Blocks

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| Qty | Id | Desc | Name |
| 06:57 Blocks - Power imbalance | think less of themselves and therefore a lot of the time they put themselves in a lower position in a relationship. Or always having a hierarchy of ‘other people are better than I am, so I'm here to serve other people as well | Blocks - How shame affects | p.3. Pam |
| 00:07:30 Blocks - Masked | shame can also be masked by being overconfident. I'm not afraid of anything. ‘I'm OK, I'm not vulnerable, I'm not weak. I can do everything there's no, no problem with me’. It goes to like two different ends of the extreme | Blocks - How shame manifests/hides in plain sight | p.3 Pam |
| 07:51 Blocks – Spectrum of - I can't do to - I can do everything spectrum which crumble and can lead to overwhelm | both of the response, when you do touch on the word, shame like, OK, you know, or even getting close to it. That those two things would just crumble into sort of a mess for them. Because that ‘I can't do’ mask, or,  ‘I can do everything’ mask, when they've crumbled and shattered. They don't know how to. So to walk around that mess, if that makes sense, it's sort of like, ‘Oh my God, it's just a mess. and then they can get overwhelmed | Blocks | p.3 Pam |
| 08:32 Fear, resistance to talk, avoidance, stone in the throat | they get afraid, so then they would start at avoiding talking about other things, distracting,  (getting)resistant:  ‘I don't know’. ‘I don't want to talk about it’. Because it's big and I always describe it like a stone in your throat, but it's there. You can feel it, you can't swallow it and you can't cough it out either. | Blocks | p. 3 Pam |
| 11:15 Shame silences, shame is powerful in disempowering people | So, it would be either that person then managed to voice out their needs because a lot of the time, shame really silences people (who) are voicing out their needs, like what what they wanted, because they just think they don't deserve to voice that out, or or it's wrong to voice it out. Then sort of, even if it's just a thought, because that shame can be so powerful sometimes you can't even think about it. | Blocks | p. 4 Pam |
| 30:53 The effects of shame or shaming in the therapeutic process - the client and therapist become stuck | It's very stuck, as one of my clients would feedback. (It) would be (that she feels) very stuck, and I would feel stuck with her or with them. | Blocks | p. 11 Pam |
| 30:53  How to become unstuck when in shame: change the environment  Once the therapist becomes aware of shame in the therapeutic process, because the process has become stuck, the therapist can then take action to make a different choice and get different results | unless (you are) changing the environment a little bit. And … sometimes it can be helpful because … we can … list out the formula, or operationalize the whole scenario when this person is trying to put that responsibility on you.  00:31:29 Pam  And if you make the same choice like the time, last time and the time before last … or, you know you're constantly making the same choice, then most likely you will be getting the same result. So if you want to unstuck yourself and it would be, we can, we may look into a different choice to respond. | Blocks | p. 11 Pam |
| 31:57 disappointment in self or with others - a double edged sword. | disappointment is another big thing … associate(d) with shame, … whether it's (being) disappointed in themselves or disappointed with other people, … it(‘s) all brought into, … their associations, so it … is a double blade | Blocks | p. 11 Pam |
| 39:02 e.g. CBT may say shame is an irrational thought and in saying that it could add to the client's shame | For example, even if it's CBT, let's say and you will only think this is irrational thoughts. OK, because oh this is nonsense. You know, it's silly why you're having these thoughts basically, and then you name those shameful feelings as irrational thoughts. Then you sort of put on more shame onto it. | Blocks | p. 13-14 Pam |
| 16:33 Unable to express anger with parents  17:08 Conditions of worth – honour thy mother and father They did their best Be grateful Unable to admit or express their feelings Fear of being judged by therapist Self-condemnation | I get quite a lot of clients that are perhaps angry with parents and but they don't feel like they can express that. 00:17:08 Jo Because you know they…should be grateful. You know parents did their best and they find it incredibly difficult to actually acknowledge for themselves that they might feel angry or they feel hurt. And then they feel like, I'm going to judge them, thinking they're a terrible person, because how could they be saying all these things about their parents? And that's usually a kind of sticking-block to try and get a client to a point where they feel able to express what they really feel, without having to worry about me thinking they're terrible for expressing whatever it is that…they feel and… there's a lot of shame I find attached to… | Blocks to therapy | p.6 Jo |
| 27:54 Fear Lack of trust in the counsellor and the process Questioning whether the counsellor genuinely cares – is it the therapist script? | and so to come to a place where actually, they can be, however they are, and they can express however they are, can be really, really scary because they've not experienced that and they don't know what that feels like and they don't know. 00:28:52 Jo ‘Am I actually OK with that? ‘Or  ‘Am I just being a good therapist, but you know, trotting out these expressions because I'm trained and that's what you say when somebody is upset, you know? 00:29:06 Jo Erm, there's often this,  ‘But is that really how you feel?’ ‘Is that really what's going on?’ You know? ‘Or are you just playing good counsellor?’ | Blocks to therapy | p. 10 Jo |
| 00:41:21 -therapist imposter syndrome | You know, I'm not, you know, experiencing of why am I not reaching this client, and actually if I had mislabelled that as ‘the clients feeling shame’ you know and ‘not connecting with me’. You know, and they really shut down. Because they, you know, because ‘they can't do this’. Actually, it wasn't… them, it was me. It was my impostor syndrome. | Blocks to therapeutic process | p.14 Jo |
| 00:41:44 Felt the need to achieve an outcome | It was…the values that I had placed on that, actually, to be an effective therapist, I needed to achieve an outcome, I needed to make it better. And that's so not what we're about. You know it took me a long time. To learn that, and it also took me a long time to be OK, that that was the process that I went through, because there's also a shame around | Blocks to therapeutic process | p.15 Jo |
| 41:44 Not being congruent with supervisor | you know, going to your supervisor and you know they, what are they going to think of you? | Blocks to therapeutic process | p.15 Jo |
| 41:44 Imposter syndrome leads to asking too many questions  Could blame the client for lack of connection   Seek supervision Step back Give space for the client to express themselves Allow silence – allow the feelings | Before…asking those questions, you think:  ‘Oh God, I have asked 1001 questions, whose benefit am I asking these questions for, and you know, there's…a lot of that, and that was… all mine. But actually I could have put that on the client and just said: 00:42:28 Jo ‘They're not connecting , they’re shut down.’ 00:42:32 Jo And actually it was me and once I'd let go. Because… through supervision. I kind of worked through that and actually I was able to take a step back. And you know the clients had room to express, and connect, and sometimes the connection that we made, wasn't through an intervention. It was through that moment of silence when we were both just feeling | Blocks to therapeutic process  Consequences of not recognising own shame  How to work with shame | p. 15 Jo |
| 00:22:18 Blocks - If you do not understand or work through your own shame as a therapist, there’s a potential to: Block it out Not identify or over-identify with the client’s shame It could cause trauma, upset, sadness, embarrassment.  This could be vented in PT, or repressed if it was too difficult to face          22:56 PT Importance of having personal therapy to deal with personal shame triggers or vulnerability - reflexivity | I think it's important because if I wasn't in touch with my own experiences of shame,  I could potentially block that out, and if it came up with a client then it could be something that I either didn't identify with or maybe over identified with, if it was something that a client was experiencing, and I'd perhaps had a similar experience and not worked through it, then it could cause me to experience maybe trauma or upset or sadness or embarrassment. Which I might either. give vent to, if I was having my own private therapy, or try to... press down and repress if it was something that I wasn't comfortable to maybe admit to, or think about, or work through. So, ... I think that it's really important for therapist to be either having their own personal therapy, or have had, and have access to personal therapy, so that if any issues come up, ...which trigger a reaction around, shame, that people. And … go through that and process that themselves. | Blocks - Importance of understanding own shame                       Blocks - Importance of understanding own shame Qualities of therapist | p. 13 Kate                          p.13 |
| 19:56 Icebreakers, normalise difficulty of starting therapy, be friendly | I can pick up on if somebody is really, they want to do the work. They're not being forced into the work, but they're struggling… 00:20:04 Anna  to make a start. So it's being open about this, it’s quite normal, 00:20:07  all the time.  00:20:08 Anna  This is normal that you might struggle to start, and I had one the other day where I said: ‘Right, just tell me a bit  00:20:15 Anna  about yourself’, ‘Well, what do you want to know?’  00:20:16 Anna  ‘Well, anything, what do you….?’ And then they went. ‘Oh well I used 00:20:21 Anna  to play cricket’, ‘Oh OK, so,  00:20:22 Anna  you used to play cricket?’ and that was like an icebreaker | Blocks | p. 9 Anna |