

Year 2



Module A1 Day 1

15-9-2023

Processing in!

A new group.

Chose to moc in with 3rd yrs.

Acknowledged my recent ending of a relationship.
Was able to listen to processes without interjecting
or therapizing. Was able to talk about my
enthusiasm, excitement, zest for therapeutic
experimentation + my journey.

My excitement seemed to be contagious.
Fascinating seeing change in "temperature"
of the group process from before & after
I injected my enthusiasm.

Impatiently, I was not trying to fix
but was just talking about my process, my
feelings.

In the afternoon I had the opportunity
to be T in SkP. I was much more

relaxed than normal and felt happier
in the work.

I picked up on the pain that the
dent had felt.

In feedback they said that they felt
MY pain (at their pain) reflected back on to them.
Later, I was dent & the T felt my
serenity as their own.

Feels like ending my relationship was the
BEST thing to do. I feel so happy.

My compassionate curiosity is helping me
contact the 3rd yrs. Feel that there have
been moments of I/than with all of them.

Also noting warp & weft of differing
emotions flowing through my body during the
day. + Supportive holding of right shoulder
while observing feet breath + anxious joint move-
ments in the morning.

As the day has gone on, breathing has

felt easier.

Part of Friday ^{ritual} is going to a particular
sandwich bar. Seemed to make deeper contact
with the proprietors. Found out that the male
one wants to keep bees.

Feeling open / agreed.

Positive formation of new group.

Module A1 Day 2 *FISHBOWL as T* 16-9-23

In the theory slot we looked at projective identification. For the constructive version I acted with the tutor. I threw a bear representing anger. It missed the tutor. ~~He~~ I tried again and the tutor caught it and acted out processing the anger as she approached me. I felt immensely comforted by this and sat with the toy for the rest of the session.

Took role of therapist in fishbowl. The client started on one track which had energy but soon ran out of energy. I felt a need to search for content. This was not forthcoming. Felt very uncomfortable.

Together we explored the intersubjective space. We noticed eye contact and breathing and feelings. This included a number of pauses that lasted for several minutes.

The big question for me is... was this of value to the client?

I suppose that my uncertainty of whether I was offering value to the client explains my disquiet.

On reflection, this session built the relationship $1+1 \rightarrow 2$.

Towards the end of the session I went into a more dialogic mode. Sharing my process with the intent that this would be in the service of the client.

At the end I offered the client an exercise in 'waking up'. I was concerned that otherwise it would be difficult to emotionally leave the session... the 'spell' needed delineating / boundary in order to allow the resumption of 'normal' life.

I found this extremely challenging as it was using new techniques with someone

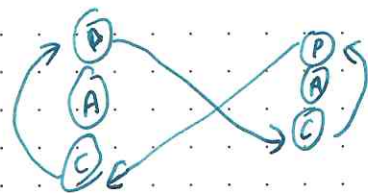
that I did not know well.
I felt exhausted!

Module A1 Day 5

17-9-23

Winnicott's squiggle game was fun.
The way we played it was to take turns in pairs. There was an atmosphere of childish, curiosity and excitement. It was lovely to spend some time in that 'mode'. So exciting. In fact, when the tutor announced that we were going to play the squiggle game I spontaneously let out a yelp of delight. Whoopee!

Group process had a very different tone. Yesterday I felt that it was



ingenuously game with much stamp collecting.

Today I felt far more comfortable as it was a real listening to people. However, I think there is a lot of counselling and rescuing in the GP. I tried hard to resist this. With the emergence of the Gestalt-like jishibowl yesterday,

I experimented with noticing where the energy was in the field to see if there were people or things becoming figural.

Since ending my relationship on Tuesday, I feel much more able to be present in the room & listen. This is important as it gave me a good example of how processes outside of W.P.¹ and the "therapy room" impact my perception of what is going on in the therapy room. I am much more attuned and gentle and caring than I have been in recent modules.

In the group process, I feel that the room has gone from only just being big enough ^{DAVID} to feeling too spread out.

Wondering about suggesting a change of room next time.

I feel as if I have forgot the old group and this is my new group.

In that I am reflecting that the new group gives an opportunity to start 'my history' with new people.

At this moment I feel unconditional positive regard for the Yr 3 & Yr 2 folk in the group.

Sad that another module has ended.

Discovering new resources as a Pt. Felt able to explore with the client in the time their feelings around the anticipation of trials compared to sessions with real clients. I was somewhat too prone to suggest explanations rather than wait for the client to come up with their own solutions. However, as a session, much better than last year. I was compassionate and I did hold the space. I felt totally focused on the client and that was very important for the process and subject matter of this particular session.

As CLIENT in the fishbowl, I was able to explore feelings around giving up Salesforce clients, particularly as many of them are Jewish and there is currently a terrible situation in the Middle East.

Transition from that identity to Pt. feels
somewhat out of my control. I don't like that
Learning to sit with difficult emotions.
Not 'accept them', which sounds passive
but actively engaging in the full, rich,
diversity of feelings and emotions.

It did take me some time to come
out of that process to 'back in the
room'. Noticed anxiety in the session.

Really enjoying making connections across the
diversity of the new group.

Why do I feel the need to protect others
from my emotions.

Stay sad with them rather than feeling
my happiness.

Stay happy with them rather than feeling
my sadness.

Feeling that I have betrayed clients rather
than feeling the joy of liberation.

Day 2 A2.

21-10-23

Attachment theory brought up a lot of body
sensations for me. Growing up I was told what
a loving wonderful family I had. However I
felt terror and uncertainty and an inability to be
myself and a need to be adult.

If asked back then, I would have
claimed a secure attachment. However, one
of my attachment styles is disordered. Even now
I feel that I am betraying my family and
that I should defer to their judgment.
[Following a theme of not trusting my judgment
& trusting that of others more — despite the
evidence!!!] One of my realizations is that
I have never felt homeish. I assumed this
was due to my security. Instead, nowhere
felt like home. It is only now that my
house feels like my home.
No husband, No b/f, and things are
where I want them. FUCK!

Speeding client - how do you engage?

Lovely example in FB of managing T pace while remaining attuned to client.

Noticed that client slowed when they moved from talking about thinking (just) to feeling (shower).

Beginning to appreciate the different styles of the different nascent therapists.

Realising that meeting guys on Grindr and fabguys is really useful practice.

Connecting and meeting with people in a short time.

Huge amount of confidence when in the role of therapist. Need to assess communication, needs & wants in a very short time. Also coping with rejection. Practice makes it MUCH easier.

In practice the idea that Pt. is a 'career of sitting with discomfort' resonated. I do feel a lot of discomfort. I do

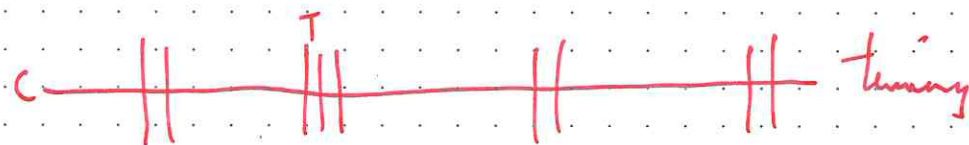
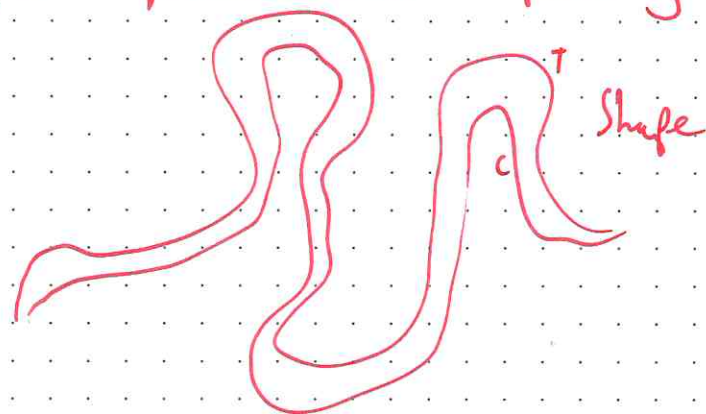
find a lot of things about myself that I do not find appealing.

BUT to lose any one of them would be to lose something of my existence and would be a diminishment of sensation & experience.

Day 3 A2

22-10-23

Drawing timings, intensity and shape of the fishbowl was really helpful. Also useful to see the creativity of the way people expressed these aspects eg



Some people were obstructed by their perceived lack of artistic ability, finding the subject matter difficult or indecision over choosing a method of representation.

What to do if doing this exercise in another group? Be more instructive & lose the

OR. ^{creativity} Stay the same and be with people in their discomfort.

Feeling upset about some of the recurring 3rd yr themes. "They won't let it be" and

'As a dog returns to its vomit, so a fool returns to his folly' (Proverbs)

I am feeling frustrated and judged. How could I cope/work with this differently?

Frustrated with group process lots of 'thinking' but not so much exploration of emotion. Is this avoidant? or is the "thinking stuff" process too?

When I introduced feeling (Mc?!!) it did seem to take the process much deeper.

Day 3 A3 Fishbowl as sheet. 24-11-23

DNR = Developmentally Needed Relationship
Not being seen.

Being Invisible

Disassembly

Not worthy to have time spent on.

Unhelpful feelings that came up both
in trial and fishbowl.

But the revelation was not IN the session -
it was sitting with the feelings / emotions
in the aftermath of the therapeutic sessions.

Being there, sitting with vulnerability.

Feeling the tension of fear and being noticed.
NOT RELAXING but sitting with the feeling
until it ran its course.

Letting its energy build and then dispense.
Ended the tension of the fishbowl with
pat-a-cake.
~~Wondering~~ In feed back people enjoyed

that but commented that it was 'too short'.
(Not that I need to take in that opinion. It
felt right to me.)

On further reflection, did I stop the
pat-a-cake at that stage because I felt
unworthy of further time?

Loved having the session framed as playing
in the presence of mother, then playing with mother.

What age was I in that session?

It was noticed that we did help a verse
of pat-a-cake.

I said 'what words?'

It was suggested that I was at a pre-
verbal stage at that point.

I am wondering whether around age 3 is
where I need to concentrate on in my therapy.

I did find the DNR brought a lot
to me!

PAT A CAKE.

Explored my body with ~~therapist~~ Therapist.
Felt engaged with. At the mo I am
reading 'Daring Greatly' by Brené Brown.

So exploring this response of my body to being
vulnerable is fascinating - speaks my curiosity.
Really. Realise that I feel close to this
particular therapist and trust her. Feel the
session is 'held'.

Enjoyed exploring my body as an early-
warning system that is reliable and works
out of conscious awareness.

Feel an excitement for this new-found
sense and senses.

Set a boundary at one point. It was
respected and not pressed.

Looking forward to some self-care at
the restaurant with various WPI members.

Did some trial work as therapist. Had
opportunity to explore clients' visualizations
without purpose. Just being with the other
person.

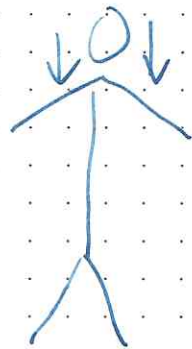
Again the academic work on attachment
brought up a lot for my body.

I commented that I found it easier to work
on trauma ~~than~~ than Attachment. RNB commented
that it was interesting that I separated them.
That set in process for me a thought and
imaginative process of them interweaving like
threads. Lovely. I immediately envisioned lots
of connections.

It was interesting that one of the
other trials chose to do yoga as part of
their session. I was wondering how movement
could be incorporated into sessions both
as T & C.

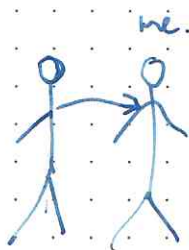
Day 3 A3 Fuhlbart as Therapist 26-11-23

Following on from yesterday, explored my body somewhat more during group process. Process of worthlessness - I acted out



Process when talking to tutor in corridor gradually inches me to the floor. I'm not worthy!

Tried, consciously



The partner asked whether it was OK & checked in if the timing was right.

Fuhlbart

Seating v important.

I had assumed that sitting in a lower chair than the client would be OK. However

topics covered included sexuality, gender power imbalance and self-perception.

The unfortunate seating pose of the client left me feeling uncomfortable, but I was not able to consciously realize that until after feedback. I just knew that I felt uncomfortable.

A significant learning point for future therapy. In the context, I made a lot of interventions. These seemed to reinforce a male/female power imbalance.

Many of the interventions did not land well. Both T & C felt uncomfortable. We talked about previous therapists, and some of the interventions I included mirrored those of her previous therapist.

I think that I had a preconceived idea of where the therapy should go. The client picked up on this and it added to her discomfort.

cont...

[Added 28-11-23]

In the feedback one of the observers was moved to tears and wanted to hold back on her feedback for fear of shaming me. I said that she could not shame me. I reassured her and she continued. [Behaviour not ^{is not} shaming]

Feedback was much in alignment.

It felt that the chairs were too close at the beginning. The friend was offering to be clients. "she had something for me now." I was at the right distance for a FRIEND, but TOO close for a CLIENT.

My (C) was in PANIC and I was defensive, out of awareness. This was perceived as attacking and patriarchy.

Did this happen?  ?

I am concerned that I may go into victim blaming as part of a defensive process. Also concerned that 'PANIC' may have been caused by unexpected heterosexual around. I was no longer the 'eye' gay man in the company of women.

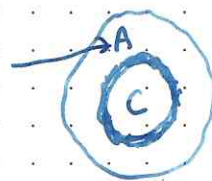
My historical ego state



This disconnection impairs communication between my P.A. & C esp. A & C.

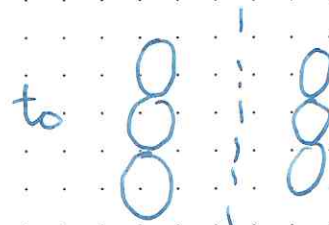
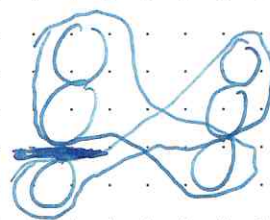
I am wondering if the disconnection that allows me to appear calm when internally I am not is something like this

Not sure this is A!



So the child & body are full of fear but the outside projects calm.

Wondering if I need to make the disconnection from



so that the separation is not between my ego states but between persons.

Head and body and identity in conflict.
↓
best moment of strength
gay/queer / In an environment that ignores my sex & my vulnerability.

Transference

Not sure what to write - it felt like a good day. In small groups people dealt sensitively with me and I dealt ~~was~~ sensitively with others. HOW BORING!

What is it within me that seeks trauma?
Do I need drama or change.

In fishbowl interacted with memories of my nan's house. It was so evocative that I could taste and smell it. That really was a place of safety and warmth. Yearning back to those times.

Realise that a lot of that time goes back to when my dad was working away. I felt safer then.

Also in FB realized that some of my trauma is now chewed over.

It is more processed than before. After revealing details of the experiences I don't feel riled out. Instead feel warm and safe.

I know what triggers me and my (A) can look after my (C) and my (C) is starting to trust my (A) to look after it.

Loved my nan & granddad.

Remembered their dog Topper

Lots of happy sensations as perished.
Loved the tastes and smells of that old house.
The smell of the dog and the wool jere.

The damp of the sheets before they were warmed with the enormous fan heater and electric blanket. The weight of the eider down and blanket and sheets firmly tucked under the mattress. Comfort and security and safety.

Happiness & contentment.

The smell of old valve radios.
The upright hoover with a light. The sounds as the hoover went from the mat to the wooden surround.

A4 Day 2

3-2-24

Transference brought up guilt about early trends where I was enacting my ~~task~~ therapist. My client was me.

But I saw this possibility.
I acknowledged it.

I was DREADING group process today, as yesterday's ended on what seemed like confusion, mis-communication and a question framed as a statement that seemed like an attack.

Apprehension — was this going to be ANOTHER replay.

It looked as if it could be. Eventually my feet activated with a new sensation. Penetrating the initial presentation of the 'problem' we got to underlying issues. The one 'attacked' was collateral damage in a broader point. A disconcerting point

about how we see others, caretake ~~our own~~ ^{others} emotions, don't express our own emotions until enough credits are gathered. Make assumptions about the ways other resolve conflict. These can all be affected by various interactionality issues.

Had tutorial. — keep on tracking World like practice with men

Car glove box was raided ~~of~~ last night. Think I left the car unlocked. Coins for trolleys gone. Realise that despite all that has happened today, I am feeling relaxed, chilled.

Realizing that I like to categorise people as 'goodies' and 'buddies'. My process has exercised this on different people in the group at different times. Then people reveal themselves as part good and part bad...and mainly good. Wondering if I am disappointed by this.

Also realising, in job bowl, that there is a pull to

take over from another therapist.
Observing and looking at my T/CT gave
me an opportunity to explore this pull.

A4 Day 3. FISHBOWL THERAPIST 4-2-24

A jam day of snakes, farts and jibber.
Brought to morning group process my feeling of
loss, having sold my baby snakes last week. This
segued into an interesting discussion about
communication styles and how ideas of what
it means to be in community, what it means to
RESOLVE (rather than smother) conflict can be very
different from person to person. A significant proportion
of this can be related to intersectionality — but not
all of it.

In closing process, there was an open, but not
combative, discussion of how the group has changed.
I suggested that whereas the group had initially been
constructed by WPI to fit in with the A/B
syllabus, etc, it now felt more like a group that
was owned by the members. Ask for clarification,
I said that it felt like the group had reached

the same stage as a couple relationship where you could just in front of your partner.

- this led to an ~~unhappy~~ interesting discussion about our humanity & biological processes - and how we relate to partners.

FISH BOWL - I wished that perhaps we could do it seated as for psychoanalysis with the client on the couch. The therapist seated unable to see the client's face, behind the head of the client.

Lots of learning:

- 1) Without facial cues, I could only concentrate on voice, language and tone.
- 2) As a consequence, the first part was very much more heady / analytical - until we reached a point where we could engage in the affective and somatic.
- 3) No obvious thing to look at except the clock and the corner of the ceiling.

- reflected that in therapy I do not normally look at the therapist while speaking, only at the end of a phrase to re-establish contact with T. As T, I look intently at C's face for cues as to progress.

4) Interventions that would normally act as facilitators for continuation, in THIS context acted as full-stops.

- So learned to use fewer language interventions and more grunts.

5) Without the distraction of a T, the C was far more able to free-associate / continue on their own. [In contrast as C, I was only able to do this when looking away from the T]

6) In the absence of facial signals and other contact Trans / Countertrans became a far larger part of the process.

7) With less information, my interventions were more tentative and more likely to be

statements (ascertaining if I understood the client correctly) than the questions I normally used.

8) A> I have never engaged in this style of therapy. I did not have therapist ~~as~~ archetypes to draw upon.

INSTEAD, I had to be ME as THERAPIST. This was very freeing in a learning context and something I hope to carry over into my 'normal' therapy practice.

AS - Day 1

8-3-24

Research

DRAG

Phrog Psychotherapy's a drag.
Exploring the phenomenology of the therapist in the therapy room.

Interesting engagement with 2nd yr I group.
Dug into a rich seam of ideas.

Working on the idea of a *subpt*.

In discussion there came the issue of female therapists wearing *warmer*. This can be protection, prevention of 'absorption of issues into the body'.

Realized that my jacket and shirt leaves this area of my body far more exposed than my normal attire (shirt & jumper). Less cosy & comforting.

Is this outfit more about a MAN feeling strong and not needing safety ... or is it about me needing to project strength?

Is wearing this looking after my needs for safety & protection? No - I am feeling ~~that~~ vulnerable.

So, how do I adjust my attire?
perhaps a thin sweater to give a sense of coziness & protection?

Perhaps a scarf or a tie or a cowl?

It was interesting to see the effect of Mel & Grathune being our tutors.

It brought into focus time boundaries.

- Why are people avoiding turning up on time?
My theory is an avoidance of issues.

Plus feels like people are trying to see who can produce the biggest poo to get the most appreciation from mother.

Meanwhile my child is getting over-looked.

I am getting overlooked.

I feel as if my friends are getting over-looked to.

Bringing that back to me!

recognizing that I
I am getting overlooked.

AS Day 2

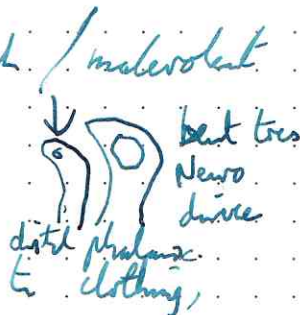
9-3-24

I have a love hate relationship with my jacket.

I will come back to that. We have spent a lot of time talking about the attire to wear as a Pt.

I came in feeling an impish / mischievous energy.

The clothing conversation has unlocked stuff about how I relate to self, and being in a particular role.



Lon Podiatrist

2. Alice Epstein Rachel Bodan
Guide to Research.
Have already read it LOL!

Talking of roles, a recent workshop on money resulted in me blurted out that I had left a profession that I loved due to lack of money. It was an artificial conflict with a fellow delegate that raised tension

within me to come to this surprising revelation. Since that moment I have found memories of my parish ministry easier to access and 'see' with my mind's eye.

I am also reminded of preaching and that contact with a large number of people. A 2-way contact within apparently one-way monologues.

I am also struck by my recurring memory of cleaning the body of a recent motorcycle accident. How my heart felt as if it were pouring out compassion for that man. I remember how he looked as if he were in his 30's, but was actually in his 50's. I was 19 or 20.

In that moment I knew compassion and that that was core to my being. That feeling. That connection. It is central to my truth. Perhaps that is my conflict with

the jacket. I feel that people are seeing that instead of me. I feel angry and frustrated at that.

BUT perhaps in that innocuous, smart-casual jacket I will be able to meet people with a fully I-thou connection, feel compassion, 'be real' and experience a million other constructs on my way to encounter of an as yet unperfected, zero-expectation way.

AS Day 3

10-3-24

I woke around 6 AM and was being granted many memories from my parish days. From all parishes - with all sensations and excitement and affect.

In group process, I needed to be an asshole.

I shouted. I was inappropriate. In some way I needed to do that.

I felt safe enough to be truly angry, but still in control.

In post-analysis with Mel I was able to explore my personal pain - my unprocessed grief. The feeling that I was unable to be heard - overlooked - ignored. A child who had to sit there while the "adults" got on with the same fucking process again. **FUCKING HELL.**

I felt that with the titas I was led through a process of positive projection.

Identification. My emotions, my difficult emotions were helped to be processed and given back to me.

I apologized sincerely to the people caught in my crossfire. I cried slow tears.

In the processing out, the same repeated process happened again.

Med whispered 'breathe'. I did.

The process went on.

I chose to dissociate for ten minutes.

I slowed my breathing to imperceptible.

I felt reset.

As I came back, I found myself refreshed.

I still felt lobotomized by my amygdala.

I could engage with conversation, but was very slow on technical thought.

In the afternoon I was granted more of my memories of parish life. I was also

granted the vision of cleaning the corpse.

So glad that Med saw the valuable person and not the bloody corpse.

My heart is full of compassion.

I am sure that my right foot is thrusting for music, as it kept beat during the final humming exercise.

I expended a lot of energy today. I am tired.

I am grateful for being held by the group. Perhaps I can trust them enough to have a different attachment energy with them.

The mischievous, malevolent energy from Friday came out a Pan, god of chaos energy.

Another part of me to integrate and cherish.

I think the episode may have been my feeling ignored, unconscious child pulling the emergency cord.

I wake at 1 am with streams of memories.
It was like living in a cinema on fast forward.

It strikes me that my way of problem solving is to chuck it across to my unconscious and a fully formed solution comes back.

Wrote an email to Mel.

I am safe.

I think the child of my unconscious has been gathering safety.

- * Techniques around trauma.
- * The way I took my trauma from the 1st yr too fast and compromised trauma.
- * Various jigsaw pieces about penes and body parts and male experience.
- * Ensuring there are safe containers in

group process and therapy and supervision.

- * Exploring hidden fears.
- * Resourcing with Mel over this weekend.
- * A renewed openness to myself and others.
- * Knowing that I can apply brakes.

So, I am going to take the next steps super-slowly.

I am not going to state my trauma from conscious 'fact', and persuade it as acknowledged and noted.

[Like I forced myself to work with corpses because my emotions "should" cope with it — and end up in a trauma response that lobotomises me (even though I bits of unconscious try to fool me that I am OK)]

Instead, I am going to work at the pace of my unconscious kid. By the standards

of my ^{conscious} ~~conscious~~ self (that hurry to
fix) this will feel gradual.

BUT IT IS THE SPEED (slowness)
THAT I NEED TO MOVE AS A
WHOLE PERSON.

I referred to the group process
as an experiment.

My child in my unconscious needed
to scream and be inappropriate to find
out if it would be heard with
compassion or punished.

It was heard with compassion.

Another safety was in place.

Resi 1 Yr 2

22-4-24

Arrived!

Feeling conflicted as there is a lot going on
at home & resi feels like an escape.

At the same time ~~using~~ having resi in the
absence of Mel feels to me very sad. I rejoiced
that this was gently brought into process
by someone relating a story about not being
allowed on a bus. It really related to the
whole of their experience through the last WPI
w/e. I found this helpful in relating to
someone else's experience of 'not being seen'..and
how people react to that, or look out the
window, & how the heroine of the story found
her ticket. She then related how someone had
a similar experience & resolved it in a
different way. Both of these people were then
able to travel together on another bus.

Abprocat

Another person related how some people need to end with a bang.

This resonated with my own process of leaving various employments - including my own business.

I relate to the sense of being out of control ... but feeling unable to leave in any other way.

Small Groups

This helped me process some of my insecurity about Mel leaving and my feeling that I might be asked to leave the course.

It helped me to understand that this was me projecting my learned insecurity onto the current situation.

↳ In terms of sensations

Back ache / Left intestines tension - helped by sitting on the floor.

In small groups, back ache turned to a stab in the stomach. Then I went on to talking about my fears and it dissipated.

I think that a theme for me in this week is the process of holding myself of my faith.

In therapy this came through as holding a part of myself. My current task is to look at whether it is dead and how it has transmuted.

Res 2 yr 2. Tread as Th 23-4-24

Today was an opportunity to do laundry. In group process, people expressed various ways in which they had been affected by WPT:

Racism

Anger

Betrayal

Lack of process

Fear

Lack of safety

Anger about inaction

I sat with these conflicting emotions. The analogy for me is going to a funeral where I do not recognise the person referred to in the address.

The prime example was my grandmother where the clergyman used a name for her that I had never heard - Dinah. She NEVER used that.

Although my experience of the tutor who left is filled with much love and gratitude for support, the experience

of others was very different.

I was fascinated that this helped to add facets to the personality and helped the grieving process to start. I felt more affection for her, rather than less.

In small group process, I was able to recognise that some processes around race & culture had had to be raised MANY times before I was able to engage with them.

I have shame around this, as well as being glad that I had FINALLY been able to engage.

For me, it was like being opened to a new dimension of the spectrum of human experience. I am so grateful for the person who persevered in getting their point across.

A growing edge is being more open to the lived experiences of others.

The trend went well - the dead

had a real need to be a perfect chest.
Consequently I progressed VERY slowly and
with full consent to give them a safe
space to drop their mask. This seemed to
work.

In terms of body, I generally felt happy
and light. However, tension was related
to intestinal pain.

I am hoping that physical pain will
not be a part of my work as a therapist.
I will see.

Day 3 Revi POEM

24-4-24

Examined my white fragility & white privilege &
male privilege & male fragility.
Brown bodies are not responsible for looking
after fragile white bodies.

Chose to engage with the process.

I am not sure I have the capacity to respond.

I feel inadequate.

That feels uncomfortable.

I feel directed to a particular action.

That feels uncomfortable.

Really enjoyed the guided fantasy and the
ensuing creative writing. I found that in the
fantasy I was drawn to a childhood experience.
Using minimal words I felt able to convey
the uncertainty and ambiguity of an early
sexual experience. I hoped to convey the
bafflement afterwards.

Part of the internal challenge was

writing about the actual visualisation, based on real events... rather than 'chickening out' and making something "acceptable".

I found the rawness, sparsity and layout on the page helped with conveying the sense of trepidation, fear and uncertainty.

Discussing the work with a colleague enabled me to explore both the event and its 'here and now' representation in great depth.

The ethics talks by the fourth years were great. However, one mentioning excessive control and the way that the perpetrator would drive more dangerously when challenged to save the passengers. I have experienced this with both my father and my late husband (who, it turned out post mortem did not have a licence).

This really activated me and resulted in whole body twitching.

I asked Julia for a time out to

calm down.

This was super important as my default behaviour would have been to sit in terror through the remaining talks, absorbing nothing.

Julia checked how I would feel safe (alone) and helped devise a return to the session plan. AMAZING.

It was noticeable during my walk that my sense of hearing was on high alert. I heard some rustling and went into HUNT mode.

All senses tingling, totally stationary totally alert.

The 'prey' turned out to be a tiny mouse or shrew that eventually decided to ~~sc~~ scurry off into the undergrowth.

Concussed Having successfully unblocked the toilet, I banged my head on the handle & fell on the floor. Later, in the process to make a poster for Paradise, I was extremely noise sensitive. Not sure if these were connected.

Went into entire overwhelm.

Could not engage with the noise and chaos of the task. Felt unheard when I voiced this (three).

Am I the asshole?

Lots to process. Guilt about 'melting down' in front of Rosie. That said, Rosie was engaging enthusiastically in the task. I did feel ~~the~~ excluded. Was it my responsibility to include myself in the group? Or was it the group's responsibility to include me?

This was fascinating in the context of

of black people being included in white society. Where is the sense of ownership? Where lies responsibility? Where lies exclusion and others. What makes are involved - should black people acculturate themselves to whiteness?

Morning process I did with my eyes closed. This was fascinating as it excluded my optical sensory overload. I was more able to experience the field - clocks ticking, sheep bleating, people moving and breathing.

I felt a significantly different experience of the energy levels of the group - it seemed 'clearer'. The transactions seemed more obvious. At the end of the process I had a lot more energy and enthusiasm left in my reserves (than normal). A thoroughly enjoyable process.

Wonder if the group process is exhibiting male privilege - more men gave

their accounts of being projected onto
(proportionately).

Is this because men are more sensitive
(fragile)?

Is this women giving away their power?
Are women less sensitive because it is
a more prevalent part of their lived
experience?

Really appreciated the way we stuck
to racism, rather than deflecting to other
forms of difference.

Revis 5 yr 2

26-4-24

Conversation continues - notice changes to sound
and vision. The 'acceptable' level for light is
dimmer than usual. Even normal conversation in
the hall sounds deafening.

I brought up some of my observations about
'male privilege' with some of the men on the
course. One interesting observation was that men
had (proportionately) raised more items in group
process. However, those items had also been more
readily dismissed. I will attempt to observe next
time we have a group process... that includes other
men... so probably in the new academic year.

Really enjoyed 'outdoor therapy' - in
particular noticing the fringe around young
beech leaves. I was lovely to look at them
and feel them. Also felt the 'stickiness'
(like velvet) of 'love heart' leaves (underside).

The joy was further enhanced when I had an opportunity to see the wonderful things others had noticed... Including a place that felt very safe, where the unnamed flowers wanted to share their excitement. The thrill of the patterns in running water.

And so we came to endings. Despite the best efforts of the staff, the caterer brought chocolates to the final meal.

Amusing & potentially fatal all in one. I survived and was grateful to the efforts of the staff.

I had 'enjoyed' the process around Mel's departure... in that although difficult I felt that the process had moved forward. I learnt how Mel had affect so many people in so many ways. And that their experience is just as valid as mine.

I am sad that the resit has ended. At the same time, I am exhausted.

AB Day 1 Fishbowl as T

7/6/24

Tempo could be slower.

Trying something different, in the light of Polyvagal Theory. Being in Ventral Vagus state for therapist role.

Starting with a new client felt stalled. I felt lost. I was in a grounded place of safety... but still too fast with questions... but it didn't feel too fast to me.

Wondering how I can get a better sense of tempo and learn to slow down those early interactions.

Is this impacting my 'be perfect' drive. Over disclosed my own content - not in the service of the client.

Realizing that my own therapist has quite a fast pace of delivery... is that because she is attuned to my needs? or is it a

different style of working?

What style do I want?

It is when I find something on my mind that I find journaling most useful.

I have had an opportunity to reflect on the process out. During that my previous behaviour was called into question. I entered into processing that situation and maintained an anchored adult ego state.

However the other party included in their part of the dialogue a thinly veiled threat to take me through a 'raising concerns procedure'. I take such a threat as very different to actually taking me through the procedure. The latter is an authentic exploration of the rupture the former feels to me like the tactic of the bully.

Subsequent to the processing, I was in a Dorsal Vagal state - extreme terror of

what my child perceived to be a credible threat.

Do I really WANT a relationship with someone who would treat me in that way? It feels like being called into another coercive control relationship.

From an abundance of caution I must decline.

I am not calling the other person bad. I do think that a relationship with them would be unhealthy.

That decision feels hard for me, but healthy. Will my people-pleasing nature live me in?

Day 2A6

8/6/24

External stuff coming in - realized key safe at my lodgings has been raided - will I get back to a raided house?

I did not sleep well last night - low energy. Towards the end of the day ~~was~~ barely staying awake.

I am finding attachment more challenging than I had expected - there are so many aspects to it - prosody, timing, shape, intensity. I am finding that there are too ~~too~~ frames of reference for time. (possibly 3)

There is time experienced by the therapist. This will affect the timing experienced by the client and the external observer.

With the 'existential' of being therapist (and adrenaline) there is a challenge of checking that the timing is appropriate to the client's needs. I call this calibration.

Checking in process gave me some real points to focus on that could impact transference.

Growing up, various grand parents and parents spent a lot of time in hospital. We, as a family, spent a long time visiting them. The adults chatted with adults and the children had to be small/invisible.

I likened this to a situation where a child falls over and needs immediate support but the mother says 'Not now... mummy has some big problems.'

How does a child in this situation get their needs met?

Sometimes our group process feels like this. I also realized how my childhood may have conditioned me to feel like that.

Now that it is in conscious awareness perhaps I can be aware of it.

A6 Day 3

9/6/24

Exhausted! Totally!

I am wondering why I feel particularly tired after this WPI weekend.

- Did not get much sleep on the preceding Thursday... too excited about coming on the course.
- A really challenging processing on Friday. It required a lot of in depth introspection; an admission that I had been transgressive, and working with a rupture that may not repair.
- Not sleeping on Friday night due to noise from the street.
- Stress on Saturday because there was a credible risk that my AirBNB could be bugged.
- Fear from the Friday processing that there was a threat of 'raising concerns' - so, overall, a stressful time. To

- help mitigate that, I have tried to get good sleep
- Practised 523 3'S breathing to try to calm my SNS & activate my PNS.
- Spend time chatting to friends on the course in relaxed environments.
- Be kind and explain that I am tired, so others are aware why I am somewhat disengaged.
- Be kind to myself in forgiving 'shortcomings' and praising 'wins'.
- Engaged my free inner child to discover lightness & joyful energy.

→ This resulted in particularly positive interactions with a colleague who was similarly tired.

Having access to my inner child has given me a greater ability to 'see' another

child.
Our ^{inner} children 'chatted' & I felt I had seen them more clearly.