

Hello Everyone.

My name is Lise Lareau and this is my associate, Jocelyne Harvey.

We are here today to present a therapeutic approach that we have created and developed over the past 20 years. We call it Scenergy.

I have been working with people for over 30 years now. From the start, I was fortunate enough to have discovered NLP. Actually I should be saying «imbued with NLP », because those few hours spent in the presence of NLP therapists marked me for good. I remember how awed I was by the various and quite simple techniques, such as anchoring and reframing.

Over the years that followed, I integrated these tools both in my personal and professional life.

What inspired me the most at the time was the fact that NLP is oriented towards the client's objectives, that is, the resolution of the client's issue and not oriented towards a lengthy discussion of the problem.

I need to emphasize this point because Scenergy is also oriented towards the client's desired outcome and focuses on the resolution of the problem. In fact, NLP and Scenergy are so closely related, we could say they are cousins. Let's explore the concept of Scenergy a little further because as you will see, it is, among other things, a combination of several NLP tools within a given session. And it is Scenergy that makes it possible for me to be with you here today.

What exactly is Scenergy?

As the name implies, Scenergy aims to stage a problem that the client is experiencing by including its energetic aspects, both conscious and unconscious; the goal being to bring about a solution.

So what exactly is Scenergy?

Each individual goes about with an inner theatre that he himself plays out in his normal day-to-day life. In a manner that is totally unconscious, we get the people in our environment to play out the roles needed for our story. A husband, a colleague, a boss, and even perfect strangers will

replay the personalities or voices which we carry within ourselves. We continuously reproduce our model of the world and we try to understand ourselves via our perceptions. Without fail, we repeat the same scenarios over and over again, finding it very difficult to change them.

As a therapist you have seen this happen countless times: a client says ‘This time I really understand, and I won’t be caught in the same scenario again’, only to come back later in another session with the same story dressed up in different clothes!

How does this happen?

NLP’s answer is : beliefs, meta-programming, strategies, and imprinting. Our answer... Scenergy’s answer is : unconscious parts. Indeed, through Scenergy, i.e. through role playing, we allow the unconscious parts that impede changes, to emerge.

Within the Scenergy model we replay the client’s enlarged system so that we can have a genuine impact on his issue. The simple fact of staging the client’s story has an amazing impact on him, an impact which is widened by adding the unconscious voices. Imagine then, the final picture ‘scene’ as we bring in a powerful and beneficial anchor.

As we can see, Scenergy aims at recreating a client's scenario in order to allow the different parts to emerge and because he remains 'center stage', he can literally be propelled towards a resolution of his conflict.

Succinctly speaking this *is* Scenergy  
And this is what Scenergy can *do*

You're probably wondering though, how is it to actually *experience* Scenergy?

Experiencing a Scenergy session means choosing to expose a conflictual situation, whether inner or outer, to our Director, Jocelyne Harvey. Jocelyne is guided by what we call the exposed energy of the system in order to bring the As (Actors in the Scenergy model) within our energetic sphere so they can role play the different parts of the client's scenario. Briefly, the As will play out the story with the goal of allowing the hidden parts to emerge. With Jocelyne's guidance, the different parts will then interact. Since the client is at the center of the therapeutic game, he has the power to change the scenario being played out before him. This process is

experienced at all levels : physical, mental, emotional, energetic and spiritual. The whole of the person is called forth.

Let's pause for a while, so that you can view a Scenergy session for yourself.

The source of the Scenergy model and how we came about in developing this powerful approach

Scenergy is the result of a combination of our professional experiences and our various social interactions.

Both of us completed university studies that left us dissatisfied with the types of intervention available in treating people.

This led Jocelyne Harvey to expand her expertise in Psycho-Education by incorporating knowledge from oriental diagnosis, energy balancing, nutrition, total biology and Bowen bodywork.

As for me, after completing studies in Criminology, Pedagogy and Social Studies, I became interested in the

oriental disciplines such as yoga, shiatsu, meditation, tai-chi, and the systems model developed by, among others, Virginia Satir.

We met in the early 80s while we were in training for Global Therapy, and from that time forward we combined our experiences and expertise and developed our intervention model for our clientèle. In fact, we teamed up to develop an intervention method for families. This area of our work is still very important. Many families have been able to find balance and to re-establish healthy communication after coming by our place.

Over the next 20 years of partnership and of working in groups, we developed an intervention model that we call Scenergy.

By combining the words Scene and Energy, we get **Scenergy**.

The experienced eye will have recognized in this video, techniques and presuppositions unique to NLP.

For example, we truly believe that ‘The map is not the

territory’ and that it is of primordial importance to ‘respect the individual’s model of the world’, as well as believe that ‘The mind-body form one cybernetic system’ and finally that, ‘People make the best choices possible given the information they have’.

During an energetic staging we use timelines, anchoring, reframing, representational systems and finally re-printing... to name just a few.

What is unique about Scenergy is that it stages all the parts within an individual and even the different characters within a given situation, thanks to the As, the actors in the Scenergy model, and the guidance of a Director. Slowly but surely the client becomes imbued with the different representational systems and this allows him to reframe his experience and to directly participate in the re-printing of his experience.

Two key points necessary in understanding Scenergy

- the first is the emergence of the hidden parts of the different characters in a specifically given situation;
- the second one was revealed to us over the course of

many hours of experimentation with our clients. One needs to understand that each system possesses an energy belonging exclusively to that system and that it will evolve the moment it is given a chance to do so.

These two characteristics allow us to ‘play out’ the inner states or external situations, past or present, thereby multiplying the possibilities ad infinitum. Each staging is unique since there is no prepared written script and because our actors follow the movement of the energy under the guidance of our Director, Jocelyne.

During a staging and via the actors, we see appear before us the emotions, the personalities, the shadow and various defense mechanisms erected by the ego in order to defend against the suffering caused both by the wounds the individual carries as part of his history, as well as the conditioning that is a result of previous generations. Beneath what appears to be pain, a malaise or an illness, or difficult situations, lies hidden the scenery in which we live out our experiences. In playing it out, we seek to free our Being from its armoring so that it can express its essence. This is how our Being gets to liberate the immense reservoir of energy that it possesses.

We must understand that we are the result of an accumulation of events, messages, beliefs and values, that stem from our personal history and that in this sense we create our reality at every single moment with our verbal and non-verbal behaviours. Unfortunately, most of the information we need in order to change our reality is buried in our subconscious. By bringing it out in the light of day, it becomes possible to change our reality. And this is what Scenergy does.

Given our experience with the energetic stagings we can claim that individuals are literally propelled forward. I'd like to borrow the words from a client, words that are often heard after a workshop, « Before I understood a lot of things about me, with my head. After the staging, I understand them with my mind, my body and my emotions... I truly understand. »

We invite you to view a 30-minute Scenergy, and we will then answer your questions.

NLP and Scenergy  
Being Propulsed Forward with Scenergy

Scenergy is :

Staging a problem with its energetic aspects, both conscious and unconscious with the aim of bringing about a resolution. The process ('the game') unfolds under the Director's guidance as she directs the As (actors in Scenergy).

We are the result of an accumulation of events, messages, beliefs and values. We have constructed defense mechanisms and created armoring in order to protect ourselves, and constantly create and re-create situations that express our need to free our Being.

We only succeed at this by exposing the unconscious parts on which we must act in order to change our reality.

By playing with the As under the guidance of a Director, this is exactly what Scenergy allows us to do.