



Continuing Professional Development Unit  
Birmingham City University

## A Two-day Counselling Skills Consolidation Course

### Models of Behaviour Interpretation

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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 have been looking at the psychological processes of Projection, Transference, Countertransference, Projective Identification, and Parallel Process

Next we will consider how models of behaviour that illustrate relational dynamics can give an insight to what is going on:

- Karpman Triangle
- Johari Window
- Open Door

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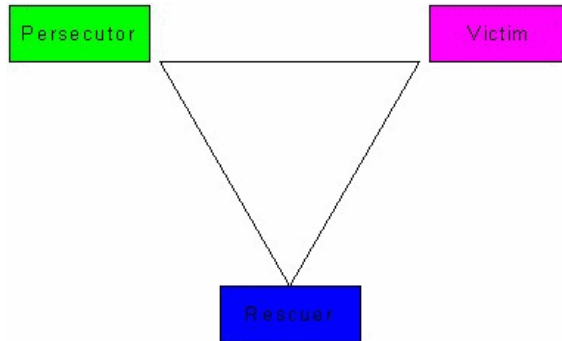


# Karpman Triangle

Persecutor

**PERSECUTOR** – "It's All Your Fault"  
Sets strict limits unnecessarily.  
Blames  
Criticizes  
Keeps Victim oppressed  
Is mobilized by anger  
Rigid, authoritative stance  
"Critical" Parent

**TO GET OFF THIS TRIANGLE, MOVE TO CLEAR STRUCTURE**



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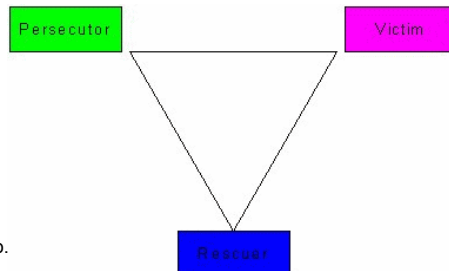


# Karpman Triangle

Rescuer

**RESCUER** - "Let Me Help You"  
Rescues when really doesn't want to.  
Feels guilty if doesn't rescue.  
Keeps victim dependent.  
Gives permission to fail.  
Expects to fail in rescue attempts.  
"Marshmallow" Parent

**TO GET OFF THIS TRIANGLE, MOVE TO CLEAR NURTURING**

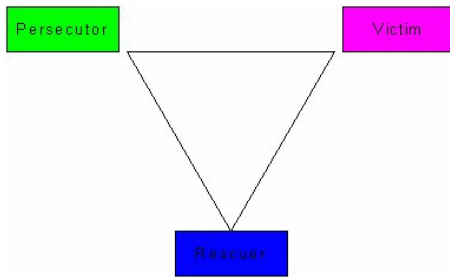


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# Karpman Triangle

Victim



## VICTIM - "Poor Me"

Feels victimized, oppressed, helpless, hopeless, powerless, ashamed  
Looks for a Rescuer that will perpetuate their negative feelings.

If stays in Victim position, will block self from making decisions, solving problems, pleasure and self-understanding.

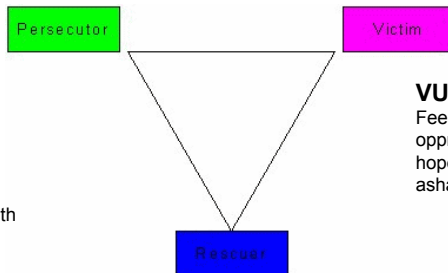
"Dejected" stance.

**TO GET OFF THIS TRIANGLE,  
MOVE TO PROBLEM SOLVING**

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# Karpman Triangle



## POWERFUL

Feels the need for strict limits. Gets needs met through Blame and Criticism  
Being powerful is rigid with an authoritative stance.

## RESPONSIVE

Feels guilty to stand by and not jump in and help.  
Underlying sense that will not succeed.  
Rescuing helps avoid own sense of not being supported.

## VULNERABLE

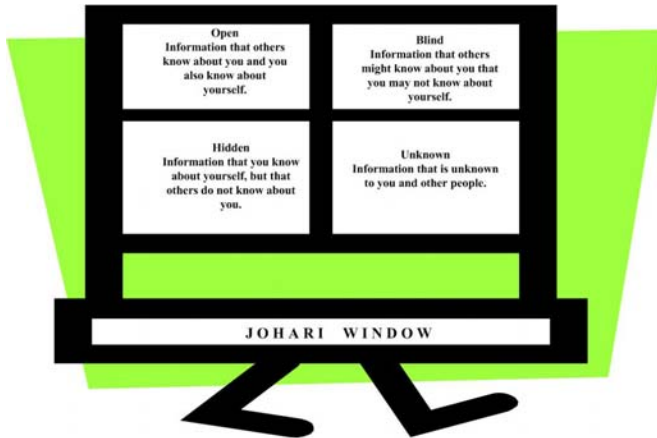
Feels victimized, oppressed, helpless, hopeless, powerless, ashamed

Being vulnerable, block self from making decisions, solving problems, pleasure and self-understanding.

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# Johari Window



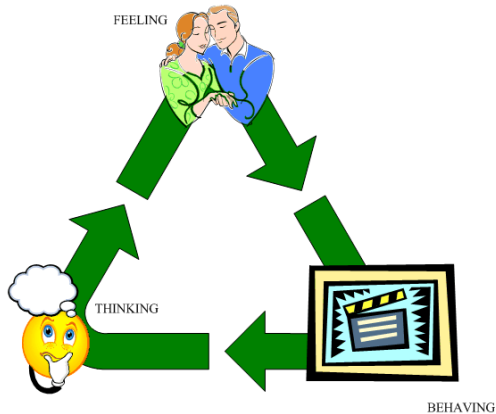
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# Open Door

Paul Ware conceptualized thoughts, feelings, and behaviors as being sequential. He showed the clinical value in determining this order in a patient, matching the strongest of these three in order to make initial contact with the patient (the Open Door), then focus on the probable growth potential area (the Target Door), avoiding the last area (the Trap Door). Paul Ware spoke of "doors" of feelings, thoughts, and behaviors, identifying these as "areas in which each client invests energy".

Ware, P. "Personality Adaptations." *Transactional Analysis Journal* 13:1, January 1983.



Paul Ware, Personality Adaptations (Doors to Therapy), Transactional Analysis Journal, Vol13, No1, January 1983

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# Doors to Therapy

- Each personality type (DSM IVR) invests energy in either thinking, feeling, or behaviour
- The OPEN door is where the individual invests their energy. Use this to establish contact
- The TARGET (accessible) door is to move the client without resistance.
- The TRAP door becomes the final goal in therapy; where there has been most resistance

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