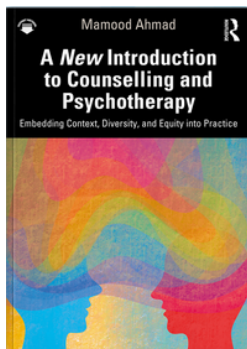
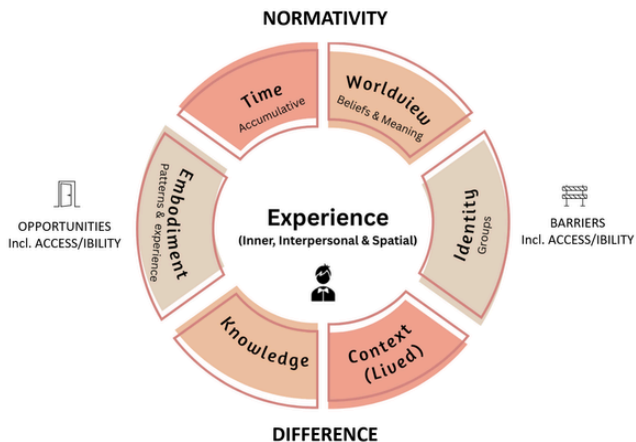


# Whole Experience (WICKET)

REFERENCE CARD v1.0



Individual Context (WICKET) © 2025 by Mamood Ahmad is licensed under CC BY-ND 4.0  
A New Introduction to Counselling & Psychotherapy [Routledge books]

# Whole Experience (WICKET)

Think about the personal strengths and challenges each person has including\*

- Adverse experiences & events
- 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 resilience
- 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, expectations and values
- Equality and justice

## Context (Lived)

- Individual → *See top of card\**
- Personal →
- Indirect and Institutional →
- Structural →
- SocioCultural →
- Planet → Time

## Embodiment (Patterns)

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

## Time

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

## Identity (*Intersections*)

- **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

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

## Embodiment (Experience)

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

## Explore

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