

Goals for 2022-3

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THEMA / TOPIC / SUJET

Learning about various modalities
 Being more aware of thoughts & feelings
 Improving listening & challenging skills
 Discerning if this is the right path.
 Discovering more about myself in process
 Discovering the other people in the group.

Growing Edges.

- 1) Discern where the client wants to go.
- 2) Give the client time to process.
- 3) In group process look at own process rather than rescuing the other
- 4) Learn bracketing

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THEMA / TOPIC / SUJET

Journal

Module 1, Day 1

7 Oct 2022

I arrived feeling very excited but somewhat apprehensive. - I got up at 4:40am!

Arriving in Cardiff at 8am I had plenty of time to walk around the city before the start.

Being told that we needed nothing but ourselves for the first session, I felt a great weight was lifted from my shoulders. I even brought an analogue watch so that I would be bringing nothing digital into the room.

In the first exercise, in pairs, I realized that I was close to tears as I related my story about leaving home that morning. I enjoyed listening to my partner. I was excited by the thought of 4 years of listening and processing.

Intrigued that I used that word, as I would not have used it before today in this context.

When we shared to the group, I found some people easier to listen to than others.

I realized that for one person I had almost no recall of what they said. Other people I found their stories reflected aspects of my own and I felt connected to them.

When I told my story, I disclosed more than

I had with my partner.

In relating the story of my husband's death I felt little emotion.

When I mused about the terms widow & widower I was annoyed being told I should use 'spouse'.

People's empathy afterwards left me close to tears. I felt a real connection.

Turned out that my experience resonated with the experience of others. Some people had tears in their eyes. I felt 'heard'. I also felt emotion about my bereavement in a depth that I have not for a number of years.

Q. Did this emotion feel healthy or just the re-opening of old wounds?

It felt like a cleansing - fresh water, and a connection.

In the group practice - looking at group rules, I felt that my concerns were heard. So, to some extent, I can put past experiences behind me. Realize that my past experience leads me to reflect on issues of trust. *Perhaps this is a useful thing to keep in mind with people who find it difficult to trust due to past issues.*

As I externally related my bereavement and internally recounted the abuse in that relationship, I felt a deep sense of pride that I had been through that situation & survived & grown. Yay me.

In total, today felt wonderful. A journey that I really want to be on. Feel so fortunate. Also wondering about discussing more muddy underbody with my therapist.
I wonder what tomorrow will bring

Module 1, Day 2

8-10-22

I found Group Process this morning challenging!

I arrived feeling relaxed and comfortable. However, with issues brought up I felt fearful - intensely. I felt this in my gut and as tension in my body and as control of breath.

① Vulnerable - although not directed at me, a comment about counteracting shame by showing vulnerability resonated for me. I had been talking about not accepting labels given by other people eg. homosexual, and choosing my own - queer.

③ Ok again

④ Script feelings about why the fxxx was all this emotion coming up when we weren't doing anything.

→ Frustration.

Then we were told that we still had 30 mins left.

→ Felt relaxed → Vulnerable → Fearful all over again.

I was pleased that I linked some themes that another had brought up.

I asked about 'being othered' - as in being excluded by a group.

I Realised that I often feel 'othered' so my experience resonated with other people in the room. ~~Then~~ During the ensuing discussion, again

felt vulnerable. Again close to tears.

I reflected on a year with a personal tragedy - my dad dying - did not lead to tears or even much emotion, but in 2 days I had frequently been close to tears.

In the time we had to look at the group contract, I stepped out of the room within seconds. I was triggered as I felt that the group was going to regress from the work done the previous day.

Wondering what was going on for me there. Was it a feeling of having my time wasted? Why did I not confront my peers? But instead made excuses and left.

In theory I found myself feeling disorientated particularly as TA was being described in slightly different terms to the ones I was used to. For a time was unable to receive information.

Module 1 Day 3

9-10-22

In the group practice I went through a similar range of emotions to previous days: Relaxed, near tears, tense, fearful, controlling breath.

I felt it necessary to explore labels further and looked at some of the labels I apply to myself.

In this I asked people to see me and not just the labels. As an example, I explained to people that if they were concerned that I might be offended by a particular term that they would ask me. I would prefer honest and robust dialogue to someone not saying something because they assumed that I would be offended.

I also realised that my previous BAD experience of experiential training in the Church of England had been damaging. I raised this in group without mentioning the organisation.

I realised this opened up a situation that was too big for the group process. I would take it to ~~work~~ THERAPY.

A significant step for me was:

- 1) Asking Mel if it was appropriate to ask a question of a fellow student
- 2) Asking the fellow student
- 3) Making explicit their control of information

Me
GP Process
Theory
Practice

4) Being satisfied when they refused to answer

This brought up issues from the previous course where we had been expected to answer on threat of being punished if we did not answer!

Interested that part of my process is to want to explain and justify. Very difficult to restrain myself from that urge. **So I will stop here!**

In the theory section we briefly discussed Freud, Berne & Perls. Interested. There was a brief mention of Laura Perls - piqued my interest as I am interested in the erasure of various groups from history - felt good to discover a female, prominent figure in psychotherapy. Part of my process is feeling scared and angry when my own identities are erased from history.

In the section looking at self-care... realised that emphasis on self-care at the open day was key in applying to WPT. In therapy I have started to learn that it is my responsibility to self-care. I look forward to developing this.

Another process that was mentioned is the impact of change resulting from the processes of the course. I am in a relatively new relationship so this brings me concern. My partner is part of my self-care and my life. He is very supportive - it will be interesting seeing how things develop. I have high hopes.

I am noticing that when Mel asks people a question, when they are having a trauma response, that she often seems to receive a response to a question before they verbalise an answer.

Today I read a bit of Laura Perls and I think that Mel is interpreting bodily signals. Interested if Gestalt gives answers in this way.

Module 2 Day 1

11/11/2022

In therapy practice, I chose to be that. This was fascinating as I heard a driving 'recurrence' in the morning and I was able to reflect on it with my therapist^(J). It was very gentle and nervous. I was ~~somewhat~~ somewhat disoriented as that was a very different experience to being with my usual therapist.

- Confidence, ~~experience~~ experience, technique. I am reflecting on how I might handle being in the therapist's chair.

Notably one intervention, which a colleague was going to suggest was not good, Mel said was REALLY good. In the therapy I thought - "this is a weird intervention". However, when we explored it, it turned out that it had been a really positive turning point in the discussion. The J had been more authentically ~~strong~~ themselves. The situation had become

more of a conversation.

Reflecting on the 'Glossary Play'
I picked the word 'holism' which I now interpret as bringing together all the parts to be a whole. I can begin to see how this would be useful. In the therapy practice ~~we~~ I brought a single issue... but it drew in from many aspects of my life.

Reflecting on the 'I am aware of' exercise... when we moved to 'When you said x I became aware of y.' I was surprised how quickly I fell out of my depth. On reflection I realised that at any point I could have said 'Stop' or 'Pause'. In other words this is a safe space and I feel ~~to~~ safe both in terms of there being ~~proper~~ proper boundaries in place AND in the sense that I am autonomous with responsibility for my own safety.

My ^{← good GESTALT TERM} 'of course I can cope' script came to the fore. Wondering why my dad's voice is still living.

rent-free in my head! Although the 'I am strong
I can cope' was something I taught myself when
coping with years of bullying when I felt there
were no adults to turn to.

Tug at one strand of webst and you find
that all the parts are part of a whole.

Holism

Module 2 Day 2

12-11-22

Group process brought up interesting issues.
One person brought up issues ^{I perceived this as being} around emotions and
disorientation and trust.

In turn I spoke about my experience of
bullying and interestingly, this seemed
to spark up issues of a related nature for
2 other people.

In turn this sparked a question about
'How does this group therapy work and what is
it for?' The answer was around gaining
emotional literacy so that we can bring that
to sessions where we are the therapist.

The process for me seems to be about
bringing into the present issues that I have
already addressed in therapy.

1) What happens if there are new issues
that have not been processed at all?

I realized this happened with a lot of the

stuff I brought from the Aston Training Scheme (ATS)

↓
The reflection was the importance of contracts and boundaries.

In the church many of the clergy were doing things for which they had received no formal training. They were just expected to get on with it.

The ATS was both clergy and laity - it was dangerous and damaging that they were untrained, the course was not properly monitored, there was no supervision and there were many reports of unethical behaviour. It hurt me. Ouch!

In being a therapist today, I felt vulnerable during the feedback. This was in a similar way that I felt vulnerable as a client yesterday. However, I do feel safe.

Noticed that when Mel was talking about Dams Δ's I felt a compulsion to interject with the point revision.

I didn't & gained nothing from Mel & the discussion.

Module 2 Day 3

13-11-22

My process started by feeling deep sadness that two of the group were missing. This led to reflections on the death of my husband and tears in my eyes. It was a complex death and aftermath. A process that still seems to come and come despite 5 yrs of therapy. Realization that I am not 'fixed', but learning to live with loss. [It also brought up issues around the death of my grandad & great nan - Not being allowed to see them around the time of their death. Not even being asked if I wanted to go to my grandad's funeral - feeling excluded.] Not rebehaved in group process.

It was fascinating seeing how this sparked others to reveal their experience of grief.

A corollary to that process was that at lunch time I felt lighter and happier... perhaps something that had needed processing

had received some of the processing it needed.

I was grateful for the time we had been allowed to spend on that process.

In the skills practice I was that I noticed that my therapist was having a hard time. To me it appeared as if the session was bringing up something deep for them. I rattled on -- and felt that, to some extent, I was rescuing them from the situation by talking more. This feels like important noticing.

I have also noticed processed where I am wanting to compete with colleagues and 'be a good student'. I want to relax and disengage. I am also intrigued by my own process of dissociation and breath-control as a response to fear. I do want to explore this more.

I was grateful for the opportunity to state my anger this morning when I felt a colleague

was speaking on my behalf without my permission. I felt that my voice was being taken from me. I wondered, while walking to the car park, if this was (among other possibilities yet to be discussed) about being unable to speak to my father about my sexuality... knowing that he had an extreme view of what should happen to gays [He thought they should be put to death.]

My voice was heard.

I was angry... that did not destroy the world.

(My earlier fear based on my father's destructive, explosive anger.)

* FISHBOWL AS TH

Module 3 Day 1
9-12-22

Decided to offer self for post-jishbowl. My expectation is that I will get 2 'goes' in the year and I want to see/experience the difference. I am interested that I do not feel unduly nervous as therapist. As it feels like a conversation with the client - I am THERE with them. They are the figure in my ground... so the ~~observers~~ observers sink into the background. For me this is special. As a child music practical exams held a special terror... to the extent that I was sometimes unable to perform. However, jishbowl is not a performance. It is very real. One of the fears is that I will damage the client in this situation... particularly as this is 'live firing'. However, I am also aware that there are clearly articulated boundaries in place.

From the feedback, there are two really important 'growing edges'.

1) Ask the client which direction they want the therapy to go in. It is their therapy. At one or two points I felt that I was dragging the client by the nose. I had not thought to ask them which direction they wanted to go in.

2) Give the client time to process! |||

This feedback works not only in this situation but also in my day job. A really useful insight.

I had tried to cover 7 or more times in the time to perhaps cover one. Mr Fort!

The feedback was very positive and useful. Rather than feel defensive, I felt built up by it. I also HEARD the positives.

Perhaps it was not polarized like that. It was all useful information.

thanks/

In the shutdown for the day I expressed fear that I may have harmed the client. Mel suggested that perhaps a string had resonated for me. This allowed me to discover a bit more of my own process. I was then able to sit with that fear, experience the ~~just~~ feeling, and experience it dissipating.

Note to self: realized that in reading bits of Buber I had expected a systematic theology, but his work 'I & thou' is more like a spiritual writing. I had pondered in group whether the dialogic conversation is 'normal ~~conv~~ conversation plus' or 'artificial conversation'. For me the answer I get from Buber is that it is conversation with greater awareness. The 'growing edges' then remind me that this is all in service of the client. Ask them where they want to go.

Module 3 Day 2

10-12-22

Today felt like a big day - The processes in other people set off anger in me to such a level that I could not SEE the other person.

The suggestion was to name my feelings (after snow is down) when I named my feelings the other person came literally into view.

I named the objects of my anger. Surprisingly this included the person who shared their process. I was also surprised at the 'size' of the anger. While not 'super nova', like my anger at my husband, it was still HOT & RAW. It felt like a fireball being projected onto the other person. I felt grateful that I was in a group where such sharing was possible. I also felt it necessary to say to the other person that this anger was not anger with them!

In exploring what had triggered this process.

I realized that the other person had had family support in their bereavement. I had been alone. I still feel huge anger at my brother. No support... and no in-laws -

The process continued into the afternoon when I felt the start of a migraine.

However, I still volunteered as a client.

The resulting practice is I was uncommunicative and grumpy. It was not a good experience for me or the 'therapist'. Learned that I could say 'No'. Another part of this process was that despite my grumpiness, the therapist used the lessons to great effect in the next session. I had not broken them / Useful knowledge. This led me to reflect on this as a process of 'rupture and repair'.

I am also wondering if the anger I expressed as a client was partly to do with not receiving the therapist I had expected... and I projected.

the anger onto the therapist out of some sort of misdirection.

Module 3 Day 3

11-12-22

I realized that at several points in Group Process yesterday and today that my VISION was literally affected. When I was angry during the exposition of my bereavement yesterday the person in the room, who was the subject of my anger, was fuzzy/blurry.

Today, when one person was speaking and my scripts/introjects were interfering with my ability to be present - that person became blurry. I had to 'bargain' with my introjects that I would deal with them later. The person then became clear. However, that was not a fixed state ... they came into and out of blurriness.

Later (after my introjects were addressed) another person was speaking. I felt huge empathy with them and desperately wanted them to speak. They became the ONLY person in focus.

I had not ^{consciously} noticed this phenomenon before. I wonder what it means and whether it might be useful as a barometer of 'what is going on' in a situation.

After this situation my vision became perfectly clear and I felt truly present in the Group Process.

A comment made by a tutor about someone being a 'bad client' led me to reflect on my judgement about my 'performance' as client yesterday. By 'performance' I mean ability/capability, rather than 'acting'. I realized that I was that day as I truly was. So the therapist had a real experience of a real client and a real me.

I was not a 'good' or 'bad' client... I was a client.

In the coffee room, more than one of my colleagues referred to my exposition

yesterday as inspirational. This felt very uncomfortable. I felt lost in process yesterday and was doing what I needed to do to be me. They may find me inspirational ~~but I was~~ and I am uncomfortable.

Love the idea of field theory and connexion between distant history and the effects it has on the field in the here & now.

3-2-23.

Trauma informed therapy, not trauma-led therapy - feet on ground. This interesting distinction came from part of the fishbowl. Thinking about it... an slowing down. Wondering how to raise discussion points for client in therapy.

Thinking about Ethics. Feeling some trepidation as this was the exam that I nearly delayed my ordination. However, this is a very ~~different~~ ethical framework - it is contextual and subjective. Feel vulnerable putting myself & my-self into an ethical framework - it entails revealing more of who I am. That feels uncomfortable. Also talk of Daily Tabloid Text brings up memories of a friend being hounded by The Sun. So it is all about me. Having a long & sage career.

In group process I realized that I had a MAT of tangled vines.

Friend/Mandaghter ——— Identity

/ Feel I am has been a period of adjustment /

ADD ——— Potential i ADHD/ADD

Also processing seeing the GP about anti-allergy medicine... and how I can safeguard while on the residential, many miles from a hospital. Have to admit that I am 'not normal' and I 'have a problem'... feeling a bit disabled by it. However, it is also about caring for myself in the context of my fellow students. It is also about being empowered to act on my own behalf. Feeling a certain emptiness as one member of the group is missing. I think I see different reactions in some of the

other members of the group (as a consequence).
Or it may just be that the field
is different AND I include myself as
part of that field.

Enjoyed 'completing a Gestalt' with
Mel. Sitting with contentment and self-
soothing after offering a positive assessment
of the situation.

FELT very content

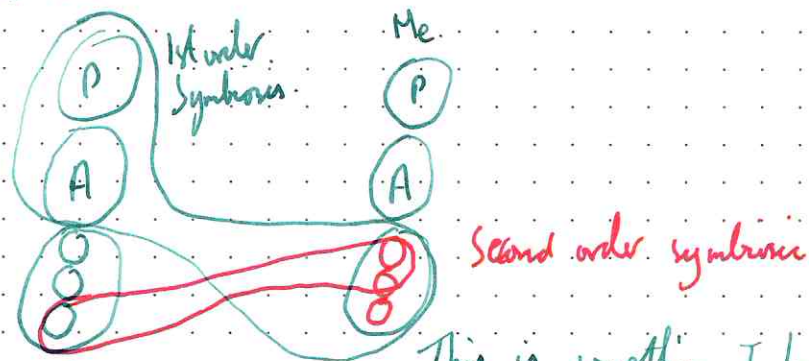
it was a good ending - A withdrawal
& fertile void ???

Thank you all!

4-2-23

Group process picked up from looking at identity.
There were some interesting 'contaminations'. In
one case the emotions I felt were picked up by
someone else. We then went on a dialogue to see
how that could be processed.

In the other case I asked some questions of
a colleague. I thought I was examining their story.
However, that story "took me over." I was able
to look at one of my own stories from about 10.
However in the story I "took on" the I was given
all the power. In my story I was a powerless,
conforming child. I am wondering if, in TA terms,
it was this.



However, I did not come up with this idea during Group Process, but in reflection immediately afterwards - while writing this.

Worked as therapist in small group
Good temp & interventions. Found that it is easy to FEED off the energy of trauma. Offered client opportunity to breathe - energy changed after just one breath! Learning.

OK can confirm to client that their abuse was OK - SO DON'T DO IT.

Learned ~~ab~~ about splits - good things to explore with clients (otherwise they can become self-critical) - Great learning point.

Also learned about keeping "energy levels" low in the therapy room around BREAKS (eg Xmas) or Valentine's Day, significant anniversaries & so on.

However, I did manage a better temp & I was not so solution focused.

Well Done

See if I can keep a memory of what went well!

Interesting finding out more about some of the downsides of CBT & Positive P.

8 key steps to ^{safe} Trauma Recovery
Bibette Rothschild Youtube

Body Remembers version 1 is better!

Listened to more Wallin-attachment. Still confused by what happened in (now) yesterday's Gt.

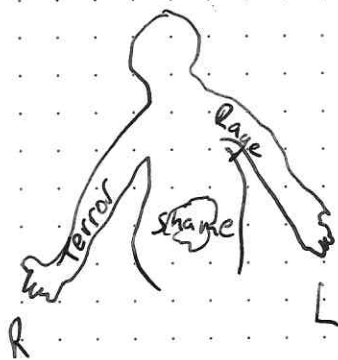
Another hypothesis
Attachment style: Avoidant
Reduced ability to tell others' emotions from non-verbal cues.

Project my dependency onto other - but in the revised story take all the secret power.
- My interpretation of what was going on, for colleague was way off. Projected a minority report version of ~~the~~ my story onto them.

Had a sense that this story inhabited me like a black cloud.

Somewhat bewildered by this all.

5-2-23



Experience.

Ugh!

Re-visited episode from yesterday.

As I asked to
I had been projecting a lot yesterday
+ had annoyed someone by disturbing
someone else's process.

Had sensation that started to left of body.

Ashed to breathe into it.

Was surprised that the sensation GREW up the
left side of body. Left arm stiff.

Needed to ground.

Linked this all to a story from when I was

8/9. Was surprised to realize that my
aches and pains were reflected in others in the

group!

This reflected my imagination of what I
had projected onto a colleague yesterday.
Felt bewildered and both in control &
out of control at the same time.

Needed further grounding and looking out of the
window!

Felt child like, but sufficiently under control,
under diversion, to cope.

Linked the triggering story to time with
husband when he had expected me to sleep in
a cat-soiled bed.

After this episode felt exhausted. Did not
volunteer to be 'client' in the therapy sessions.
Was also bewildered as this set of feelings was
not like anything I had felt before.

It was suggested that this set of feelings
were around the true feelings of the original
story.

There had been a noticeable split.
Suggestion was left side was rage
& something I forget.

Right hand was the terror I felt during
the episode.

Shame was in my belly as the black
cloud.

Interesting that I can relate these
experiences without having to relive the
trauma memory.

Intend to talk about this with my
therapist.

Very interesting seeing whole group infected.
In a metaphor, it was like a group possession.
In reality it seems to be empathy &
pheromones.

We were all 'up the Wookiee'!!!
Despite the terror & the shame and, to
a lesser extent, the rage... I am pleased to

have gone through the experience &
SURVIVED.

I know that I had a few of strong
emotions... at an existential level.
Glad to have processed ~~these~~ lived the
experience and survived.

Feeling exhausted but clearer.

Also... did not dissociate, but stayed with
it.

Giving myself a lot of kudos for extreme
bravery.

Also feeling deeply intrigued.

On the other hand, I think that is more
projection onto a tutor.

This was a heavy weekend.

24-3-23

MS Day 1

URG H Fell over on way to
UPI. This seems to have precipitated
anxiety. Even my writing suffered this morning.
In addition to procedure on my tongue, I
have heel feeling pain. Went to criticize
myself for feeling sorry for my self.

URG H!!!

Brought this all as cheat to the first
work. Found that the space offered there was
helpful. It feels as if I am back in a
place where I trust the other folk.

INTERESTING, as Rosie is new to the
group and then appears to be receiving our
trust semi-automatically. It is difficult, after
getting used to Mel to have a facilitator
with a different style and modality.

Feeling sad that a member has left the
group, but not feeling the same sadness

as when they were absent before. Wondering if
this is because the circumstances of their
absence are different OR if it is my
current anxiety that is different.

FIELD CONDITIONS are different.
I am having the feeling of wanting to be
a reserve towards other members of the group.
As that comes from a I+U- state I am
wondering what that is about. My adult
is telling me that these are capable,
competent people, capable of making their own
decisions.

Do I feel that I am capable & competent?
My current process is encouraging me to
reflect on what I viewed as acceptable and
normal from my own childhood, but now
consider to be abuse. I am also wondering
if it is helpful to view the consequent
modifications to my behaviour as harm.

At the moment it feels comforting to think of it as abuse & harm. To name it for what it feels to have been. To acknowledge that it was not my fault. To comfort myself.

It is difficult coping with another person in my life as being an abuser. I feel angry about that.

My intention is at Warrageil to take Mel up on her offer of screening.

* FISHBOWL AS THERAPIST Mobile 5 Day 2
25-3-23
Given a special opportunity to do follow-on therapy with a client. This was following our ~~work~~ work on our TA life scripts.

I had purchased with the client for the life-script & the subsequent trans. This introduced a lot of 'variables'. For instance, some of the people watching had seen the earlier session and some had not.

I did introduce experimentation into the session with the permission of the client. However, my suggested experiment would have directed the clients emotions at me. They did not take me up on the offer, (which was good). It also turned out in feedback that the client would have felt most uncomfortable about directing strong emotions against the person mentioned. A lot to unpick! The session was also 20 minutes - which left me wondering what to do! The client closed the

session and admitted to being a bit lost.

I was rather too highly paced and, tending, to follow my agenda, rather than the clients'.

However I did introduce a number of decision points. Got my number of 'OK's' down to 2 - even these were out of awareness.

There was still a lot to like in the session - looking at different types of split, etc.

Interesting relating this experience back to my own therapy sessions, which can be quite robust. ... but that is with an experienced therapist AND after 6 yrs. How am I feeling about that? At the moment I am feeling it was a good experience.

I am left wondering what the client really wanted. In the previous session they definitely wanted to get in touch with feelings. They expressed repetition compulsion

to that effect.

When they asked for a continuation session with me, I assumed that they wanted to continue that.

Even though the sessions were on the same day, the client wanted different work in the second session.

So, even though I gave the client decision points and asked them what they wanted.

I misinterpreted them as resisting.

What they wanted in the second session was different work.

I am also having difficulty with processing Rorie as the new tutor for this module. This is not a problem with Rorie, but a realisation that I am going through issues related to trust in my own therapy.

I am experiencing it this way!

Day 1 → New leader, 'inherited trust'

Day 2 → Seeing the new leader as a person in their own right, rather than as a 'replacement' for the previous leader.

Day 3

Next, as we are not on day 3.

"legitimacy" & I know that the previous members of the group had a group contract.

With the new leader there has been neither an acknowledgement / restatement of the old contract nor the formation of a new contract.

Not sure what to do with this.

Also reflecting on some issues that have come up in group process that I perceive as women masking as men to conform to a

male environment and conforming to expectations of male behaviour.

As a queer man, masking is of interest to me, particularly as I may be expressing neurodiversity.

I have come up with a possible definition of masking as:

Presenting oneself through someone else's idiom.

I am also grappling with the questions:
Why do I want to be a psychotherapist?

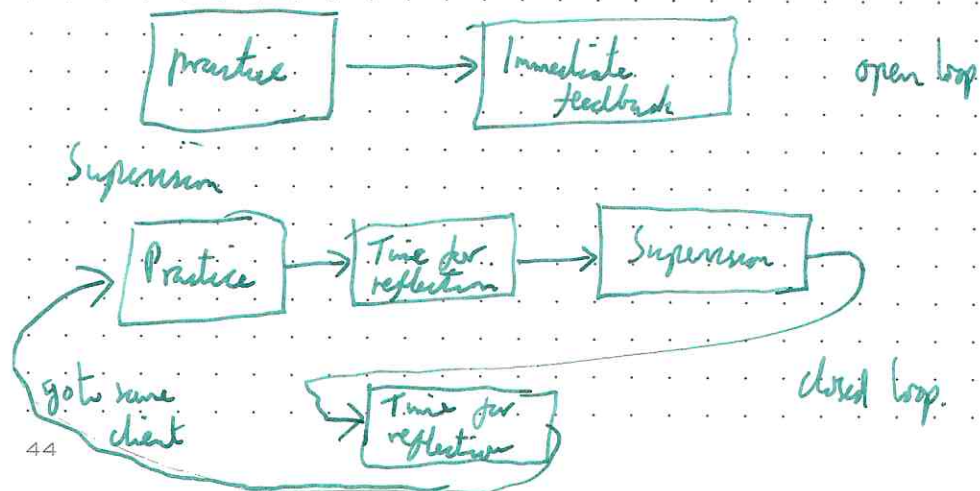
&
What do I think/know/feel & I would be as a psychotherapist?

Until I know what my values are as answers to these questions, I will have difficulty writing a contract.

= S.O.S. The work of the previous day has left me feeling raw. I am still processing what was going on in fishbowl.

I am wondering if the client's issues were too close to my own current issues around feeling and that I projected my needs & my therapy onto the client. This is like what happened in 'group process' in the previous module. It did lead to a significant break-through for me, but was of no use to the other person. The most positive interpretation I can put on that is that I am beginning to spot times when I am projecting. The learning from this is to see if I can be aware of this process in the session.

I am also aware that this process is



Yesterday highlighted for me how I am operating on several levels:

① I am 'jane'

② These are real, raw, live issues. There are probably others, but I am examining these now. I can display both, but tend to ①.

① is the mask.

~~In case~~ Increasingly ② is allowing itself to be shown. ① is the mask, it allows me to continue in life. Giving strength to ② to voice itself strengthens it.

There is currently a lot of script backlash against ②. It is being called self-indulgent.

Could I live without ①?
or do I need ①?

What would it mean to be a therapist as ②? not ①?

I can see advantages
if operating from ② then less chance
of projecting onto client.

Would that be too much for the client?
(they are there for therapy!) It ^{could} ~~would~~ be
draining that is NOT in the service of the
client.

This feels like a 'who do I need to
be to be a good therapist?' type question.
So not the right question.

What would it be like to be fully present
in the therapy room, all of me, with full
access to all of me?

What would that look like?

Is that, potentially, a psychotherapist?

So, before next session where I am therapist.

What is my current state? What do I know
about my current thoughts, sensations, emotions,
life events, situation. Am I an adult?

Interested now in my comment yesterday
'This is MY consulting room'
[~~At the~~ [AT THIS MOMENT] the room at my
lodgings feels more 'in focus'.

On reflection, I was not fully in ① for
that session. It was on the back of a hard
day of processing for me. That did not give
the client a good experience.

So, time for 'bracketing' before a
session could be useful. Not to mask, but
to be aware of what is going on AND to
check that I am in the room.

Feeling ~~there~~ more present now.

Module 5 Day 3

26-3-23

Had a good chat with Mel before things started. Quickly looked at what had happened on the previous day's feedback.

Was pleased that Mel mentioned bracketing but also useful things about not LEADING the client. And the therapist transferring onto the client... an example that is different from the "standard" Transference / Counter-transference.

Feel frustration towards a colleague who is not ready to "spill the beans." Realise this is about my needs and not about their needs / well-being.

A colleague is offering me a lot (3 today) growing edges. I am hearing these, but also feeling "got it." I am wondering if this is because I have rejected their "protection." Perhaps they experience that as hostility. Another explanation is that I am going through a lot and not

able to receive feedback at this time.

Did another session as therapist.

Took this at a slower pace.

Felt more present.

This was a useful 'experiment' as I realised that my understanding of Open/Target/Trap doors was off.

Will read the Adaptations book... so that will 'fix' that. When I was client, I was struck by my language of feeling as if I were in 'freefall'. Looking for "handholds" to find my identity after going from 'happy family member' to 'abused person'.

Wondering if I am "doing therapy on myself" too fast and need to slow down to let some healing happen.

Feeling sensitive and a bit rubbish at the moment.
LOT.

What are we I?

Perhaps that is related to being a 'doing' rather than a 'being'.

What do I need right now?

Well, the world could suck off and I could hide in a hole for a bit.

Perhaps the drive home will be healing.

It will be good to be in my home, see my pets and think about the residential.

Wondering about my own compliance, my need to be perfect, work hard & be strong.

How am I when people push against them.

Not feeling perfect or strong at the moment & 'lazy' is a toxic word in my trauma.

Sitting with this is hard, but probably necessary at this time. Tongue & back are aching --- wonder if that is connected.

Following morning...

Did not speak at the process out yesterday except about Swords in response to an

expression of concern from a fellow student.

Feeling shut down and criticised.

That is feeling, not 'objective truth', but useful to explore feelings. Also useful to explore my response to 'feeling criticised' in the light of being bullied and abused as a child.

Feely part shuts down to limit pain.

Recognize journaling as a 'thinking' process.

Feeling that one 'suggestion' in process was actually a misheard attack.

Thinking that that person may have felt rejected when I said that I did not want their 'protection'.

→ Felt shut down and that my contributions were not only unhelpful / ~~were~~ unwelcome but unwanted.

Thinking part of brain values the constructive comments both in process & practice.

Also wanted to experiment with giving people

'space' to talk.

Then annoyed that they didn't use it.

RECEIVING

→ Unbidden touch and unbidden acts of kindness are a REAL trigger and consent issue for me. Particularly when feeling vulnerable.

→ Consent / contact in therapy!

So, I received their comments as a counter-rejection.

There was a A number of people were exhibiting 'secrets' (including me) Mine is full of shame. I wonder if the others are, too. Or could they be to do with deeply held fear. Revelation would turn the 'secret' into something real by ~~me~~ allowing it to be spoken? Sort of magical thinking?

I suppose that could have been a useful question. On the other hand, that could have been perceived as a bullying tactic to get them to reveal the secret.

This 'feels' like looking at the 'doors' dismissed this week.

Seating pattern in the process-out was interesting. I sat in the same seat that I used for processing this week. No-one was sitting near me.

Have I regretted from the group?

If so, had I left the group or had the group left me?

I think this speaks to my 'be perfect' and 'please others' drivers.

If I do not present my best self, I will be abandoned.

I felt abandoned and outside of approval. Members of staff pointedly (in a really warm way) said how they appreciated me at the weekend.

Others ^{teachers} seem to be aware of my processes in the moment. I only seem to see them after some time. I wonder if this goes back to my life-script of not being a real human/man.

As I said in one of the groups I fear that I may be trying to rush my own process 'hurry up' and this may be informing (in an unhelpful way) my approach when therapist.

Interesting decision point...

Do I 'mask' as a 'good' therapist?

OR.

Take a new path and be a therapist aware of what is going on for me?

Thanks to interned member of class
an interned therapy for option 2

Mmm. that feels like a positive place to stop.

(*) 28-3-23

Remembering that when I was setting up the space for the job, the client was moving chairs at the same time. After I positioned ~~them~~ the chair, the client would move the chair. I remember feeling annoyed and saying "This is MY consulting room."

I am wondering what was going on. Both my needs to control the space, and the client's to control the space.

Typically, in practice the 'therapist' has an

opportunity to set up the room before the client comes in. I am wondering if there is a performative/ritualistic purpose to having a client walk into a room that has been set up by the therapist and that the therapist is already there. This would set a ^{power} dynamic that the client is walking into the therapist's space.

Once the client arrives they can be encouraged to 'make themselves comfortable'. With Freud they have only the option of the couch. In B. Rothchild they have the option of moving the chair to discover where their boundary/contract boundary is.

In both cases they are coming into the therapist's space.

Thinking of religious ritual spaces. In many types of Christian ritual the congregation comes into the Church's ritual space. (Not the only way of

doing it!) ~~for many~~ the clergy then process in afterwards.

In many pagan rituals the 'congregation' are greeted into a space where the worship leaders have already been 'working' and again the space is laid out to reflect the teachings of the religion.

I feel it is no accident that many therapist offices are laid out with books & certificates and signs of the therapist's competence and the authenticity of the profession.

Is this helpful to the client &/or the therapist?

There are similarities and differences in therapeutic practices. We are in a special environment (WPI). But to what extent does the 'therapist' hold the space? To what extent is the space the therapists'?

RESI 1

Mon 24-4-23

First processing in as a large group. Interesting how the processing is verbalised differently in the other year groups. There seems to be a lot of 'pain' that is not directly related to the issues being discussed. This crossed transition seems to keep the processing going beyond its natural lifespan.

Body work: during the body scan was asked to notice which parts of the body were pained. Felt as if I was characterising limbs as either 'normal' or 'weak'. At this time I am feeling physically weak due to pain of heel & broken ribs. [Also linked to processing issues around father].

However, in the ensuing discussion with a partner discussed power in empathy and support with them! Found validation in partner's remarks.

In art tried to play - got some nice paper and played with ink blobs.

and water. The resulting images were somewhat like a fetus - with red and blue marks. Venous/Arterial blood? Pain?

It seemed to represent a lot of things.

During our Nr 1 group we decided to go out and do some screaming.

Grateful to the group. Despite some of them finding this very difficult they went along with it to support me. So much support!

I had asked Mel for this and it felt very important relating to the recently revealed trauma around my dad's abusive treatment of me.

Mel asked me to lead the breathing exercises.

~~He~~ I then screamed with anger and mentally thought about my treatment by my second training incumbent.

We then looked at the difference with rage.

Anger hot / Rage cold
punish threat of knife

Screamed with rage ^{around} about my treatment by my father.

Noticed a greater 'openness' afterwards will need to explore this to notice changes.

So grateful.

Resi 2

Tue 25-6-23

Morning Process. I heard people saying that if you went from the group one needed to fully explain why. (Not necessarily what was said.)

Reserve the right not to say

AND

Right to be MISUNDERSTOOD

Pernacris: We looked at crimes that are being brought to therapists and that we bring as clients - Was interested in my strong antipathy to social media

Our "SCULPT" examined the devious effects of social media (SM) and that we do not really know who we are communicating with on SM.

We made masks to represent this
PORTFOLIO MASK

It was moving to see the way other groups explored various aspects of pernacris in their sculptures. I was particularly touched by the optimism

of the groups.

In discussion in the coach house I concluded that psychotherapy is a way that I can, in some small way, subvert the negative effects of pernacris.

Realising that the drama and trauma and rupture of the process out meet group has left me feeling somewhat disconnected from my emotions.

In small groups ~~as~~ I was chit during jishbowl with Zannab. Explored recent personal trauma and crisis. Also the healing effect of the screaming workshop yesterday.

Short version - feel that anxiety has gone.

Feel more open.

Like a fresh sunny day after a night of cleansing rain.

Will be interested to view my process tomorrow.

Feeling that our group has SECURE ATTACHMENT

Rev 3

Wed 26-4-23

Process in was a time for beginning to address and begin to look at fences.

During some of the time I felt uncomfortable. In my process, this was being uncomfortable with conflict. As a personal exercise I was deliberately aware of my body. I noticed that ~~when~~ tension in my right shoulder coincided with times of defensiveness. My own anxiety was reflected in unconsciously holding my breath. This symptomology continued into the processing out.

I had a lot of experience of prickly skin and scalp. Also headache. In discussion there was a lot of talk about anger and ~~strong~~ rage and parent vines. I am wondering if this is connected.

This feels like an exercise in calibrating my understanding of my bodily sensations

to both the field conditions and, within the field conditions, my own body / sense / emotion / mood / thought state.

This being embodied feels like an antidote to dissociation and a real sitting with how things are. I think that in this way I may gain greater access to my adult ego state.

I am still intrigued about accessing my free child ego state. Yesterday I was deliberately played in the creative exercise. I tried not to follow a formula and just play with ink & water and paper.

Today, in the climate change section, I let my mind play with the ideas of Threat & Response. I had a stick with lichen on it. The dead wood represented the existential threat of waste before the evolution of fungi. The lichen represented a

community of algae & fungi that would solve the 'thrust' of the wood. - Hope that a solution to our climate problems would emerge. More adult than child?

René 4

27-4-23

Group process - huge amount about accessibility & hearing issues. Really brought back a lot from my time teaching Deaf & HoH awareness. Consequently I did not directly contribute - I would have been p. bringing my past information rather than process. It was interesting watching the year 2 power/drama triangle reach its peak. This process landed heavily on a tutor. In that tutor I saw strength and vulnerability - a model that I felt was missing from my childhood. I said to the tutor that I was deeply moved by the model she was presenting.

For me that was a very significant process. Another tutor then spoke over my process to point to the group process. I did feel disoriented, but also appreciated ~~seeing the~~ being reminded of the group process.

Interesting that the year 1 processes seem

to be personal, but yr 2 seems to be about interpersonal disputes.

LGBT times - it felt good to be 'seen' in the community - and to explore times when being queer leaves me feeling vulnerable eg when registering the death of my husband.

My response to this is the willingness to be supportive of other people in the LGBT alphabet.

Enjoyed exploring & significant events in my Queer discovery. ~~It~~ Felt supportive to hear other people's experiences from other parts of the GSRD spectrum.

~~Process~~



Rev 5

28-6-23

Packing → Ritual → Processing Out
↓
Goodbyes

Packing up before the ritual was an important part of the process. It made (for me) the sense that the week was coming to an end. That, with the altered timetable ~~for~~ helped me prepare that something was different about today.

The ritual was bracketed with humming - a sound that I find somatic - the vibrations affect my whole body. It is also a community phenomenon during which it was interesting that some folk chose to hum in harmonics of the main note. No-one ~~chose~~ chose to hum dissonant notes - unlike in group ~~pro~~ process where many ruptures and dissonances were revealed. Is there meaning to the

disparity between those two types of activity?

In the ritual activity I chose to write various therapeutic technique words.

The words were carefully chosen.

The shape of the lines linking words was carefully chosen and the form of the connecting links was carefully chosen. That said, I had no clue as to the meaning of the 'piece'.

It was an interesting / intriguing exercise. I noticed that when a colleague disturbed me it pulled me a long way out of the process of creation - painfully ^{it} so. On a repeated interruption

I stated my need not to be disturbed... and one of the interruptions had resulted in a 'mistake' - I had written the 'wrong' word.

I enjoyed ^{the engaged with} the process of creation without known meaning. It felt like a bringing into a physical reality the notion of 'trust the process'.

In the ritual a colleague's process and tears were interrupted with un-asked-for times.

I had been listening to them and was engaged with their tears.

My process was one of receiving this action as stop fucking - well crying.

Physically it felt like a kick to my upper belly.

I fully recognised this as my process, my projection and I retroflected it into group process.

I felt very uncomfortable during the rest of the ritual and experimented with various bilateral self-soothing techniques. I found kneading above my knees, rather like a cat sitting on a lap will do, to be very effective.

In group process the person whose

tears had been interrupted had noticed my self-worthing. I was then able to vomit up my retroflection, without disrupting other people's processing. (To the extent that is possible.)

And so - thank you for the time I was able to be at the residential. But just I was tired and glad to get HOME.

One aspect of the large group I really appreciated...

In normal (9 people) group process I am ^{immediately} intimately involved with everyone else.

In large group I can concentrate on what is going on in my body while process continues around me.

Discovered my right shoulder tells me about the presence of defensiveness.

A shudder tells me of anxiety - like a camera flash charging up and discharging. Foot and leg discomfort tell me of unease. Sometimes these are my stuff. Sometimes they are other people's stuff.

Fascinating to be back home and all that 'noise' is silent. My head is clear.

P.S. Poster 'shouting in a field' something went so completely that I feel its absence but cannot remember what it was.

Feel empowered to have a new tool in the armoury. Not keen on the military reference.
→ Have a new technique of self-care.

Module 6 Day 1

2-6-23

Relieved in tutorial that I can proceed to year 2. So joyful.
2 growing edges.

1) In group process stay more with my own process.

Not that I am doing anything wrong, but a chance to explore.

Rather than offering help, sit with my process.

"What is it like for me, knowing this is difficult for X?"

2) As a therapist, BE

Slow down
Be with them
Let them be.
Facilitate their being.

Had an opportunity to experiment with ② in fish bowl. Very powerful! Just sitting there gave the other space to speak. Allowed emotion out.

Part way through went partially back to my old habits. Plenty of time to explore the somatics.

I felt overwhelmed by the session. Something happened out of awareness. Tension in rt hand, tapping fingers, holding breath. Plenty of stuff to take to supervision. - Learning attachment to client.

When client was distressed child, I could have offered parental warmth.

Was there an out of awareness fear of closeness? What would warmth have looked like? Ended up taking client to safe 'thinking' place. Could have kept somatic/feeling going longer.

= With longer session, opportunity for contracting during the session.

The 'OK's' returned!

This weekend, as I walk round the town, I am noticing more. I wonder what that is about → seems very positive.

and I am loving it. At some times feel a bit overwhelmed by that and feel that I am learning to walk again.

Group this morning had an opportunity to think about boundaries & safe ways to think about rupture and repair.

So grateful to Grathuis for the time we spent during the tutorial - such a safe space.

FISH BOWL CLIENT

Module 6 Day 2 3-6-23

Explored being 6 yrs old in group process. Went to explore this further with Lynne as therapist.

I did explore some of the things from primary & middle school. Particularly when I got to the problematic teachers at middle school and the 'no-one to turn to'. Felt lost in the past.

I felt as if I had given more than I bargained for as a client. At the end of the session I asked to hold the therapists' hands - I needed the grounding of real flesh and blood.

I had visited a place of shame and fear. It took quite a time after the session to come fully back. A tutor expressed a fear that I was close to dissociation.

Interesting process - the fact that I was close to dissociation feels like a validation of my experience. "I really was it."

I am wondering what this "proving to myself that it really was bad." is about.

I think it may be that I don't trust my own judgement in the way that I felt the way to be externally validated back then.

As an adult I can say that that situation was unacceptable. As an adult I would have removed a child from that situation.

It was not normal.

It was not safe.

It was not acceptable.

The adults and parents should have removed me from that situation.

As the adult, I can remove myself from bad situations.

Care, compassion, love, worth
safety for my child.

Module 6 Day 3

4-6-23

Started today picking up the bits from yesterday. In the morning before WPI I connected some dots. The trauma I spoke about yesterday was related to various unhelpful adults that I had brought into my P ego state.

Consequently my C did not trust my P & possibly my A. As I lay in my bed ~~my~~ I had an appreciation of my C probably my free child. With a renewed P ego state - bringing my compassion & good P archetypes to my P.

I was also aware that 'over exposure' in therapy practice could be a continuation of draining my C. I felt as if I finally understood what compassion towards my C meant.

I am aware that there may be both shame and script backlash. However, I allowed myself to experience JOY in the HERE.

and NOW. A real feeling of unconditional love towards my ©.

As well as yesterday's jishout, I think that some of this may have come ~~about~~ about through the chewing process of PLJ.

While this seems to have worked, it was too long an issue for therapy practice.

Mel gave me helpful advice to the group about how to manage this.

* Something to work on: BRACKETING.

And a consideration of shame.

It is not the job of MY © to shape my ©. Care of the © is paramount!

This pm I had an opportunity to be diet again. I picked a super-small item. I did not "envision myself" into the situation.

I made judicious use of brakes when

things went anywhere near depth.

ADDENDUM

5-6-23

When initially writing this entry in PLJ I had something important to include, which is why I left empty space, but my mind went blank.

I now remember what it was.

In tutorial it was suggested that a growing edge was to be staying in my own process during group process.

Doing this allowed me to look after my own child, rather than remaining the other (synthesis?) which facilitated the other processes described.

On reflection, while I found the process helped 'by the skin of my teeth', as I said to Mel, I am now aware that others were plunged into processes around being 6 yrs old.

This raises a number of ethical and

process dilemmas.

① Even if the process was helpful for me, it was not what the others had 'signed up for'. They had not consented to real, ~~the~~ deep therapy happening in the situation.

② There was the real possibility of harm to me by invoking a process that was not in the setting of my personal therapy. (Although I do trust the staff and T in the situation, it was a potentially harmful scenario.)

③ Some sessions ago, I was T in a practice and the client was heading towards trauma. At the time, I confused with the tutor that the energy of trauma was enticing. In that practice, I applied brakes. Interesting to reflect that I responded appropriately with a client, but not

myself!

④ I did learn a lot from this situation.

a) Some of my drives within Pt. as a checker in practice that do not seem to occur with my 'real' Pt.

b) Learning to respect my boundaries and the boundaries of others in the situation.

c) Care of self.

I am not an 'object' to be shamed for the entertainment/learning of others.

[Something I had introjected from those teachers.]

d) Brakes! and a wish to learn bracketing.

One of the huge benefits of this episode is a ~~renewed~~ completely new appreciation of and connection between C & A/B



There is now an opportunity for integration and a real sense of love, respect, compassion for my C.
Joy

6-6-23 Further reflection on process.

Mel's intervention had a double effect.

- 1) Explaining to everyone how to stick to '1%' in practice sessions both as T & C.
- 2) Talking to my P, A & C to say that it is ~~not necessary~~ wrong for P to humiliate C. And it is not what is required here.

Mel was safeguarding my C and telling P about a new way to behave that honoured the C rather than humiliating him.

Mel was also checking on the safeguarding of the other C 6 yr olds in the room.

Brings me back to the question I asked 'How would you look after a 6 yr old?' and realising that the examples of parenting I had been given were not helpful.

This also helps explain why EMDR did not work — immersion into those situations let my child feel it was being humiliated and immediately dissociated.

Tapping therapy following my bereavement also did not work. That seems to desensitize the child, whereas I needed a change in P's attitude to C + redeciding P's scripts.

My child was already either desensitized OR inaccessible to my P ego states.

24-6-23

Module 7 Day 1

Brought my existing anxiety into group process. Had an exercise ~~with~~ involving exteroception (& tummy/visualizing) to relieve symptoms of any data hi-jacking. This was greatly successful. (Tense hand & thighs - grounded position - vics for anxious beautiful silence)

It was interesting having Mel working alone. Prefer having the usual tag team, as it does give two perspectives to every point.

Significant in the day was working on peer assessment. The process of that was humbling. There were 'zero sum' and 'competition' processes going on. However, I managed to overcome them in unerring others. Realized / reinforced that I really appreciate my colleagues on the course - part of the joy is seeing them (& me) developing.

Back to group process and I did not and notice my discomfort at not helping

others while they reflected on their process.

This is a growing edge for me. I do experience discomfort, but also examined the feelings that were going on in my body while others talked about their process. Some of this is noticing the mirror neurons. Other parts are noticing my reaction to their processes. I was also noticing ~~the~~ when I was 'zoning out' into times of anxiety.

At one point during the day I suggested that, as our group is soon to be re-constituted, we have some sort of ritual to mark an ending and a beginning. This was significant for me, as in making the offer I referenced my previous work as a doggyman. Often I try to ignore that part of my history. The group appeared to accept this enthusiastically. However, later someone voiced their point of view that this was NOT an ending for them. Another member of the group agreed with

then. Interesting that they had not felt like speaking up about this earlier.

1-7-23

Module 7 Day 2

In Trials I was therapist twice in a row. There was some interesting transference from one session to the next.

In the first session I expressed a fear that the session would turn into a coaching session. I also said that I wished I had longer to explore process with the client. In the 2nd session coaching was a theme of the session and it concluded after 10 minutes when 20 had been allocated.

After the session we had a discussion about what could have been done with the extra 10 minutes. There were parts of process that had advanced ~~the~~ client moving from seeing fear as a 'knotted ball' that was overwhelming to becoming a ~~bottle~~ bubble that could be burst. What if I had worked with the client on that bubble? Or spent the

final 10 mins sitting with them. Lots of options that I can explore in future sessions.

I have a need to find out more about attachment to the client, as I seem to be missing a lot of what is going on for the client. I am wondering if experiencing a different modality for a time may enable this process.

In group process there was a point where we were exploring disruption vs conformity.

One member of the group led a ^{self-selected} group upstairs.
→ to a "happy place"
Some folk chose to stay downstairs.

This separation could be compared to the attachment separation when a mother/child dyad separates into 2 individuals.

I remained with the "downstairs" group.

As part of the exercise I experienced random pains (eg left calf) and tension in belly and a sense of a tension/migraine headache.

One member of the group experienced a significant shift in her process. She exhibited in tears and ^{words} obvious distress. [The description here does not do this justice.]

The whole group sat with her in her distress. A very special moment.

Module 7 Day 3

2-7-23

Remembering that it is 28 yrs since I was ordained deacon.

During group process, someone remarked that they were now remembering more of their childhood. I had been going to say the same. Mel suggested that with the processing of trauma they may have gained greater access to memory. It feels hard that in processing trauma one is given greater access to memory and potentially emotional pain! However, I suppose that in learning to process the trauma I gain more ability to tolerate unpleasant emotion. This is different to my previous practice of ignoring the emotion.

As group process proceeded I found that I was again more aware of pains and tensions in my arms, legs, across my

shoulders, in my belly.

I was able to look at my reaction to sound. Yesterday there were sounds of a hard, contentious, argumentative situation outside. While I felt strong empathy for the situation, I felt I could choose to do something about it. However, today there was the low sound of a badly tuned radio. That brought out rage within me, as well as a rant about poor acoustics & background noise in many public spaces. There is a real frustration as it cuts off my communication with other people. Grrrr! When Mel named my rage, I felt shamed. I am sure that was not Mel's intention and is a projection of mine onto her. At a guess a parental admonition not to have emotions other than happiness.

In response to the projection I felt defensive. Reflecting on the procedure for setting up in business, I think I have enough information

to do that. Combined with my knowledge of a limited company, I have the tools to do this.

Good to share hopes/fears of private practice with the group. Spotting similarities is supportive. And so the first year ends.

I am now home.

The environment is in my control.

There are no ticking clocks.

Even the IT equipment has passive cooling - so no fan noise. I can hear the birds calling outside. If I were to walk to the bottom of the garden I would be able to tell the mood of the bees and the state of the air from the noise the bees & the hives are making. The scent of the apiary would tell me which flowers they are working.

I find it interesting that PLT writing occurs before processing out. I suppose that

if PLT were after processing out then it could raise issues that would need 'processing out' or bracketing.

In the processing out, I found two things that I can recall at this time. The first was an opportunity to explore with Mel the shame process from ^{the} morning. I owned my projection of Mel shaming me. We explored shame as a positive emotion. Together we looked at my rage from the morning. The expression of 'thooting the person with the radio. Could, in a room full of women, raise fear of male violence against women. Interestingly, the 'situation' outside on the previous day was about a woman goading a man to be violent against her. This was still seen as a situation of potential male violence, when the female was actually being abusive. The man was not responding.

I am wondering if this is an example of male privilege in the light of the female fear of men? [Horrible generalization]

To be female in this society is to have a fear of men. With the incredibly high proportion of women that I have spoken to who have experienced male sexual violence and the pathetic conviction rate of $\sim 3\%$ this would not be an unreasonable fear.

So, perhaps my expression of violent rage is a time when the group has perceived me as a man.

To be a man, a "true man" is to be violent. And that feels like a *projection of my experience of my father onto the group.

*not sure if this is the right word.

That does not feel like "truth" but an uncomfortable idea to sit with and percolate.

That brings me to the other item from the processing out. In our discussion in the morning ~~we~~ the group looked at the idea of children being given different roles by their parents... 'the clever one', 'the tiger', 'the athlete', etc. In an all female set of children, one of them may be designated 'the token boy'.

There were some very interesting 'categorizations' that came up from the other members of the group. As this was new material, some of them chose to park it. I had the sudden wondering about if I had been the token girl in my family. My mother had wanted a girl, but got me & my brother. For health reasons she was not allowed more children. I then remembered that my mother would often refer to me by a girls name 'Jo' which could be mistaken for John... despite an injunction in a letter

from her grandmother, that sent her
after my birth, around the time of my
christening, that my name should not
be shortened. Sometimes my mother would
lengthen 'Jo' to 'Josephine'.

It was not a name I wanted or chose.

I like John.

I have a real liking for my full name
(even though I did not choose it.)

Εγώ Ελπι (WANDERES)

(I am John, in emphatic form).

Similarly, I am confidently a cis-gendered
man. My parents ~~was~~ & grandparents (maternal)
may have argued about whether my dad was
too harsh or whether I was too close to my
mother and in danger of being brought up
as a 'lissy'.

So perhaps I had the privilege of being
able to choose my gender AND choose the

expression of that gender.

I also have a greater awareness of the
expression of that gender and the effect of the
expression of 'me' on other people.

I also have a greater awareness of the
environment that I ~~choose~~ choose to live in
and the effect of being in an environment that
I did not choose. How can I self-care in
an environment that I did not choose?

[Disruption and conformity was another theme
of the group!]

Mel also talked me through an intervention
from this morning where I had acted more
as a 'counsellor' than engaging in group
process with 'I-you' statements.

This really helped distinguish the two - ~~but~~
before it was a bit of an 'unknown-unknown'.
It is a growing edge to work on.

PLJ also helps with bracketing / pushing vines!