



Continuing Professional
Development Unit
Birmingham City University
A Two-day
Counselling Skills
Consolidation Course

Day One

Facilitated by: David Forrest

David Forrest: www.gestaltuk.com



Aims

- To build on current skill and practice gained through experience and previous Counselling Skills course.
- To develop a personal evaluation of skills and learning plan for each student.
- To develop a collaborative and supportive learning environment

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Setting Objectives

- What do you want to get from this course?
- What do you expect from this course?
- What do you not need from this course?
- What do you want to know?
- What do you need to know?

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Personal Needs

- What are your personal needs in the short term and long term regarding counselling skills?

Professional Concerns

- What do you need professionally to take from this course

to help practice counselling skills more effectively in your current work setting ?

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My expectations

- The group keeps to the agreed times for breaks
- Only use personal material you feel comfortable with
- Sessions will be a dialogue with the group sharing professional experience
- It will be enjoyable and relaxed

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Overview

I want to use this time to look at several aspects of how, in our interaction with another person, we each put onto the other person characteristics that may not actually be theirs.

Having an insight into how we each project and transfer characteristics onto another person will give us the opportunity to see round, and through, such characteristics and see, meet, be in contact, with the real person.

We will be looking at the psychological processes of

- Projection
- Transference
- Countertransference
- Projective Identification
- Parallel Process

In the course of the two days we will look at models such as the Karpman Triangle, the Johari Window, and Open Door, that help to understand interactions.

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Communication with Self

This is an experiment in provoking and stimulating awareness within
our self.

Consider the objects from where you are and select – without too much
thinking – the object that catches your attention.

Describe

We will return to this later

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Contact: and Projection

- Think of someone you admire ...
 - List three positive attributes of the person
- Think of someone you dislike ...
 - List three things you dislike about the person

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Projection: Friend or Foe?

I have noticed when I walk with the sun behind me there are more people walking towards me that smile. Are they though? The sun shining into your face often requires you to protect your eyes by screwing up your face, and this can give you the look of smiling, with the eyes narrowed and laughter lines showing.

“In projection, then, we shift the boundary between ourselves and the rest of the world a little too much in our own favour” Perls (1973, p37)

proj10

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Communication and Contact

Whilst we may communicate, we may not be making contact ...

The reality of how we communicate is subjective – to our self ...

Our subjectivity alters when contact with another is made ...

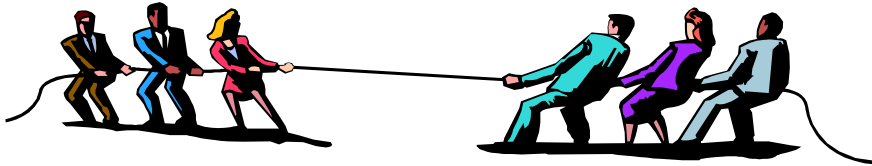
Sameness prompts communication ...

Difference encourages contact

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Difference – v - Sameness



- Individual
- Uniqueness
- To be Me

- Belong
- Family
- Team

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Contact: and Projection

- Projection: put onto others rather than own for self

Occurs with both positive and negative traits:

- I do admire your honesty
- You are always angry

We need to project to promote contact, or engagement; looking for like traits in another to encourage contact. Equally we look at others with a view of avoidance – too different, too threatening

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Projection

"A Projection is a trait, attitude, feeling or bit of behaviour which actually belongs to your own personality but is not experienced as such. Instead, it is attributed to objects or persons in the environment and then experienced as directed toward you by them instead of the other way around. The projector, unaware, for instance, that he is rejecting others, believes that they are rejecting him, or, unaware of his tendencies to approach others sexually, feels that they make sexual approaches to him." (Perls, Hefferline & Goodman, p. 211)

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Relationship grows out of contact. Martin Buber states that the person ("I") has meaning only in relation to others, in the I-Thou dialogue or in I-It manipulative contact.

Responsibility

People, according to Gestalt therapy, are responsible (response-able); that is, they are the primary agents in determining their own behaviour.

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Communication with Self

An experiment in provoking and stimulating awareness within our self.

the object that catches your attention.

Describe

What characteristics do you attribute to the object.

PROJECTION

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Contact and Resistances to Contact

CONTACT

interacting with nature and with other people without losing one's individuality

RESISTANCE TO CONTACT

the defenses we develop to prevent us from experiencing the present fully

Five major channels of resistance:

- Introjection
 - Retroreflection
 - Deflection
 - Projection
 - Confluence

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Cycle of Experience: Interruptions

- Desensitisation: Dilute, disregard or neglect feelings
- Deflection: Avoid fuller contact
- Introjection: swallow rules or opinions whole
- Projection: put onto others rather than own for self
- Retroflection: turn in on self
- Egotism : has something to say about everything
- Confluence: Avoiding difference; merging with another; We, not I

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These interruptions, or resistances to contact can be summarised thus:

- *Desensitisation*: "I'm not ill, I can keep going."
- *Deflection*: "I accept neither criticism nor affection"
- *Introjection*: "I should always put others first"
- *Projection*: "I'm not angry, you're the one who's sulking"
- *Retroflection*: "I must keep this anger in, I would be bad if I showed it"
- *Egotism*: "I'm really proud that I've always manage things on my own"
- *Confluence*: "We're not a family that likes to show emotion"

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Projection

“When a person projects part of his personality, it ordinarily is not upon a blank surface but upon a screen – another person, object, situation – which already processes in its own right some degree of what is projected upon it.” (p. 218)

“We project onto persons who are ‘inappropriate screens’ – that is, we manifest enough of a particular trait or attitude to make it easy for us to justify loading them with our share of it as well” (p. 218)

Perls, F, Hefferline, R.F. and Goodman, P (1951) Gestalt Therapy Excitement and Growth in the Human Personality

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Projection requires the following:

Awareness of the quality of the feeling

the quality is ... happy

Interruption of expressing this feeling

don't look, show, be or acknowledge happy

Disowning of the feeling as originating with self

This feeling happy cannot come from me

Investing some aspect of the environment with the disowned quality in order to manage the fact of its existence

The happy feeling MUST belong elsewhere, with you

Experiencing the feeling and behaviour as being actively directed by the other person

It's you who is happy, not me!

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Other Forms of Resistance

Control of environment

Resistance to contact Boundary disturbance

Blocks to Energy-manifested by:

Tension in part of body

By posture

Keeping body tight & closed

Not breathing deeply

Looking away from people when speaking

Choking off sensations

Numbing feelings

Speaking with restricted voice

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Awareness of Self: exercise

- Feel how you are sitting
- Feel your feet
 - Sense each toe
 - Sole of the foot
 - Feel your footwear
- Work up your body
 - What part of your body is numb
- Listen
- Listen to your body
 - To your heart
 - To your breathing
 - To your blood flow
- Listen to the sounds in the room
 - What do you hear
 - What do you NOT hear

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