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Growing Edges

2024

- 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

Yr 2 - more of the same.

→ Tempo!

Goals 2023-4

Learn about safety in therapy
both for self & client

✓ Complete New Pathways training

Learn to calibrate how I am
in the moment with what is
going on for the client.

Learn to ask rather than assume.

Keep academic work up-to-date

☒ ☒ ☒ ☐

Learn how my ^{free} child can meet
the client's child.

Day 1 A7

5-7-24

Process group: Wondering if we are using the same language. We are definitely using the same words... but the grammar and meaning seems inconsistent. When I am sitting with the reluctant tension, I am feeling very uncomfortable. I am reflecting back to family disagreements and sitting on the edge of them. Not part of the conflict, but vulnerable to being hit by ^{emotional & physical} shrapnel.

When exploring my work with New Pathways, I often feel deeply fearful and insecure about my ability to follow this course. Examining this in a triad, I realize a lot of this is my childhood acquiescence to the judgment of others.



sat with the pain and discomfort.

In this exploration, realized that
my body sensations are very strong....
but that for most of my life I
lived in my head. It is taking
a lot of work to live fully
and well with these feelings... by
letting them be

By letting me be (me) and
not what I think others want of
me. I do not need to fear their
judgement.

↳ This is where my A
can support and nurture my C.

So hard to sit with that and
not give it over to someone else

A real struggle.

Learning to rejoice in the
experience of being me.

Interesting - knowing client vs
'real' clients.

As a friend, able to pick up on
cues that might not be available to
others.

Am I trusting the client
sufficiently, ~~relying~~?

What  would help?

I asked some questions very quietly

Part of this was to check if they
were 'here' or dissociated.

Also not wishing to disrupt a
thoughtful state.

(Perhaps be slower with the wondering?)
→ am I also fearful of an angry response?

6-7-24

Rupture/Repair

Thinking about my relationship with my father. How this impacted my relationship with others:

If I was 'good' there was nothing to pick on (well, dad could still pick on) but there was also nothing to relate to.

In liking & feeling compassion for all, I could not consider my likes and dislikes.

So I ended up without relationships but (from my side) unrelenting positivity

I could not sit with dislike and rupture only → I have to try to be liked.

Exploring disliking and being disliked. [And being authentic.]

6-7-24 (cont)

The peer review process was very affirming. I carefully chose who was in my group. As there are some in the group who I no longer trust. I feel that putting myself in a power relationship with them puts me in an abusive relationship, as the abused.

My feelings over the ending of this second year are THANK FUCK. I have survived. If I did not need to be there/ here to complete my training, I would have stepped out.

As I reflect on the year, I am a more feeling person - I am more in touch with the feelings & the sensations in my body. I am learning to sit with difficult feelings and emotions. I am also learning to express them in more authentic ways.

I was both heartened and saddened to find out that my 'outburst' from 2 weekends ago was seen as freeing by my colleagues in the peer assessment. I wish they had said sooner, as I have gone through mental torture over that event.

I have real concerns over who I could end up with in the 4th year. I may have to make decisions about when to take that year based on its constellation. Ultimately self care is most important and I need to see what happens in the 3rd year first.

There was talk of a leaving ritual. At this moment, I do not wish to be such an ὑποκριτὸς

Εἰμι οὐκ ὑποκριτὸς
Εἰμι αὐτοῦ μου

I know that I can learn & develop in adverse circumstances.

7-7-24 Sunday

A7 Day3

Last taught day of the
second year.

Sadness & Joy

Experimented with listening to process.
Realized that listening gave me a very
different impression of what was going on.

In that way, I was able to discern
what was going on for the other people,
as well as for me. I felt more able
to discern my process from the others.

I was challenged about having my
eyes closed and was insistently told by
two members of the group that I should
pre-warn them of this. One colleague
suggested that this would be a most
inappropriate thing to do with a client.

I felt

a) Cornered

b) expected to justify what I would
do with a client.

x

I felt that a boundary had been crossed, but still felt the need to say that I do not and would not do that with a client.

One of the reasons I was using the technique was that in a previous fishbowl I had a client with very little facial expression and I was using group process to hone my other senses.

I was also repeatedly challenged about lowering my voice at one point in fishbowl. This was despite the fact that the client in that fishbowl explained what I had been doing and how it had been attended ~~to~~ to how they were in that moment.

^II felt attacked and harassed. Thank fuck this god-awful constellation is over. The viciousness and score-keeping that has taken place throughout

the year has been really draining to me. Two 3rd years came up to me outside of group process and gave me context from their 1st & 2nd years. From that point their nature within the group made a lot more sense - and their pain at being part of the group.

I have arrived home feeling hounded and angry.

I hope I can learn from how we, as second years, were not welcomed into the group, so that when we reconvene with the new second years, we can be open to their process and they can be open to our process.

I am also looking forward to working with men. Not because I dislike working with women, but as a man I have received / a lot of transference

→ I do like working with them.

But I want more experience working with men and their distinct energies. ^{xii}

At some weekends (eg research weekend) I have had this trivialised.

However, I have continued to raise this as it is important to me, especially when historically men have been my abusers. I am surprised at how hard I have had to work raising this point to be heard.

Even today I heard my experience as a man being trivialised. I am not OK with that and regard it as sexism that would be immediately challenged if roles were reversed.

I also had a colleague refer to my shouting process at the research weekend being referred to a 'shut down' by a tutor. The reality for me is that that tutor, of all the people in the room heard my child, met me and

was compassionate. I was not 'shut down'.

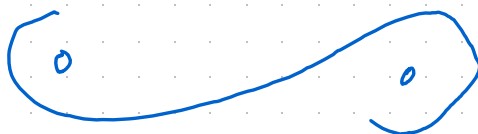
FUCK IT.

I am finding myself becoming defensive and petty like them - ^{have} keeping

I do not like that, but it is a part of me.

Here endeth the second year.

Deo Gratias!



I sit here with a feeling of being invalidated both as a person and as a therapist - by a ~~few~~ people.

Fortunately, my personal worth does not depend on the opinions of others and I have come through far harder trials than this.

I have literally been in a situation where my words would make the difference between peace and a riot / bloodbath ^{between drug gangs} that could have resulted in the injury and/or death of many people. There were tens perhaps hundreds of police with many riot vans. I was 31 & handled that.

I handled that admirably.

Why, the fuck, am I allowing group process to rattle me?

And that is why I feel so very angry.

I am so much better than the opinions of someone who thinks that I do not know how to use my voice. They are objectively wrong. - and that I hate, loathe and detest injustice. ^{on that} injustice

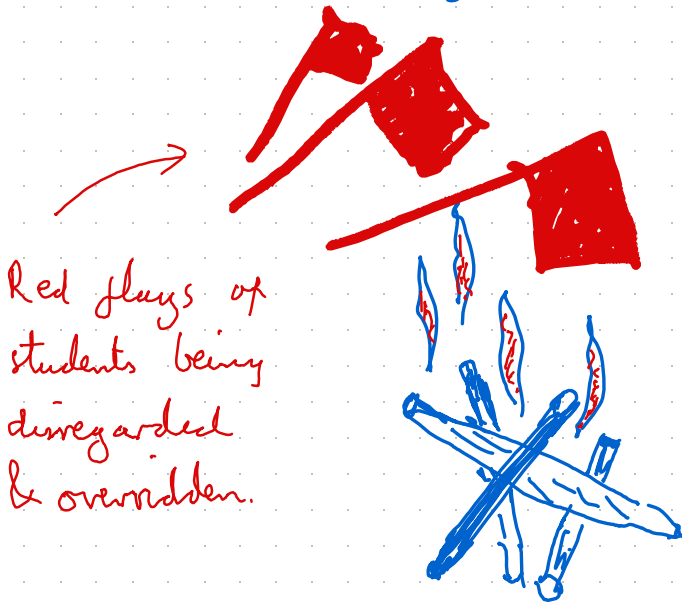
I need to let my voice be heard, as it is, not as some manipulative, coercive control person in search of supply

thinks I ought to be using it.

Roll on the third year.

As Eartha Kitt sang: 'I'd rather be
burned as a witch...'

Time to put less energy into this
process... and finish my essay.



Red flags of
students being
disregarded
& overridden.

for the
awareness
of double
this is the
burning of the
ashes of this
year.

xvi