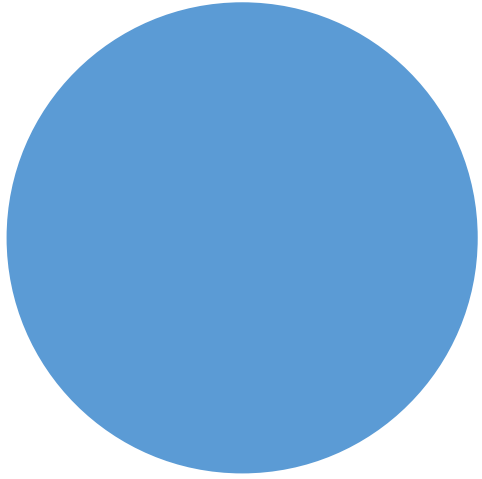


Discrimination

The emotional impact

Danielle Bastier -
1150159





Discrimination -
Began when I was a child

Looking to the
future...

Rogers, C (1999)

Self reflection is vital

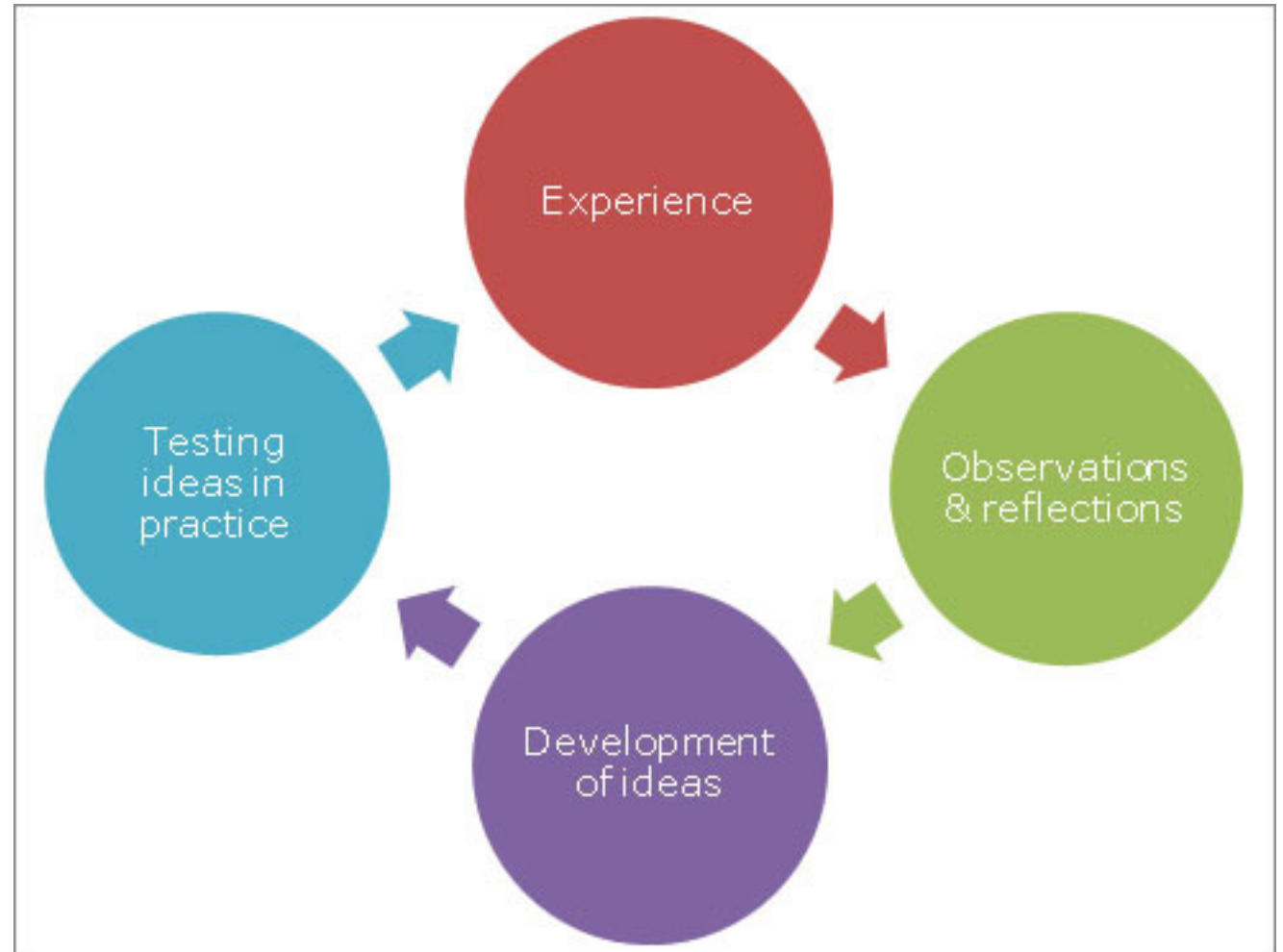
Incongruence may prevent us
from offering core conditions

- Empathy
- Congruence
- Unconditional positive regard

Kolb Learning Cycle

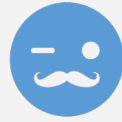
- Apply theory to practice
- Reflect on our practice
- To chart our own personal growth
- It can be used when something significant has happened in life or in practice

Kolb, D. A (1984)



Kolb Learning Cycle

Kolb, D. A (1984)



Experience – Write down what has happened.



Observations & reflections – Reflect on how you felt.



Development of ideas – What theory did my behavior link with?



Testing ideas in practice – How will I apply what I have learned?



What happened?

what are other
words for
apostate?

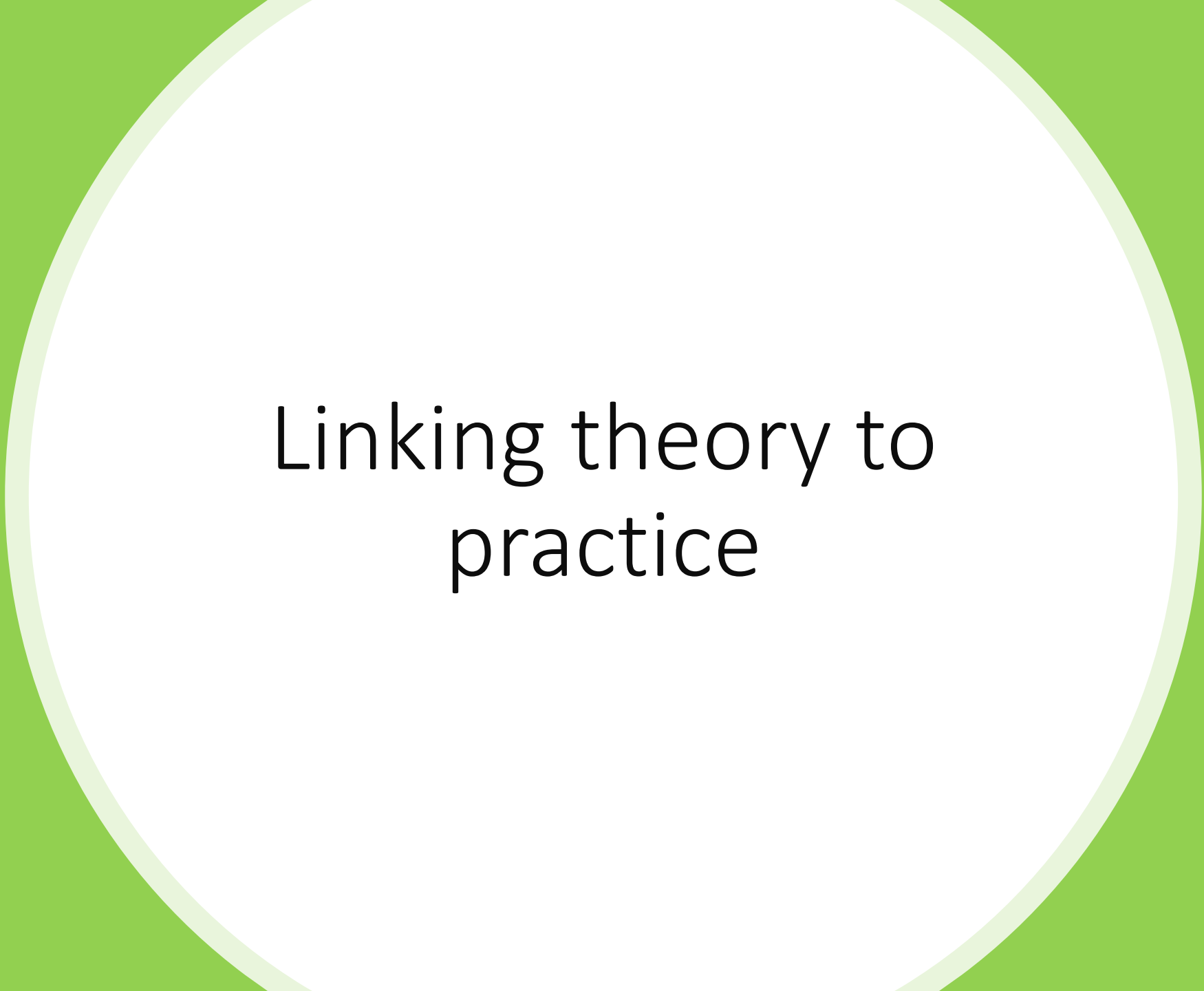


renegade, recreant, turncoat,
deserter, defector, traitor,
heretic, dissenter,
nonconformist, betrayer





How I felt?



Linking theory to
practice

1972



2015



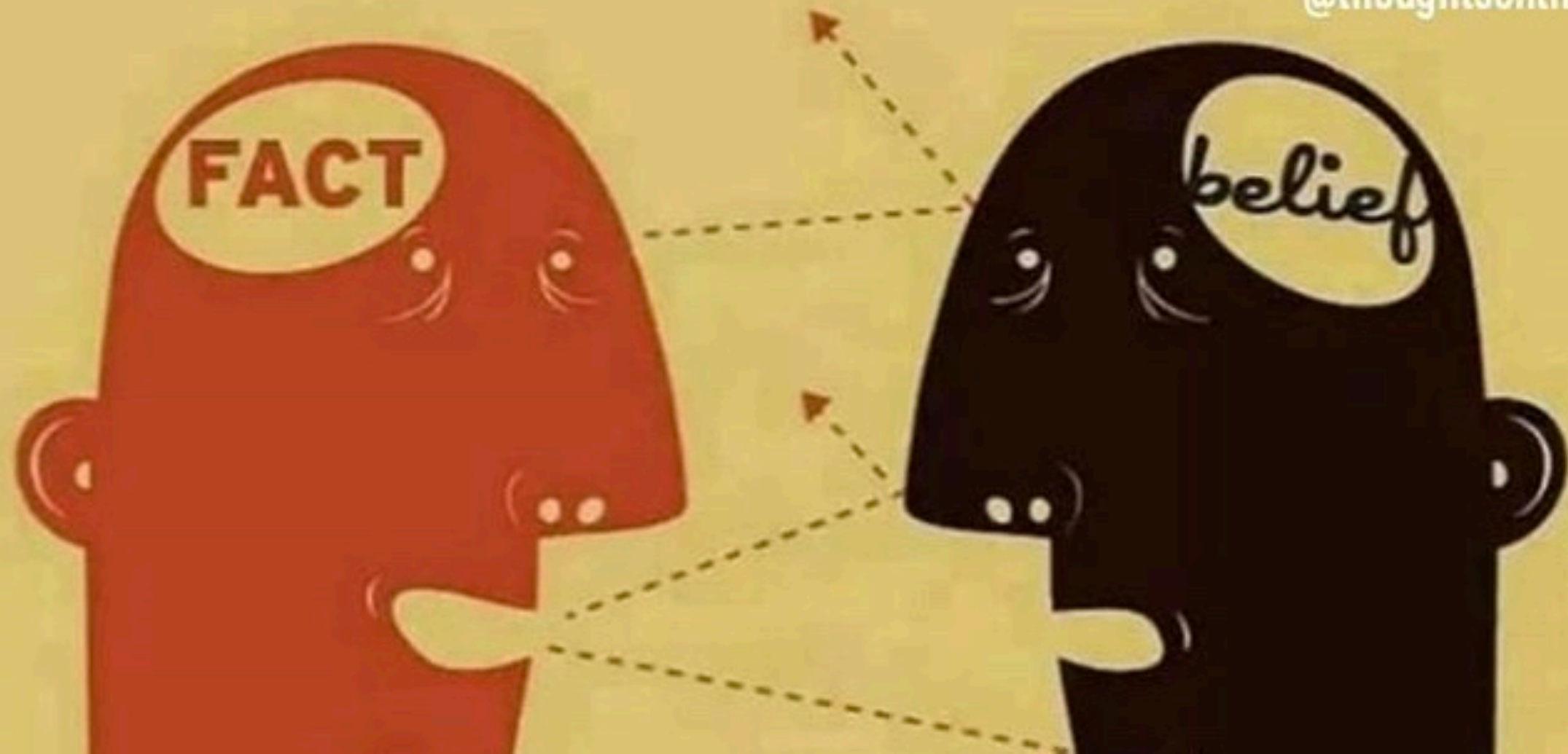
TRANSFERENCE

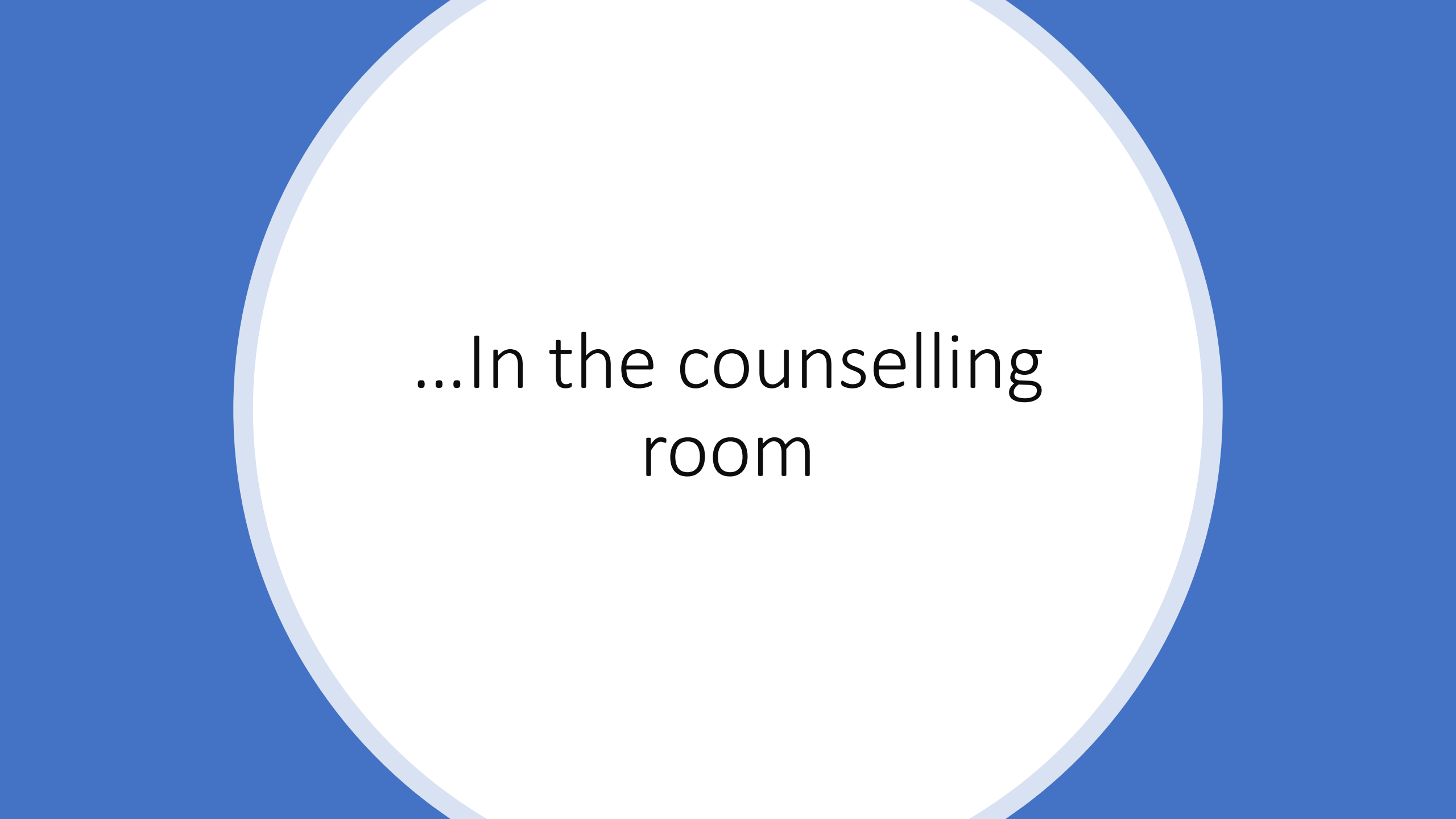


How will I apply what I
have learned?

COGNITIVE DISSONANCE

@thoughtsonthinking





...In the counselling
room

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