



THE
Compassionate Mind
FOUNDATION

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KEYNOTE

Transformational Chairwork: Working with the Four Dialogues in Clinical Practice – *Dr Scott Kellogg*

Building on over 50 years of practice by a wide range of Gestalt, experiential, and integrative psychotherapists, Transformational Chairwork is centered on the Four Dialogues model as a framework for listening to patients and as a guide to intervention. Used singly or in combination, these four therapeutic stances can serve as a kind of DNA for Chairwork interventions. The Four Dialogues are *Giving Voice*, *Telling the Story*, *Internal Dialogues*, and *Relationships and Encounters*.

Giving Voice: This draws from Gestalt Therapy and Voice Dialogue, is a deceptively simple approach in which the therapist invites the patient to speak from or express their experience with a feeling or a part.

Telling the Story: People often enter psychotherapy because the burden of their stories has become too great. Whether stories of mistreatment, grief, guilt, or dreams that were lost or never pursued, the retelling and re-working of these narratives can bring about profound healing.

Internal Dialogues: Both Transformational Chairwork and Compassion Focused Therapy are deeply anchored in models of personal multiplicity. In terms of specific dialogue structures, the work with the parts, modes, or selves will usually take one of three forms: (1) The parts co-exist which means that the patient speaks from two different internal parts but the parts do not dialogue with each other; (2) The parts engage with each other directly – which is usually a form of cognitive restructuring or polarity

rebalancing; or (3) One part witnesses the others which is more commonly used within a third-wave framework.

Relationships and Encounters: This dialogue structure is a central vehicle for patients to express their love, anger, fear, and grief toward another person – whether past, present, or future. It also provides an opportunity for people to develop their capacity for assertiveness or their voice of respectful desire.

Using this framework, I will explore ways of using Chairwork to:

1. Resolve Inner Conflict and Make Decisions;
2. Heal from Grief and Loss;
3. Engage the Inner Critic/Challenge Self-Hatred; and
4. Overcoming Trauma and Interpersonal Mistreatment.

I will also look at the intersection between the Four Dialogues and Compassion Focused Therapy, and will give a demonstration of Mode-focused, Compassion-Centered Chairwork.

Recommended Reading

Kellogg, S. (2014). [*Transformational Chairwork: Using psychotherapeutic dialogues in clinical practice*](#). Lanham, MD: Rowman & Littlefield.

Kellogg, S. (December, 2019). [*When I think of your suffering, I feel...”: On dialogues and self-compassion in Schema Therapy*](#). *Schema Therapy Bulletin*, 15-19.

Kellogg, S. (October, 2019). [*Transformational Chairwork*](#). *InPsych: The Bulletin of the Australian Psychological Society Limited*, 41, 16-21.

Biography



Scott Kellogg, PhD, is an ISST-certified Advanced Schema Therapist who has also received training in both Gestalt Therapy and Voice Dialogue. He created the Transformational Chairwork approach and he currently teaching this method of psychotherapeutic dialogue to practitioners in both the United States and abroad. Dr. Kellogg is in private practice in New York City.

Dr. Kellogg received his Doctorate in Clinical Psychology from the Graduate Center of the City University of New York and he has served on the faculties of New York University, the Rockefeller University, the Yale University School of Medicine, and Teachers College/Columbia University. He is the also a Past-President of the Division on Addictions of the New York State Psychological Association.

In his writings, he has focused on such topics as Gestalt Chairwork, Humanistic Addiction Psychotherapy, and Schema Therapy. Dr. Kellogg is the author of [*Transformational Chairwork: Using Psychotherapeutic Dialogues in Clinical Practice*](#) (Rowman & Littlefield, 2014).

Useful Links

Transformational Chairwork: <http://transformationalchairwork.com/>

Gradualism and Addiction Treatment: <http://gradualismandaddiction.org/>