

You're a flower, not its petals: the Five Petals of Identity Model

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The model of the *Five Petals of Identity* is a metaphorical functional description of identity composed of five fundamental components in evolutionary, systemic and dynamic interaction. Each Identity Petal - Body, Social, Professional, Spiritual and Secret - is a part and a whole: As a part, each petal has constantly evolving strengths and vulnerabilities. As part of a whole self it is in constant interaction with the other petals in a process of mutual influence: when a petal suffers, it can get help from others who transfer their resources to the vulnerable part, thus creating a harmony that is not the sum of the petals, but something that integrates, harmonizes and transcends the identity of the subject.

This model allows breaking down the problem presented by the patient into the five identity components in order to identify the most compromised and those that contribute to the search for the solution. During the lesson, through clinical cases, the model will be presented in its use in a hypnotic setting, to find the solution of the problem thanks to the integration of each petal in a coherent self.