

Introduction to 'Clean Space'

What is Clean Space

Developed by the late David Grove, renowned psychotherapist, Clean Space processes generate insights, emergent knowledge, and solutions about stuck issues using multiple spatial perspectives.



Why 'Clean'

- Uses language that avoids the facilitator interpreting the explorer's words, or imposing their own views.
- Solutions emerge from the client's inner wisdom, rather than the facilitator's 'cleverness'

Why 'Space'

- Issues are not only laid down in language, and do not always have a linguistic component. Body memory of traumatic past events can be stored in physical characteristics such as proximity, angle / direction, height, body position.
- Using multiple spatial perspectives allows the person's relationship to an issue / problem / outcome to emerge and evolve.

Key Principles

- Clean guiding / facilitating
- Make the space 'psycho-active'
- Use of 6 repetitions (the Power of Six)
- Emergent Knowledge