



The Institute for the Advancement of Human Behavior

presents:

SEX ROLES

TRADITIONAL AND LIBERATED STEREOTYPES, AND BEYOND
STRONG SENSE OF SELF AND YIELDING EGOLESSNESS
CHOOSING A PERSONAL VISION

SELF-CONTROL

EASTERN AND WESTERN SELF-REGULATION TECHNIQUES
HOW TO CHOOSE A SELF-CONTROL STRATEGY
THE ROLE OF INDIVIDUAL RESPONSIBILITY

AND

HUMAN INTIMACY

MEDITATION, ALTERED STATES, AND HUMAN CARING
COMMUNICATION PATTERNS
A CONTEXT FOR SEXUALITY

An Intensive One Day Follow-up Workshop with
JOHANNA SHAPIRO, Ph.D.
DEANE SHAPIRO, Jr., Ph.D.

Surf and Sand Hotel *Saturday, May 12, 1979, 9:30-5:00*
Laguna Beach, CA. *Registration limited to 35*

Self-Control and Human Intimacy

with

Dr. Deane H. Shapiro, Jr.

July 21-22, 1979

About the Seminar

This seminar examines the unique role of individual differences and offers a comprehensive approach to the issues involved in **SELF-CONTROL**. It explores how individuals can make informed decisions about which strategy or combination of strategies might be most effective for enhancing the development of their own skills, and most relevant to exploring their own areas of personal concern. Issues relevant to subjects of motivation, commitment, adherence and compliance, individual responsibility and self-sabotage, which keep us from reaching our goals, are explored and discussed in practical skill oriented terms. Methods for assessing our skills and deficits are illustrated using a self-control assessment inventory. For example, some individuals (e.g., the Type A syndrome) are hard driving, goal oriented, and chronically time pressured. These individuals do not need traditional "active" self-control strategies. Rather, they need "passive" self-control techniques which can teach them to learn to let go, yield, and

enjoy the beauty and joy of the here and now. Other individuals, who are withdrawn or shy, need "active" self-control strategies; i.e., to learn to set goals for themselves, choose their existential meaning in life and to be assertive and develop social skills.

A portion of this seminar will be devoted to issues of human intimacy. Such questions as the ways self-control skills might be applicable to developing deeper intimacies with one another are explored: the limits of traditional sex roles and stereotypes of masculinity and femininity; the relationship between self-control and the ability to yield and share with one another; and sensuality and sexuality. In particular, it will be shown that self-control and personal self-actualization need not be in opposition to the development of a truly warm, caring relationship with other individuals, with ourselves, and with the world around us.

The Program

Saturday, July 21

- 7:30-8:30 **Registration**
- 8:30-9:30 **Introduction: Issues in Self-Control**
• Classical willpower theories • Internal vs. external environment
• Paradoxes: who controls whom • Self-control for what? • Intimacy and its relationship to self-control
- 9:30-10:00 **Personal Assessment Questionnaire**
• Audience participation on self-assessment questionnaire: self-control and intimacy • Personal views of self-control and of intimacy
- 10:00-12:30 **Self-Control East and West: Slide Presentation**
A model of how to CREATE yourself
• Overview of process of growth and change, including • Responsibility
• Commitment/motivation • Awareness strategies • A path of heart: personal goals and visions • Techniques
- 12:30-2:00 **Lunch Break**
- 2:00-3:00 **Demonstration: Assessment of Commitment and Motivation**
• Self-sabotage • Personal values and goals • Individual responsibility; locus of control • Audience participation and practice
- 3:00-3:30 **The Context: Trust, Empathy, Communication Patterns**
- 3:30-5:00 **Awareness: Audience Practice**
• Precision awareness strategies: self-observation • Global awareness strategies: meditation • A case example: Depression/low self-esteem
- 5:00-6:00 **Questions and General Discussion**

Sunday, July 22

- 8:30-10:30 **Active and Passive Self-Control Strategies: An Overview**
• Environmental planning • Goal setting • Hypnosis • Biofeedback
• Behavioral self-control • Cognitive self-instructions • Guided imagery
• Autogenic training • Meditation
- 10:30-12:30 **The Area of Self Change: i.e., Problem Issue, Clinical Concern, Personal Vision**
• Self-control for what? • Audience self-assessment • Clinical areas: stress management, pain management; overcoming fears and phobias; hypertension; low self-esteem; depression • Harmony with self (mind/body); with nature; with others • Type of self-control needed: e.g., autonomic nervous system, skeletal musculature; maladaptive behavioral patterns; cognitive habits; emotional responses
- 12:30-2:00 **Lunch Break**
- 2:00-4:00 **Matching Strategy to Person to Change Area**
Human Intimacy: A case example - audience participation
• Awareness of issue and vision — e.g., communication patterns, sexuality, issues of masculinity and femininity: ability to have strong sense of self, ability to yield • Discussion of motivation; commitment
• Discussion of beliefs and value systems • Choosing a strategy • Practice effect • Evaluation of progress
- 4:00-5:00 **Questions, Discussion, Summary**



Proseminar Institute and
The Institute for the Advancement of Human Behavior
present

Self-Control

- Eastern and Western Self Regulation Techniques
- How to Choose a Self-Control Strategy
- The Role of Individual Responsibility
- Mind-Body Interaction
- Stress Management

— and —

- A Context for Sexuality
- Communication Patterns
- Strong Sense of Self and Yielding Egolessness
- Sex Roles and a Vision of Masculinity/Femininity
- Meditation, Altered States of Consciousness and Human Caring

Human Intimacy

A Weekend Seminar with
DEANE H. SHAPIRO, Jr.

*"Most of the shadows in life are caused
by standing in our own sunshine."*

Ralph Waldo Emerson

*"Whatever you can do, or dream you can — begin it.
Boldness has genius, power and magic in it."*

Goethe