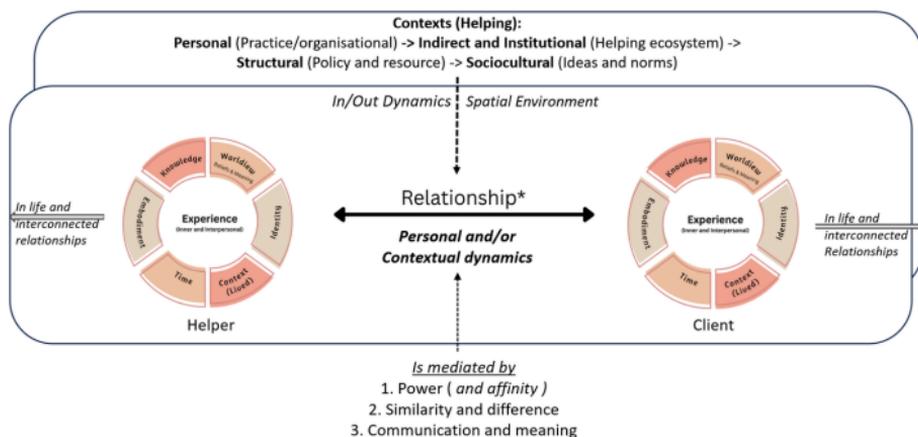
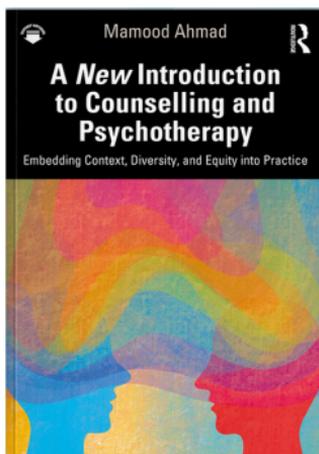


The Relationship

Barriers, exploration, and theoretical understanding



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 A New Introduction to Counselling and Psychotherapy [Routledge books]



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The Relationship

Think about the helping relationship, what areas need exploring, and how this informs your attunement as well as your theoretical and conceptual understanding of the client's problems.

Explore

Your **positionality** (WICKET) in relation to the client

What **barriers or opportunities** (personal and/or contextual) might exist? Consider **mediating** factors, as well as similarities and differences in the relationship.

Are **in life relationship** including group and interconnected dynamics relevant?

Which **relationship modes**, relational parts, or areas might need further attention?
Consider possible (pre) ruptures and embodied inequality & prejudice

Personal dynamics

- Relational and attachment
- Past and present experiences (Incl. contextual)
- Stress, trauma and injury
- Health, pain, capacity
- Sensory, attention and executive functioning
- Communication and social interaction
- Language(s) and meaning
- Learning and information processing
- Cognitive processing, thinking, emotional, and behavioural

In life relationships

- Individual
- Context (Lived) Inc. safety
- Group(s) Incl. Past / Future
- Technology
- Institutions
- Planet and more than human world
- Governing structures

Relational states

- Negative, in conflict, (pre)ruptured, neutral, positive, idealised, disembodied, embodied
- Embodied harm, safety, belonging
- Misattunement, attunement and adjustment

Context to Context

- Worldviews<->Worldviews
- Identity<->Identity
- Context (Lived)<->Context(Lived)
- Knowledge<->Knowledge
- Embodiment<->Embodiment
- Time<->Time
- Context (Helping): Spatial environment, organisational and wider context(s)

Mediators

- Power and affinity
- Similarity and Difference
- Communication and meaning

Relationship modes

- [1] Working alliance: Lets talk and repair? Incl. pre-ruptures
- [2] Communication and meaning: Do we truly understand each other?
- [3] What personal and/or context barriers and facilitators exist?
- [4] Development and reparative: What's needed to grow and repair?
- [5] Human to human: Are we genuinely connecting? Right depth and scope?
- [6] Transpersonal: Is there a deeper shared meaning?