

## **Development and Use of the Levang Inventory of Family Experiences (LIFE) an Empirically Tested Instrument for Building PBSP Efficacy**

Curtis Levang, PhD., L.P.

Workshop (optional)

Saturday, 28 September 2019, 2:00 p.m. – 3:30 p.m.

PBSP delineates 5 basic childhood developmental needs that must be met at the right time by the right kinship relationship for one to live authentically as their true self. Heretofore, there has been no empirical method for measuring the degree to which a basic need has been fulfilled. The Levang Inventory of Family Experiences (LIFE) is a proven scientific instrument that operationalizes and quantifies PBSP's five basic needs, both literal and symbolic. LIFE also provides critical insight to one's own psychological makeup through the key concepts of pilot, holes in roles, and fruits of living. The LIFE is a robust therapeutic and educational tool for individual and couple's therapy, parenting groups, educational settings, organizations, and corporations. For the PBSP therapist, the LIFE fosters a greater understanding of PBSP theory, fosters more precise client interventions, and can measure the effectiveness of therapy.

Goals of the workshop:

- Learn a new way of operationalizing PBSP.
- Gain a better understanding of PBSP principles of (literal and symbolic basic needs, and shape counter shape and contra shape).
- Marketing PBSP to schools, business, chemical dependency treatment programs etc.
- Quantifying basic needs, pilot, and holes in roles.

The contribution of the workshop:

- Learn about the LIFE assessment and its ability to measure an individual's memories of having their own literal and symbolic childhood basic needs met or unmet.
- Learn how to measure an individual Fruits of Living (pleasure, meaning, satisfaction, and connectedness).
- Demonstrate how the LIFE can be used in therapy with individuals, couples and groups, and in workshops.
- Provide new insight into how unmet literal needs show up as a form of resistance in individual therapy.
- Present the LIFE clinical workbook a tool that allows clients to build new memories to countershape unmet needs.
- Illustrate the principles of Shape/Countershape/Contrashape thru a video.

### **Curtis Levang, PhD., L.P. (USA)**

Curt Levang is a PBSP certified therapist, supervisor, and trainer. He first became aware of PBSP when he attended a workshop given by Al Pessa in 1984. Having been fascinated with Al's work, he attended many training events at Strolling Woods, and in Minneapolis, Boston and other locations in the United States over the last 30 years. He has attended International PBSP Conferences in Amsterdam and Oslo. Along with Jim Amundsen, he has conducted 3 training groups in Minnesota and also sponsored the 5<sup>th</sup> International PBSP Conference in Minneapolis. He is privileged to have been a friend of Al Pessa and Lowijs Perquin.

