

Peer Assessment

Name of Trainee being assessed: John Dray

Name of Trainee writing this assessment: Katie Jones, Sally Eastwood.

1) What have you most appreciated about me and my contribution to the training group this year?

K: Appreciated contributions that have been open and reflexive. Enjoyed interventions and, sometimes, probing questions whether or not they land - they always end with an interesting discussion. Appreciated articulation of boundaries. Happy to talk about those.

S: Loved learning about the layers of John - lots of different layers that all come together to form: fun, knowledge and curiosity. Ability to be direct, e.g. expression of anger in F1. Added a string to this group's bow by being a male in the group.

2) What have you not appreciated about my level of contribution?

S: When you are being very intense, you can be very quiet... and so do not get heard. Increase volume.

K: Arrived and sometimes been slow at asking for what you needed (e.g. current issues), other times good (e.g. operation on the tongue). Appreciated the issues being there, but sometimes would appreciate a clearer articulation of what you need.

3) How have you experienced me relating to you and other trainees and trainers? Is there anything more you would have liked from me?

K: Fun, funny, friendly and engaging to listen to and speak with. Good and intent listener. Pick up on things and make connections. You notice and think carefully. Given a lot throughout.

S: Found you to be the person I can talk to about a cerebral issue when no one else wants to talk about it. Enjoy working on an intellectual level, whether in the room or out of the room. John in room is incisive and intuitive in process. Fun outside of process. Good to be with as a human being.

4) Are there any repetitive behaviours/fixed Gestalts that seem to figure?

K: You seem to be aware of these, e.g. self-shaming, need for recognition, but fixed Gestalt turns this into shaming/exposure.

S: Repetitive behaviour - experiences from your childhood have repeated themselves as you have come into an adult process. The exposing of these seems to have helped you to process them.

5) In what ways have you experienced me developing over the past year?

S: Developing in seeing yourself more. You will talk about something and see the cogs turning 'oh that's why'! Seem to have grown a lot in knowledge of yourself

K: Clear that on arrival you had a lot of knowledge around PT. There has been a softening from the intellectual stuff to more trust in the group. Questioning has become softer. Less tense.

6) What personal work do you think I could focus on in the coming year?

S: Focussing on integration of mind and body (through mindfulness)... so that body takes more of load and brain takes less of load.

K: Continue with the softening that is coming with asserting boundaries that are where you want them, rather than where your child thinks they ought to be. Learning to feel safe and in contact.

7) What do you consider my strengths and weaknesses in my knowledge of Integrative / Gestalt psychotherapy?

K: Strength is TA – you talk TA! See you as creative. Playfulness. As a therapist you leave a lot of space and are gentle.

S: Knowledge and ability to read and take in all of the concepts and modalities and information. Sometimes it is all there, but which bit needs to come out... so sometimes you freeze when talking about things. So soaked in information that the mouth cannot speak.