Individual Context (WICKET)

REFERENCE CARD

NORMATIVITY

- Time — Accumulative
- Worldview — Beliefs & Meaning
- Identity — Groups
- Context (Lived)
- Knowledge
- Embodiment — Patterns & experience

Experience
(Inner, Interpersonal & Spatial)

OPPORTUNITIES AND ACCESS/IBILITY

BARRIERS AND ACCESS/IBILITY

DIFFERENCE

Mamood Ahmad

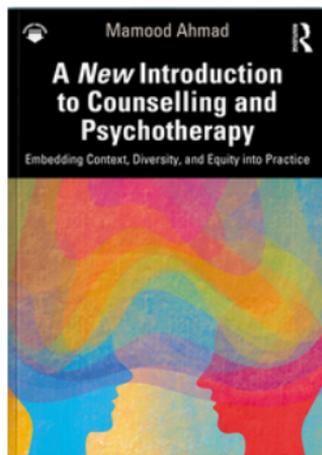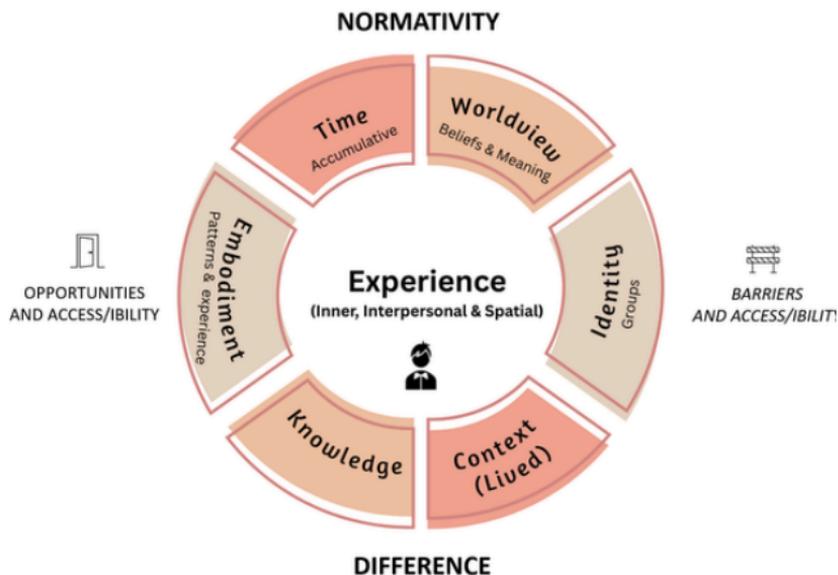A *New* Introduction to Counselling and Psychotherapy

Embedding Context, Diversity, and Equity into Practice

Individual Context (WICKET)

Think about the personal strengths and challenges each person has including

Adverse experiences
Individual vulnerability, difference and marginalisation
Interpersonal and interconnected relationships
Social determinants including economic
Stressors from each "Context (Lived)" including culture, events, system & messages
Developmental and resilence
Physiological and lifestyle
Social and community engagement
Meaning and purpose

Worldviews

- Meaning and direction
- Political and ideological
- Ultimate beliefs (Incl. R/S)
- Knowledge and philosophical
- Beliefs, ideals, morals, and values
- Scientific and naturalism

Context (Lived)

- Individual ->
- Personal (x) ->
- Indirect and Institutional (x) ->
- Structural ->
- SocioCultural ->
- Planet

Embodiment (Patterns)

- Attention and executive functioning
- Threat and survival
- Communication and social interaction
- Language(s) and meaning
- Learning and information processing
- Relational and attachment
- Cognitive processing, thinking, emotional, and behavioural
- Memory
- Personality

Time

- Collective
- Genetic and intergenerational
- Generations
- Lifespan and migration
- Here and now

Identity

- **Social:** Race, ethnicity, gender, class, disability, neurodiversity, age, sexuality, belief, citizenship (nationality), socioeconomic status, and body aesthetic
- Personal
- Physical and mental health
- Roles, credentials, and other

Knowledge

- Relational and emotional literacy
- Psychosocial education
- Group, diaspora, and historical
- Affinity, ideological and aversive
- Formal, explicit, implicit and propagated
- Embodied and lived

Embodiment (Experience)

- Identity and power expression
- Body interoception, expression, image, and aesthetics
- Health, pain, and capacity
- Relational, sexual, emotional, existential, and transcendental
- Sensory and motor
- Stress, trauma and injury

Explore

1. What is relevant today? In relationships, self-dev, training, a topic, own therapy, practice, research, or supervision?
2. What's the relevance of normativity, difference, and power?
3. Do they influence barriers and opportunities, access/ibility, safety and harm?