal spells
  - Each of your personal spells
- Summarize one key principle for your:
  - SpiritSet (how “it’s” all connected)
  - HeartSet (core values around love)
  - Mindset (core self-responsibility principle)

Align Paradigm
Consider
- Why is it useful to chart to help a client rebuild or relevel their paradigm until after they are relatively free from spells, clear about the future they want, and owning their role in helping that future emerge?
- Do you need training to effectively facilitate Paradigm Sculpting?
Module #7
SPARK 4

Optimizing Skillsets to Support Resilient Purpose Actualization

Objective/Deliverables
Determine how you’ll effectively become the change you want to see + facilitate that change through your chosen role.
Identify the specific skills upgrades that will best assist your resiliency in actualizing your Higher Purpose.
Select the resources you will use to uplevel each of those skills.
Cultivating Client Resilience Amidst Unprecedented Societal Stress

3 Main Skillset Categories

- Personal Wellbeing + Self-Sovereignty
- Co-Creative Relationships
- Impact Effectiveness

Personal Wellbeing + Self-Sovereignty Includes...

- Elevated Self-Care Skillsets
- Elevated Self-Responsibility Skillsets
- Soul Growth Mastery Skillsets
- Ethical Personal Power Skillsets

Full Spectrum Self-Care Includes...

- Elevated Inner Self-Care
- Elevated Environmental Self-Care
- Elevated Logistical Self-Care

Examples of resources for helping clients elevate each of these skills:
Cultivating Client Resilience
Amidst Unprecedented Societal Stress

Module #8
SPARK 5
Providing Support
With Spells Freedom,
Aligning Purpose
& Paradigm,
Skills Mastery,
and Purpose Actualization

PRACTICUM: Toolbox Decisions
Which skills will YOU provide to clients?
- What assistance do you need to masterfully
design & deliver psychoeducational training?
- How will you help clients ensure that they
consistently implement the training you provide?

Which skills will OTHERS
provide to your clients?
- How will you identify resources
you’ll recommend to them for each of the skills?
- How will you help clients ensure that they
consistently implement the training they receive?

HOMEWORK: Plan to Help Clients...
SPARK Milestone #4
1. Get acquainted with the full skills toolbox
2. Decide how to help clients select
the top priority skills for them to focus on
3. Decide how you’ll help them master each
(provide training or refer?)
4. Decide how you’ll help them select the best
sequence to develop those skills and
ensure that they only focus on 1-2 at a time
5. Decide how you’ll help them determine the
skills implementation support
that will most benefit them

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Objective/Deliverables

Determine support needed for SPARK Blueprint success
- Psychotherapy
- Coaching/Mentoring
- Peer/Community

Select those resources
Create accountability agreement for consistent utilization of those selections
Get involved with purpose-actualizing initiatives

Objective/Deliverables

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Select those resources
Create accountability agreement for consistent utilization of those selections
Get involved with purpose-actualizing initiatives

Linda Collaboration

Why This Matters

1. Collaboration supports spills freedom, embracing the future you want to create, living into your role in helping it emerge, and upgrading your success skills.
2. Collaborating with the right people/projects boosts success/fulfillment in living purpose.
3. Being in community with people who are like-spirited, like-hearted, & diverse-minded greatly reduces Leading Edge Loneliness.

Linda Collaboration

What This Includes

- Utilizing peer and professional support.
- Getting involved with opportunities that can amplify the manifestation of your purpose.
- Helping, in your own unique ways, to build a Transcendent Human Potential Movement that facilitates the emergence of “Spiritual Self-Sovereignty That Serves Us All” in individuals, businesses, and communities.
Cultivating Client Resilience Amidst Unprecedented Societal Stress

**Consider**
- Eliminating Leading Edge Loneliness
  - A unique form of loneliness experienced by trailblazers, innovators, and those upleveling their development in uncommon ways
  - Usually calls for training + support
- Finding Collaborative Impact Opportunities
  - How will you select resources you’ll recommend to them for each of these skills?
  - How will you help clients master the training?
- Becoming a SPARK Blueprint Catalyst
  - Training | Mentoring | Community

**Examples of Collaborative Impact Initiatives**
- Transcendent Human Potential Catalysts
- The Center for Enlightened Self-Sovereignty
- The Upleveling Citizen Savvy Program
- The Government Trust Restoration Program
- Making Business Integrity Profitable Initiative
- The Statue of Responsibility Project

**HOMEWORK: Help Your Clients...**
**SPARK Milestone #5**
- Decide which forms of support (peer/community, training, mentoring/coaching) fit best for them to seek, and where to get each.
- Select initiatives, projects or programs that can best boost their success in actualizing their purpose.
- Uplevel their effectiveness in participating in their chosen communities and with their chosen initiatives.
Cultivating Client Resilience Amidst Unprecedented Societal Stress

Module #9 Implications + Next Steps

6 Implicit Questions That Clients & Therapists Have
1. How do we determine when the client is ready to work on a particular issue?
2. How do we determine which issue is the most useful one to work on in the current session?
3. How will we evaluate progress with this issue during this session?
4. How will we ensure permission to succeed with addressing this issue?
5. What will the most useful intervention might be for addressing this layer of the issue at this time, with this client? (%, case study)
6. How will we determine progress/completion: what will we address next after completion?
Cultivating Client Resilience Amidst Unprecedented Societal Stress

Revisiting the Ethical Imperatives
1. Do most mental health professionals courageously & directly address the impacts of dysfunctional societal dynamics on clients? What do you now know has been missing?
2. Have most mental health professionals reimagined Human Potential so it fully integrates individual and collective wellbeing? What do you now know has been missing? How will you now rise to these two ethical imperatives?

SPARK Blueprint Impacts on Stress?
1. Ways you can assess the impacts of this framework on your client stress levels?
2. Outcome research possibilities for evaluating the efficacy of this framework, inc., influence on psychotherapeutic outcomes?

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Learning Objectives

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2. State the psychotherapist social responsibility ethical imperative this program emphasizes.
3. Define each of the 5 ingredients in this program’s psychoeducational framework.
4. Describe how this program defines “spells.”
5. List the 2 interactive aspects of personal purpose covered in this program.
6. Define 3 skillset categories for developing socially responsible self-sovereignty.

Takeaways + Action Plan

Your key takeaways from this program? Your action plan for implementing your takeaways, including how you’ll finish building and implementing each of this program’s ingredients?

Resources For You
- Become a Certified SPARK Blueprint Catalyst
- All Resources Below

Resources For Your Clients
- Hijacking of Humanity eBook
- Reimagining Humanity eBook
- SPARK Blueprint Overview eBook
- The CESS Free Membership