

3D PSYCHE

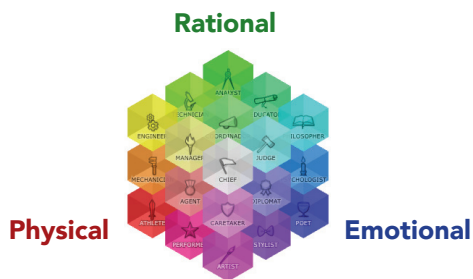
A Visual Framework for Self-Awareness, Focus, and Creative Thinking
Educational Dossier



About 3D Psyche

3D Psyche is an interactive framework designed to help participants explore the dimensions of their mind, behavior, and focus. Created by educator and creative technologist Lenin Compres, this visual tool uses a dynamic 3x3 cube to represent how we navigate tasks, emotions, thoughts, and actions.

The model introduces three core dimensions:



Within each, we operate through:

- ♦ **Observation** (how we receive and process stimuli)
- ♦ **Execution** (how we are affected, decide or act)
- ♦ **Detachment** (how we release to refocus or cope)

Participants engage with this model to better understand how they learn, create, react, and collaborate.

How It Works

Observation: How we grasp information and stimuli.

- o **Physical Observation (Sensation):** Awareness of immediate surroundings.
- o **Rational Observation (Conception):** Understanding ideas, data, and meaning.
- o **Emotional Observation (Inspiration):** Sensing moods, empathy, and vibes.

Execution: How we form conclusions or behaviors.

- x **Physical Execution (Action):** Changing/impacting the environment.
- x **Rational Execution (Regulation):** Logical decision-making.
- x **Emotional Execution (Valuation):** Affect based on feelings and values.

Detachment: How we ignore a dimension to focus on others.

- **Physical Detachment (Abstraction):** Facilitates analysis and creativity.
- **Rational Detachment (Instinction):** Enables quick, intuitive responses.
- **Emotional Detachment (Objectivation):** Provides pragmatic clarity.

Participants learn to recognize their dominant patterns and how to balance or shift focus depending on context.

Lenin Comprés (Lenino) is a multidisciplinary educator, creative technologist, and storyteller. A professor at NYU Tisch School of the Arts, he specializes in blending interactive media, learning sciences, and narrative frameworks to foster critical thinking, creativity and self-awareness. Lenin designs tools and experiences that bridge play, education, and personal growth—whether through board games, theatrical performances, or cognitive models like **3D Psyche**.

Educational Applications

◆ Emotional Intelligence & Mindfulness

Understand emotional triggers, manage stress, and enhance empathy.

◆ Focus & Productivity

Identify personal focus styles and improve task management.

◆ Creative Problem Solving

Leverage abstraction and cross-dimensional thinking for innovation.

◆ Teamwork & Communication

Recognize different cognitive and emotional approaches within groups.

Interactive Component

The **3D Psyche Test** is available online as a free introductory tool, offering a playful way to discover your archetype within the cube model.

Participants answer a dynamic questionnaire, rating preferences, behaviors, and tendencies across scenarios such as art appreciation, work habits, relaxation styles, and decision-making approaches. The results map each individual to a color-coded archetype within the 3D Psyche cube, providing insight into how they perceive, decide, and disconnect across physical, rational, and emotional dimensions.

Workshop participants gain access to an enhanced version of the test, featuring:

- ◆ Detailed analysis of their cognitive-emotional profile.
- ◆ Guided interpretation sessions.
- ◆ Practical exercises tailored to their archetype.
- ◆ Dynamic group activities to explore team synergy.

This interactive component sparks deeper discussion, self-reflection, and applied exploration of cognitive and emotional patterns.

Workshop Formats

- ◆ **Introductory Session:** 1-hour overview + interactive test.
- ◆ **Deep Dive:** Half-day workshop with practical applications.
- ◆ Available **in-person** or virtual.

Ideal Audience

- ◆ **High School Students (Grades 9-12)**
Perfect for wellness programs, leadership initiatives, or creativity labs.
- ◆ **University Programs**
Applicable in arts, innovation, personal development, or team-building contexts.
- ◆ **Community & Cultural Centers**
Flexible for youth empowerment workshops or adult learning.



**Explore the Dimensions
of your Mind
with 3D Psyche.**

Testimonials

"It was a great opportunity for self reflection and an interesting exercise in taxonomical thinking." — Oliver Norred

"Really awesome! I specifically clicked with my color mapping, my gradient from my favorite color to my psyche mapping was very interesting." — Emerson Fleming

Contact & Booking

Educational rates available for schools, universities, and community programs.

◆ Introductory Session

◆ Half-Day Workshop Includes access to the 3D

Psyche Test for participants.

For bookings and inquiries:

- ◆ 3dpsyche@lenino.net
- ◆ 3dpsyche.lenino.net
- ◆ Based in NYC | Available in the Tri-State Area



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