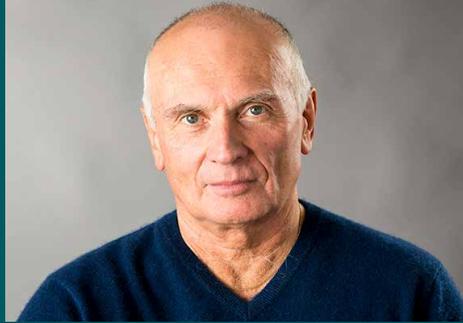


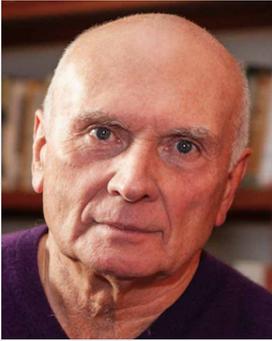
# My Wounds

by Dr. Paul Dunion, Transformational Faculty Member



- An essential truth of the human condition is that I am wounded, and I come from people (parents) who were also wounded.
- I protected myself from this early wounding by employing defenses of adapting, distancing, and dominating.
- When these early defenses remain, holding their initial potency aimed at supporting safety, it is likely that my ability to hold a vision of what truly matters, my creative potential and the capacity to create in-depth rapport will be compromised.
- An indication that my defenses are working in support of my adulthood is that I'm mindful of their usage, I know how to support my safety and I can modify them, allowing for genuine emotional intimacy.
- An old definition of the word wounded is "to bump into". We either bump into too much or too little.
- Bumping into too much includes being dominated, bullied, physically or sexually violated, or expected to be a buddy or confidant to a parent. Bumping into too little means being physically or emotionally neglected, not receiving enough attention, nurturance, guidance, touch, or communication.
- Healing occurs as we augment the size of our defenses and carry our wounds with understanding, acceptance, and compassion. There are only two choices, we carry our wounds in this manner or they carry us. When they carry us, symptoms manifesting psychologically (anxiety & depression), physically or by way of relationship breakdowns call us to attend to the wound.

## MY WOUNDS



**PAUL DUNION**, Mobius Transformational Faculty, Senior Expert, and track leader at the Next Practice Institute, earned his Doctoral degree in Counseling and Consulting Psychology from the University of Massachusetts at Amherst and his M.A. in Philosophy from the University of Connecticut. He taught Philosophy for thirteen years at the University of Connecticut and Three Rivers Community College.

He has been in private practice for the past thirty-seven years. As a holistic psychological healer, employing an existential modality as well as a somatic approach to treating trauma, Paul is trained in EMDR and is a graduate of the Somatic Experiencing Institute.

From its early beginnings, Paul represented the State of Connecticut at the national gatherings of the mytho-poetic men's movement, sponsored by Wingspan. As the founder of Boys to Men, he created a mentoring community for teenage boys. He is the co-founder of COMEGA (Connecticut Gathering of Men), having served over 6,000 men since 1992, which continues to offer biannual retreats. In 2013, Paul established the Croton Mystery School and designed its curriculum with a focus on teaching students how to make peace with life's mystery and unpredictability. He has offered over 200 workshops on topics related to Human Potential. Currently, Paul offers supervision for younger psychotherapists.

Paul has published six books: *Seekers – Finding Our Way Home* (2016); *Dare to Grow-Up – Become Who You Are Meant to Be* (2016); *Path of the Novice Mystic – Maintaining a Beginner's Heart and Mind* (2013); *Shadow Marriage – A Descent into Intimacy* (2006); *Temptation in the House of the Lord* (2004); and his latest offering *Wisdom – Apprenticing to the Unknown and Befriending Fate* (2021).



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