



Life is mostly froth and bubble,
two things stand like stone,
kindness in another's trouble,
courage in your own
(Gorden, 1920)



Discrimination-Emotional Impact

- Lower social class
 - Low self-esteem
 - Reject Education
 - Fear of Authority
- Government Western Australia, 2019)

Phenomenological Theory of Negative Self-esteem

- Human potential self actualization
- Conditions of worth / Conditional Regard
- Self-esteem / Self-regard
- Unconditional Positive Regard

(Jones-Smith, 2016, p. 266)

Low self-esteem

- Self critical
- Negative emotions
- Work and education
- Relationships
- Self care

Competition

(Government Western Australia, 2019)

Attachment Theory

- Insecure Avoidant - “defensive exclusion”
- Reluctant to ask for help, not to experience rejection
- Stay close enough for safety

(Holmes, 2014, p. 64)

Myers Briggs 16 Personality Types

- Introvert Sensing Feeling Judging (ISFJ) -(INFJ)
- Learning styles
- Watching Listening and reflecting
- (The Myers Briggs Company, 2019)



Stone Therapy

Tuckman's Theory

- Group Dynamics
- Forming, Storming, Norming, Performing –Adjourning
- Natural characteristics
- The Conciliator
- The General

Emotional Impact on Therapeutic Relationship

Attitudes and Behaviours:-

- Low Self-esteem
- Fear of Authority figures
- “Defensive exclusion”
- Conciliator
- The General

Values and Beliefs

- Kindness
- Courage
- Equality Diversity and inclusion
- Respect
- Personal and professional Integrity

Equality Diversity and Inclusion

- Awareness
- Assumptions
- Ally-ship
- Ask

(Dhillon, 2018)

Supervision

- Discrimination issues
- Diversity and difference
- Facilitating sense of self
- Supervisors duty

• (BACP, 2017)

Conclusion

- Discrimination
- Self- esteem
- Wider implications
- Therapeutic relationship
- Challenges
- Awareness

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