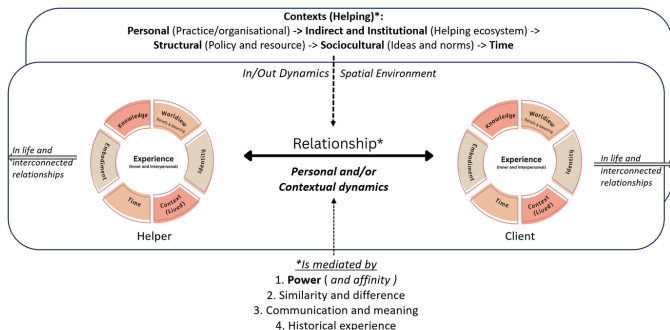


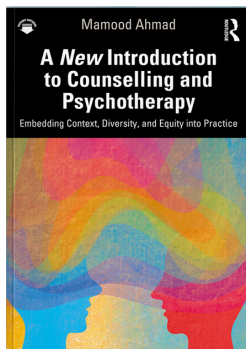
The Whole Relationship

REFERENCE CARD v1.2

Exploring relational dynamics, client experiences, and their context



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 A New Introduction to Counselling and Psychotherapy [Routledge books]



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The Whole 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) and lived experiences in relation to the client

What relational **barriers or facilitators** might exist? Consider contextual and mediating factors below, including areas of similarity and difference

Which types of **in life relationships** are relevant, including group, community, institutional, civic, and technological relationships?

Which **relationship modes** or relational parts might need further attention?

Personal dynamics*

Note: Core subset, see WICKET Level 2 for more potential dynamics:

- Relational and attachment
- 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

- Interpersonal
- Context (Lived) Incl. 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, distant
- Embodied harm, safety, belonging
- Misattunement, attunement and adjustment

Contextual dynamics

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

Relational Mediators

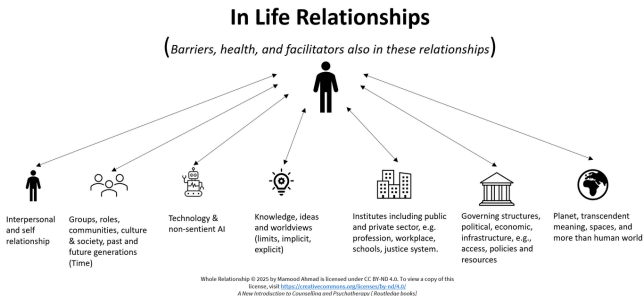
- Power and affinity
- Similarity and difference
- Communication and meaning
- Historical experiences

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?

The Whole Relationship

In Life Relationships (Expanded)



Open Exploration

- Explore in life relationships, health, barriers and facilitators?
- Consider individual and contextual factors and mediators such as power and historical experiences
- Which ones grab you today? why?
- Which relationships do you value? or are ruptured? safe or unsafe?
- Which do you seek to improve?
- What would you like to know more about, including Knowledge and Ideas?