Emergent Modelling - The Purpose + More

Purpose of Emergent Modelling

The basic Emergent Modelling process is the use of modelling clay in representing the client's ideas, aspirations or problems, this is due to the nature of the process; where the working out of how to represent something (idea/problem) in clay actually brings about renewed understanding for the client. His misunderstandings about his life are laid out in front of and around him and as they are objectified they become malleable. It makes what the client is demonstrating more real and therefore, his hard to grasp or ethereal concepts, thought forms and internal constructs are brought into reality and are now closer to his conscious awareness by having him demonstrate them in this manner.

The facilitators job here is to help the client regain confidence in being able to achieve and change things by removing the misunderstandings which have prevented that achievement. Through this the facilitator is also handling the client's deeper urges and purposes.

Where a client is experiencing the negative effect of a prior incident or misunderstanding. The Emergent Modelling processes are designed to release the client from these, and it is the modelling actions directed at those things which limit the client's progress in life that do this. Success in this area is usually accompanied by the client experiencing a positive change in their physiology and state - usually accompanied by an "it disappeared," "it's gone" or "it vanished!"

Benefits of EK and Emergent Modelling

Emergence work looks simple, and done right, it works fast.

EK processing in general removes the facilitators involvement in providing solutions for the client to resolve their bafflement and confusions about life. The Emergent Modelling processes allow the client to come to his own understanding and through this unleash his abilities by clearing up his confusions. These abilities or remedies are generally cognitive/mental in origin for example self-improvement, phobia release and emotional relief.

Emergent Modelling can also be used to get rid of physical discomfort and restore well being (relief from pain/illness and increased physical ability).

The development of Emergent Modelling has given us a new set of processes. First though lets look at some of the theory and discoveries made so far.

How and Why Does Emergent Modelling Work?

As with the original EK work, the essence of Emergent Modelling is to get the client to work it out. Through out the process the client shows and tells the facilitator; recall that the facilitator remains outside of the process, she is simply a catalyst to what is occurring for the client. Emergent Modelling is a very precise series of actions in which the facilitator reiterates cycles of action on the client, which allow the client to explore the associated forms and significances of his difficulty/ailment.

The client's created representation with its notes and labels, the client's dialogue of each form and label plus the spatial relationships between each form are the important and valuable actions of these new Emergent Modelling processes. Please note that the client's creations have nothing to do with creative skill or art – in fact, expect crude representations dotted with question marks, especially at the start. There is no limit to what can be demonstrated by the client – also nothing is too insignificant or unimportant to demonstrate. Everything the client experiences and knows in the moment is to be given form and significance.

A fundamental rule is to remember that all communication is representative of the problem, so everything that is originated by the client should be represented. The out of context messages and emotional outbursts can be the coping mechanism for not confronting the actual issue, recognise and move on from these by having them represented and placed in relation to everything else.

In having the client run through these processes we are releasing the stimulation caused by their issues, the effect of this release is the sudden dissipation of 'the weight of the problem' and its accompanying feeling of relief.

Some Basic Discoveries

The closer the model is to the original thing being demonstrated, including size, the more understanding of the issue is imparted. If the model is too small the reality of what is being demonstrated reduces, leading to less understanding of the issue at hand. Therefore the model should be rather large, for example, clay people are expected to be bigger than 2 inches high.

The clients model has to fully demonstrate their issue or problem. The important thing is that the representation shows the structure, and separates the form from the significance – through this, the client understands and resolves their problem.

Therefore we can state that the client must learn the difference between form and significance. In order to achieve this, every object is labelled as it is made.

This learning creates within the client, a balance of form and significance. And vice versa we have discovered that optimum learning and understanding requires an equal balance of form and significance, and that too much of one without the other can interfere with a client's progress.

Just like in EK, the client is not bound by the spatial limits of the table itself, they can place their objects anywhere, in or outside the room, do not limit the client to just the table where they are working.

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