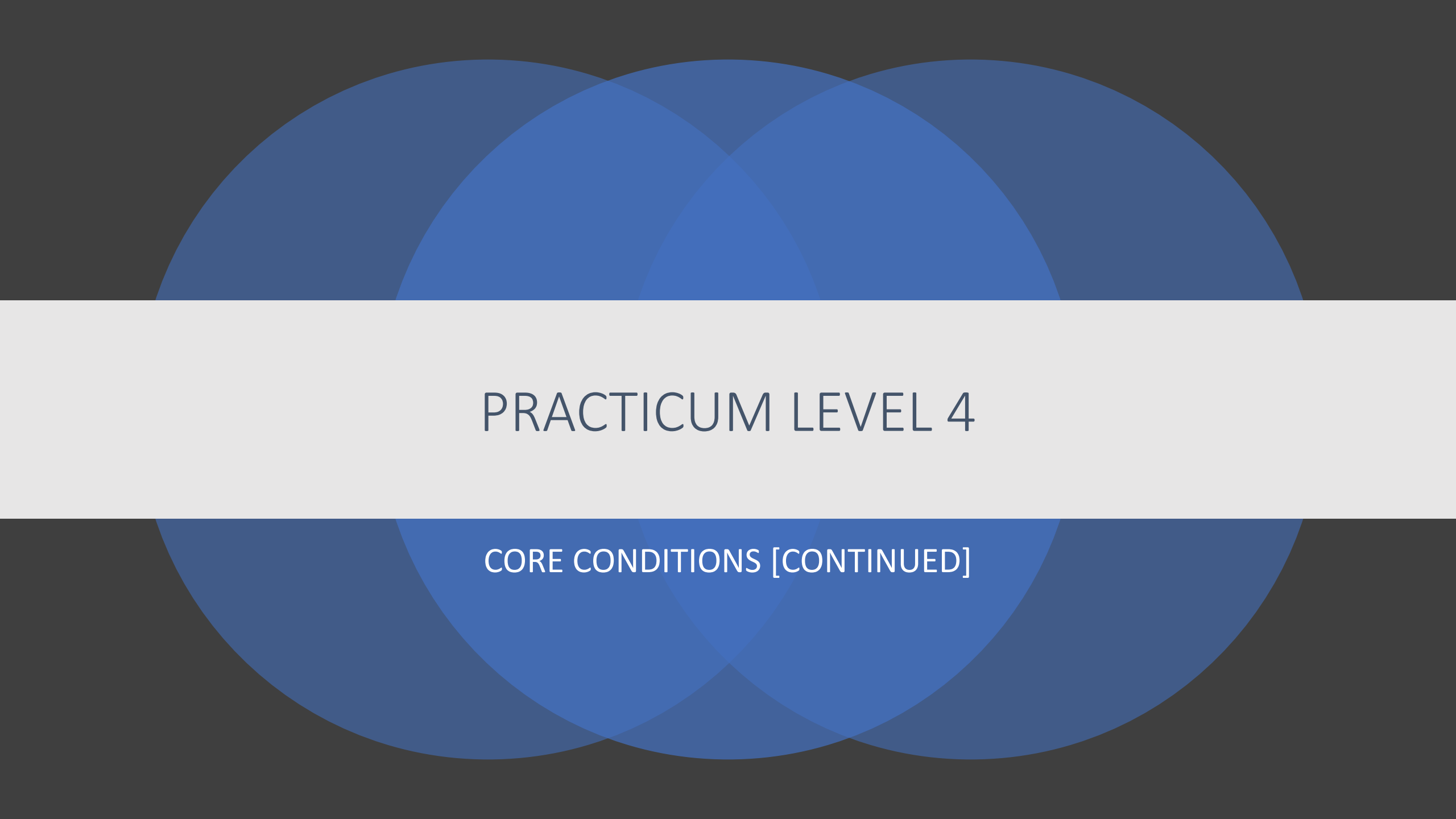




PRACTICUM LEVEL 4

CORE CONDITIONS [CONTINUED]

PRACTICUM LEVEL 4



REVIEW OF WORK ON EGAN AND ROGERS: ASSIGNMENT REVISION

- What do we know so far?
- What do we still need to do/learn?



CORE CONDITIONS

- ALL HELPING IS BASED ON THE FOUNDATIONS OF THE CORE CONDITIONS

CORE CONDITIONS

- Gone through the Core Condition of Empathy
- Now looking at Congruence and UPR



CORE
CONDITONS
[CONT'D]

- CONGRUENCE

What do we mean by congruence?

- Genuineness
- Honesty
- Being 'real'
- Links with being non judgemental "I [as I am] honestly accept you [as you are]."

Being congruent helps:

- Build trust in the helping relationship.
- Encourages an open and honest relationship.
- Helps to keep the power balance equal.
- The helper does not command trust, but earns it.
- This happens when we are able to be open and honest

Small group work:

**What gets in the way of
congruence?**

What gets in the way of congruence?

Feelings for the other person

Our own values and beliefs

Personal issues

Unresolved cultural differences

Bias

Fear

Ignorance



Congruence

- In order to be congruent we need to be **aware** of our feelings, of our selves and we need to be able to **express** this awareness.

Exercise

- Read through these presenting issues and consider with a partner ways in which you could be both congruent and non judgmental



Beware.....

- Congruence should be used with caution! Being judgemental and then stating I was only being congruent is not acceptable!!

CORE
CONDITIONS
[CON'TD]

- UNCONDITIONAL POSITIVE REGARD

Other names for this core condition include:

- Respect
- Acceptance
- Non Judgemental warmth
- Prizing
- Acknowledging the basic worth of every human person

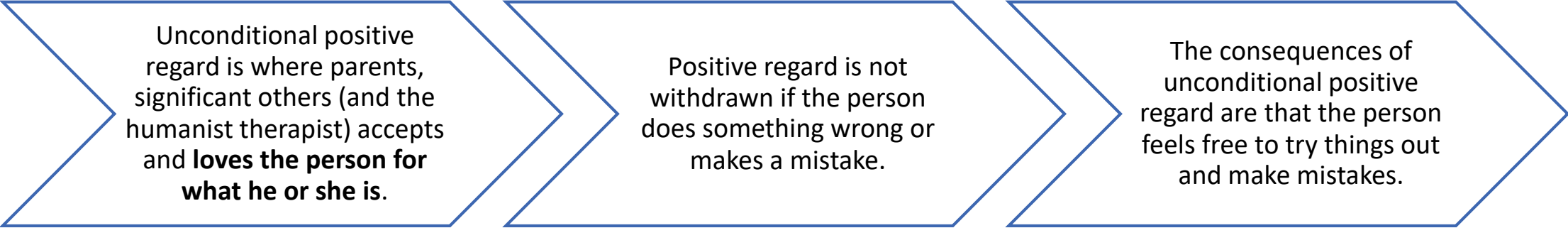
UPR : Conditional positive regard

Conditional positive regard is where positive regard, praise and approval, depend upon the child, for example, behaving in ways that the parents think correct.

Hence the child is not loved for the person he or she is, but **on condition** that he or she behaves only in ways approved by the parent(s).

At the extreme, a person who constantly seeks approval from other people is likely only to have experienced conditional positive regard as a child.

UPR : UNCONDITIONAL POSITIVE REGARD



Unconditional positive regard is where parents, significant others (and the humanist therapist) accepts and **loves the person for what he or she is.**

Positive regard is not withdrawn if the person does something wrong or makes a mistake.

The consequences of unconditional positive regard are that the person feels free to try things out and make mistakes.

FREE WRITING

Consider

How you can identify with
concepts of
conditional/unconditional
worth in your own life

Discuss

Talk about these concepts
with a partner

Group

Further discussion



Linked to self actualisation.....

- People who are able to self-actualize are more likely to have received unconditional positive regard from others, especially their parents in childhood.

Unconditional Positive Regard

- The central value is **acknowledgement of the basic worth** of every human being
- Respect does not mean that we condone all actions, but that we try to see their **value** separately from their **actions**, treating them with warmth and acceptance

Unconditional Positive Regard

- Acceptance can be very difficult. We do not know what actually happens in a client's world and it is easy to use our imaginations and past experiences and so feel prejudice
- We may distance ourselves from people based upon their behaviour and **our assumptions** of their behaviour





UPR EXERCISE

- Because it is so difficult to maintain a non-judgmental stance during times of stress and crisis, you may want to **identify certain common judgmental words and phrases that trigger you** to stop and observe your thinking.

Frequently used judgmental words include:

“right”

“wrong”

“fair”

“unfair”

“should”

“shouldn’t”

“stupid”

“lazy”

“wonderful”

“good”

“terrible”

“bad”

“perfect”

EXERCISE.....

01

Using a scale from 0-6 where 0 is poor and 6 is excellent, rate your own level of UNCONDITIONAL POSITIVE REGARD

02

How do you know this is accurate?

03

Do you have experiences to back this up or is it just how you feel?

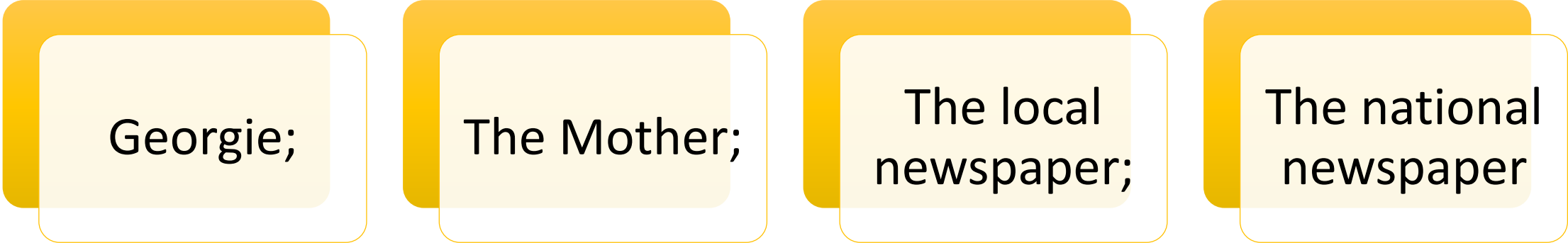
Exercise on UPR

Read the following exercise and consider your reaction to this extract about Georgie

Consider how your unconditional positive regard may be challenged

Explore this situation from different points of view: Georgie; the Mother; the local/national newspaper

Explore this situation from different points of view:



Georgie;

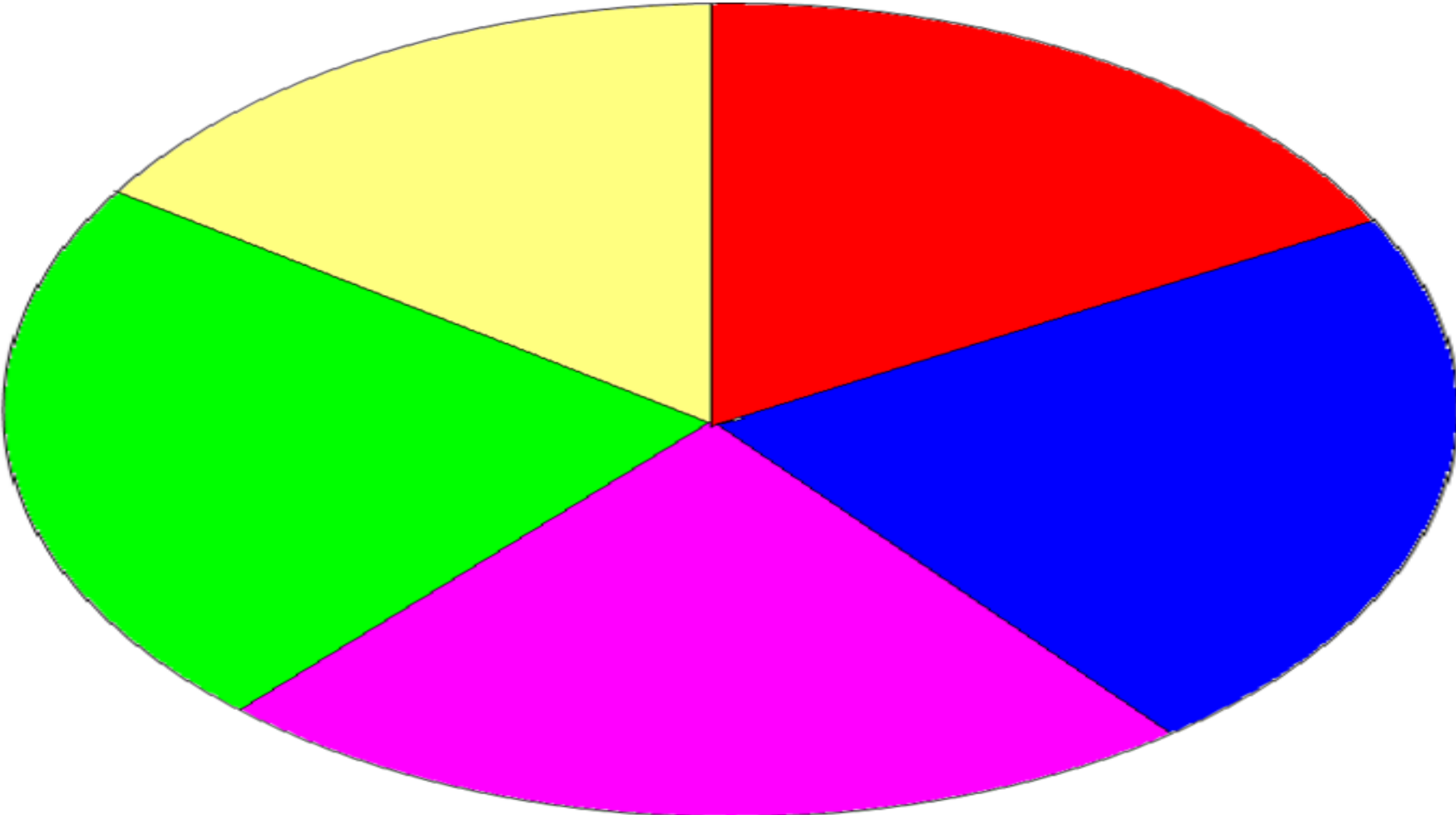
The Mother;

The local
newspaper;

The national
newspaper

Georgie is a man in his early sixties. Georgie does not seem to be very bright and has few social skills. He attended a special school from when he started to fall behind at about seven, until he left school. He has been in and out of sheltered accommodation since a teenager. He is a big, shambling man who does not work and lives in rather poorly run sheltered accommodation where he is expected to be out during the day. He goes to the local recreation ground most days. He is usually on his own. Sometimes, he sits by the swings and talks to the children playing there. One day, it emerges that he has been inviting children to go for walks with him and eventually one of the children, Jane, who has been talking to him regularly, tells her mum of the games they sometimes play. Jane seems to be saying that she has been sexually approached by Georgie. Jane's mum is very angry and frightened by Jane's story

Awareness wheel: what is going on?



How do I show warmth towards my client?

- Meet and Greet: Going to the door, shaking hands, using names, smiling, using a warm tone of voice, holding eye contact, showing a genuine interest in the client, open body language.

UPR

- Remain curious, especially when you can feel yourself pulling away...
- Remind yourself of the fact that you don't know this person yet...
- Ask yourself what else you do not know about this person

UPR



1

Over the next week identify your judgments of other people's actions, attitudes and interactions. In other words, catch yourself and note if you find yourself thinking about another person "that person is an idiot", that is a judgment and should be counted as one.



2

Continue to practise this exercise such that you can become more aware of the judgments about others and about life that you make, even if those judgments are ingrained and unconscious. By making the unconscious biases conscious, you can more easily slip their grasp and become less judgmental of others



3

Keep a mental or written tally of these judgments to see if, after time, the number of judgmental thoughts is reduced.