

NWRPA Friday Evening Seminars

Forgiveness

Teresa Hampson

10 June 2016

Teresa draws on her research she did for her Master's in counselling to consider forgiveness and the feelings associated with it, together with the impact forgiving has on individuals and its place in counselling. She will also briefly describe some of the models of Forgiveness Therapy that originated in the US.

Teresa is an integrative counsellor working with adults by phone as well as face-to-face, and with young people face-to-face.

And later in the year with details to follow...

Friday 8 July 2016: Three More Words in Therapy.

Friday 12 August 2016 The NWRPA does not meet in August.

They'll be plenty of time for questions and discussion, and light refreshments are available.

Each of these events represent **2 hours of continuing professional development.**

Venue:
The Manchester Institute for Psychotherapy
454 Barlow Moor Road
Chorlton,
Manchester M21 0BQ

A map of our venue and more information about the Association is also available on our website at:

www.nwrpa.org.uk

Have your personal entry on the NWRPA website

All our members can have an entry about themselves on our website at www.nwrpa.org.uk

Please email information about yourself and a photo to Frank Kelley at nwrpa2010@ntlworld.com

Let the world know who you are and tell others about the services you can offer. Having an entry also helps visitors to our website know more about the NWRPA.

Please use our regular members entry format as shown on the entries on the [members page of our website.](#)

Renew your NWRPA membership for 2016

For information on how to renew your membership, or join the NWRPA, go to our website at www.nwrpa.org.uk or email Frank Kelley at nwrpa2010@ntlworld.com

If you would like a CPD certificate for any of the NWRPA seminars email Frank Kelley at nwrpa2010@ntlworld.com

NWRPA Friday Evening Seminars

Game Analysis

Amanda Onwuemene

Friday 13 May 2016

Amanda is one of our regular speakers and is always appreciated for the clarity and depth of her presentations. She manages Psychotherapy and Counselling North West, a private psychotherapy service based in Liverpool and Manchester (pcnw.co.uk), and supervises clinical practice.

The way she introduced the Drama Triangle and other *Transactional Analysis* ideas to us was similar to the way she introduces these concepts to her clients. She encourages clients to use these ideas both in and in between therapy sessions. The following guiding therapeutic concepts about types of transactions are addressed to what is said, to what is not said and to body language and are in order of increasing intimacy.

- **Withdrawn:** Withdrawn both physically and emotionally and saying nothing.
- **Ritual:** Non dangerous interactions. Simple and stereotyped complementary transactions.
- **Pastimes:** We are involved but not engaged. Not as rigid as rituals.
- **Games:** Exchanges/transactions where both people end up feeling bad.
- **Activities:** Behaviour to achieve a goal.
- **Intimacy:** We are where we want to be with others and with therapists. These will be child to child transactions set up in an adult state.

All of these exchanges/transactions involve *strokes*, a familiar feeling where we are recognised, positively or negatively. These include the bad feelings of games where clients do not usually have the sense of setting up the the game. Exploring these familiar repeated games with clients means asking how does it feel; how often does it happen; whereabouts in your body do you have the feeling; what does it allow you to do; or prevent you from doing; what do you do in order to do this; what can you do instead. Anytime you have these old familiar feelings you have a *racket feeling* and you are in a *script*.

Amanda will ask her clients to describe these transactions. She will also ask them to capture these thoughts and feelings in metaphors including using colours to represent feelings. It is also important to look for authentic feelings. For example sadness when we are grieving and anger when we are threatened. She also encourages her clients to meditate as an alternative to having these unhelpful feelings.

Racket feelings are learned in childhood and encouraged by family members. They are experienced in many situations over the years. Significantly they are ineffective in solving problems and are based on a redefinition of reality which is outside awareness. All this is repeated into adult life and has the quality of a repeated compulsion. This would explain why, for example, we might repeatedly lose keys or glasses. All this keeps the child ego state busy.

All these rackets obscure our authentic feelings. It is authentic to be sad when we are grieving, to use anger to solve problems and to use fear to avoid threatening situations. If we are happy there is no reason to make changes. Instead of experiencing these authentic feelings we frequently set up these familiar lifelong rackets.

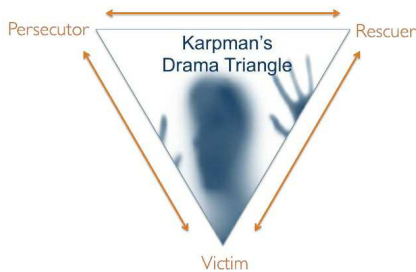
The repeated nature of these racket feelings mean we end up *stamp collecting*. This uses the metaphor of the long ago practice of accumulating stamp vouchers which are cashed in to buy goods or services (like the present day loyalty cards.) We collect all these stamps, hurts, angers, disappointments, without expressing them. We then use one situation to give somebody the whole book.

One concept she finds helpful but does not use with clients is the racket system as shown below. (*The Racket System: A Model for Racket Analysis* by Richard G. Erskine and Marilyn J. Zalcman.)

| Script feeling | Racket displays | Reinforcing memories |
|-----------------------|------------------------|--|
| Beliefs | Observable behaviour | Emotionally charged memories that justify scripts. |
| Self | Internal experiences | |
| Others | Fantasies and dreams | |
| The world | | |

Game Analysis

As this exploration progresses Amanda will analyse her clients games. (See *Games Analysis* by Vann Joines.) She particularly noted that the motives for these repeated games do not become explicit until everybody gets confused or misunderstand. Until then the game is out of adult awareness.



Amanda finds the **drama triangle** very helpful and gets her clients to draw, keep and use their triangles. As the title suggests these client experiences are dramatic, loud, shouty and always involve some denial.

The rescuer puts others first and their self last. They often do others thinking for them and need to be wanted. They get their needs met vicariously and want appreciation. They can be dominated by a feared loss of a relationship and often feel guilty.

The victim is helpless and hopeless and tells you what they cannot do. They may make generalised complaints (*it is hot in here*) but not actually ask for help. They will also resist other's attempts to help with these complaints.

The persecutor is demanding and complains their needs are not met. They are concerned about their own needs and not the needs of others who have no dignity or rights. They can be consumed by rage and fury and may be capable of killing.

Amanda will invite her clients to place themselves on the triangle. This may not be just be one position. Having a main position but moving to an alternate position on the triangle is quite common although it is rare for someone to move between all three positions. Like so much in T.A. these positions involve denial, end up with a pay off and fail to treat others as thinking adults. Therapy helps clients to move outside this triangle, to take responsibility for themselves and to realistically negotiate with others.

Thank you to Amanda. She not only gave a clear exposition of these founding concepts of Transactional Analysis but clearly showed how these ideas can be used by therapist and client.

If you would like to know more Amanda recommended the classic book *T.A. Today* by Ian Stewart and Vann Joines. She will also kindly provide her notes for this seminar which I will then email to our members.

Contact the Association:

Frank Kelley
Secretary NWRPA
159 Garners Lane
Stockport
SK3 8QW
(NB this is a mailing address only)

Phone: 0161 432 8653

Email: nwrpa2010@ntlworld.com

Website: www.nwrpa.org.uk