

## NWRPA Friday Evening Seminars



The NWRPA takes a holiday in August

### Working with Unformulated Experience

Steff Oates

Friday 11 September 2015, 6.30pm-8.30pm

Cost £7.50 or free to members. This includes light refreshments

Some clients find it difficult to verbalise their early experience let alone consider how it relates to the challenges they currently face. Steff works with such clients by attending to both her own and her client's body and internal experience. This evening she discusses this phenomenological process along with Lawrence Hedge's idea of 'working the organising experience.'

**Steff Oates** qualified as a Transactional Analyst in 1997. She runs a private practice in Cheshire, provides supervision and training, and regularly writes and speaks on TA theory and practice.

### Desire in Perversion

Maribel Barclay

Friday 9 October 2015, 6.30pm-8.30pm

Cost £7.50 or free to members. This includes light refreshments

### Reflective Writing and Side Glances

Alan Priest

Friday 13 November 2015, 6.30pm-8.30pm

Cost £7.50 or free to members. This includes light refreshments

### Three More Words in Therapy

Friday 11 December 2015, 6.30pm-8.30pm

Cost £7.50 or free to members. This includes light refreshments

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### Three Words in Therapy

Friday 10 July 2015

Paul Melia is responsible for our programme of seminars and is the creator of the **Three Words in Therapy** format. This structure for seminars has found a receptive audience and our speakers were warmly received. Pleasingly all who spoke this year and last are our own members.

### Stella Dickson on Cure

Stella completed her clinical training in Transactional Analysis in 2012 and is working towards her Certificate in TA. Stella is completing a placement in Primary Care and is in the process of starting private Practice.

Cure was a theme for three of her clients and this opened up a rich and useful dialogue in their sessions. As is our custom I have not included confidential information from counselling sessions in this newsletter.

Psychoanalysis was called the talking cure, and Freud talked of the task of analysis as a cure for love and as turning hysterical misery into ordinary human unhappiness. Cure can be thought of as a magic switch or, in a medical metaphor, a recovery from illness.

Eric Berne, the founder of Transactional Analysis, was originally a psychoanalyst but thought a cure through traditional psychoanalysis was too slow. He used the metaphor of a splinter and said this should be removed quickly rather than the treatment being so slow it leads to infection and multiple problems.

**Each NWRPA Friday Seminar adds two hours to your Continuing Professional Development**

## Three Words in Therapy

Stella offered the idea of a therapeutic cure through the doubled edged sword of attachment and detachment. We offer ourselves as an attachment figure for our clients and then enable them to leave us. This means that grief is an essential part of the therapeutic process. She used the knitting technique of casting off as a useful metaphor for the completion and end of therapy.

### **Peter Lindsay on Communication**

After a career in finance, Peter became a counsellor in 2008 after receiving an MA in Relationship Counselling. He practised for seven years with Relate and now works in private practice in Knutsford with couples, families and individuals.

Peter actively asks people to communicate with him in a way many therapists would not. He gives clients a comprehensive list of possible problems and asks them to tell him if any of these are theirs, and asks to tell him if there is anything he has forgotten. Fittingly he said that three quarters put a tick against communication problems.

To illustrate difficulties in communication he uses the dialogue between Sonia and Luis. You can see this on page 3 of this newsletter. He is very concerned about the ways in which communication can become judgemental and promotes how to communicate in a less judgemental fashion. Again he uses a written communication on this for his clients and you can see this on page 4.

### **Veronique Raingeval on Loss**

After a course in psychodynamic counselling and transactional analysis in 1998, Veronique completed her MSc in career counselling in 2002. In 2011 she established 'Connection Factor' to offer counselling, coaching and training services. Veronique is currently in clinical counselling training with Elan Training, Manchester.

Veronique's training placement is at a bereavement counselling service. She has found her experience there very helpful and values the models of bereavement counselling they use. However she was concerned about a lack of attention to existentialist themes in grief work. This was compounded because in her day job she will be looking outwards rather than inwards as models of bereavement do.

Her essentialist instincts would be to normalise clients experiences. Grief is the centre of our world and an extreme form of love. Her grieving clients often feel they are going mad. Being bound in grief means they may lose sight of the existentialist themes that we are agents in our life and could be thinking about the existentialist givens of what life could be about. The nature of grief intensifies the normal existential anxiety that comes from confronting life's "givens": mortality, isolation, meaninglessness, and freedom.

The counsellor and the client may reflect upon how the client has answered life's questions in the past, but attention ultimately shifts to searching for a new and increased awareness in the present and enabling a new freedom and responsibility to act. We can then accept we are not special, and that our existence is simply coincidental, without destiny or fate. By accepting this, we can overcome our anxieties, and instead view life as moments in which we are fundamentally free.

**If you would like a CPD certificate for any of the NWRPA seminars  
you attended email Frank Kelley at [nwrpa2010@ntlworld.com](mailto:nwrpa2010@ntlworld.com)**

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## Three Words in Therapy

### SONIA AND LOUIS : COMMUNICATION!!

#### WE HAVE ALL BEEN THERE BUT DID WE UNDERSTAND WHY?

*Sonia and Luis are coming back from the cinema. Luis is driving. They are riding in companionable silence when the following exchange takes place:*

Sonia: Are you hungry

Luis: No

*Brief Pause*

Sonia: You are so selfish

Luis: What? What are you talking about?

Sonia: I'm hungry and you don't even care!

Luis: Of course I care! If you wanted to stop for dinner why didn't you say so?

Sonia: I did say so! Why don't you listen better?

Luis: There's a good Italian restaurant just around the corner. I'll stop there.

Sonia: Don't bother! I'm not hungry any more. Take me home.

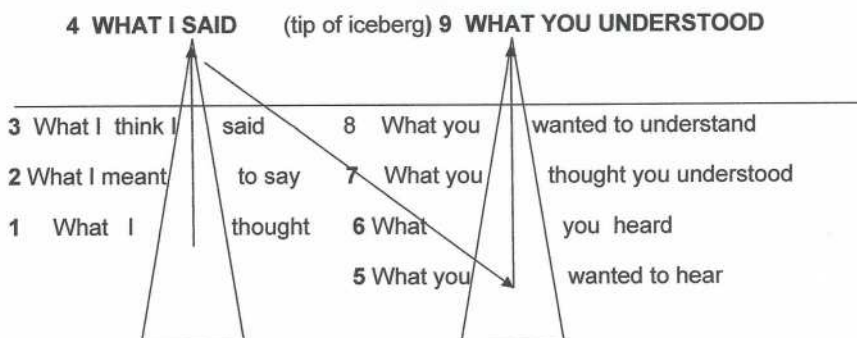
#### HOW MIGHT IT HAVE GONE:

Sonia: Are you hungry

Luis: Not really, but are YOU?

Sonia: Now you mention, it I am starving. Would you mind if you see a suitable place if we stopped for something to eat.

#### HOW COMPLEX OUR COMMUNICATION PROCESS CAN BE



Pearce W B (1994) *Interpersonal Communication* Tannen D (1990) *Analysis of conversational styles* CLER Amour et Famille

### Three Words in Therapy

THINK THE BEST OF EVERYONE AND TRY NEVER TO BE JUDGEMENTAL

HOW TO SAY THINGS IN THE NICEST POSSIBLE WAY AND NOT BE JUDGEMENTAL

There are 6 ways to say something or respond to someone. The one way which will always be considered unkind is the judgemental response.

Your sons says "I failed my maths test; I think I misunderstood one of the main questions"

1. EMPATHY: That must have been really upsetting for you.
2. RE PHRASE: Might the question have been set in a too complex way
3. INTERROGATION: Do you think you would have passed if you had understood?
4. CLARIFICATION: Did you discuss it with any other of your student colleagues?
5. SUPPORT: Would you like me to get you some tutoring to help you on the re-test?
6. **JUDGEMENTAL:**
  - A) YOU'D BETTER READ THE QUESTIONS PROPERLY NEXT TIME.
  - B) HOW COULD YOU HAVE MANAGED THAT
  - C) IF YOU DIDN'T SPEND SO MUCH TIME ON YOUR COMPUTER GAMES I AM SURE YOU COULD HAVE PASSED

'Your friend tells you "I have decided to leave my husband following discovering of his affair'

1. EMPATHY: I understand you might have been really upset to discover that
2. REPHRASE: You have decided you can't stay with your unfaithful husband.
3. INTERROGATION: What made you to come to that decision?
4. CLARIFICATION: Do you mean you intend to leave the family home?
5. SUPPORT: It may be a difficult time for you; do feel you can call me any time if you need to talk or need kind of help.
6. **JUDGEMENTAL:**
  - A) I THINK THAT WOULD BE A BIG MISTAKE
  - B) THE CHILDREN WILL BE DEVASTATED
  - C) DON'T YOU THINK YOU SHOULD AT LEAST GIVE HIM A CHANCE TO EXPLAIN

Your friend says "I can't believe they wouldn't have involved me"

1. EMPATHY: I wonder how that made you feel on hearing about it.
2. REPHRASE: You were upset to discover they left you out.
3. INTERROGATION: Do you think they would have realised how hurtful it would be for you.
4. CLARIFICATION: How did you find out about it?
5. SUPPORT: I can see how upset you appear. Would it help if I.....
6. **JUDGEMENTAL:**
  - A) MORE FOOL YOU NOT TO REALISE HOW THEY SEE YOU
  - B) THEY PROBABLY DID IT TO SPITE YOU
  - C) THOSE PEOPLE MAKE ME SICK THINKING YOU WOULDN'T FIND OUT