

CONSCIOUS PRACTICE and PSYCHOLOGICAL SAFETY

CARERS FIRST

Tony Humphreys PhD

Carers First!

- ▶ SBNI: Conscious Practice and Psychological Safety
 - ▶ Presentation
 - ▶ Tuesday, 21st January, 2020
- 

- "What a distressing contrast there is between the radiant intelligence of a child and the feeble mentality of the average adult."

Sigmund Freud



- “Possibly the greatest psychic effect on children is the life parents have not lived”

Carl Jung

“What remains unconscious in the parent, however well intended the parent is, is what will be transmitted to the child and the child’ unconscious response may remain a continuing obstacle to a fuller life.”

James Hollis, 2006



“Your drive, your psychological likes and dislikes, your motives to achieve goals, and the values by which you achieve those goals are all part of the emotional etchings buried in your inner core. They shape the way you make decisions, exercise judgement, and take action. They affect the people who come into contact with you: subordinates, peers, family. They affect how you see these people.

Contd. →

Your inner core determines how clearly you see and perceive, what you select as important, how you think and act, and the quality of your judgements, decisions, and relationships.

It affects the way you frame an issue, how you search for information, and from whom.

And it very often does these things without Tweeting them to your conscious mind

Contd.

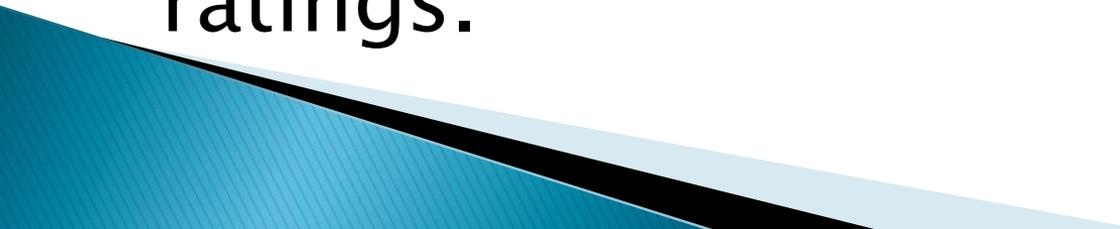


Becoming aware of dealing with your inner core is at the centre of personal and professional affectiveness and effectiveness and development. The more acutely you are conscious of it, the more you will create the psychological safety for others to come into conscious living of their own lives.



- ▶ Fear governs so much of our lives and leads to us unconsciously devising all kinds of protective strategies to eliminate or at least reduce the physical, emotional, social, intellectual, behavioural, creative and sexual threats we encounter

- ▶ When we no longer secretly try to win recognition through how we look, what we do, what we achieve and what status we have, we become more affective and effective artists, professional carers, businesspeople, politicians, parents, students, or teachers. We are freed to do what we do as a form of creative play rather than as a form of self-validation.
- 

- ▶ The same principle holds true in every sphere, from political leadership to spiritual practice. Given the great challenges facing our planet, there is a tremendous need for conscious leaders who can, out of their love for self and humanity, put the long-term benefit of the planet above the unconscious short-term interest of their approval ratings.
- 

“To know that we even know what we do not know and that what we do not know frequently makes life choices for us can be a shattering and humbling revelation “

Hollis 2006

- “Every person born into this world represents something new, something that never existed before, something original and unique. It is the duty of every person... to know and consider... that there has never been anyone like him in the world, for if there had been someone like him, there would have been no need for him to be in the world. Every single person is a new thing in this world and is called upon to fulfil his particularity in this world. Every person’s foremost task is the actualization of his unique, unprecedented and never-recurring potentialities, and not the repetition of something that another, be it even the greatest, has already achieved”.

Martin Buber

The future of society lies with adults

It takes a world to raise a child

The paradigm shifts occurring are from:

- ▶ **Content to Context**
 - ▶ **Cognition to Emotion**
 - ▶ **1 Person to 2 Persons Psychology**
 - ▶ **Technique to Relationship**
- 

- ▶ **Literalism to Symbolism**
 - ▶ **Labelling to Narrative**
 - ▶ **Vulnerability to Creativity**
 - ▶ **Change to Emergence**
 - ▶ **Unconsciousness to Consciousness**
 - ▶ **Ego to Creator**
- 

Realisation

- ▶ Suffering is a path, not a pathology
 - ▶ Biography determines biology!
 - ▶ How is it that you took up a career of caring for individuals who have had adverse childhood experiences?
- 

DIFFERENTIATE

- ▶ Unconsciousness
- ▶ Person
- ▶ *Intelligence*
- ▶ *Screen Self*
- ▶ *Enmeshment*
- ▶ *Dependence*
- ▶ *Fearfulness*
- ▶ *Protectors*
- ▶ *Conditional*
- ▶ *Enmeshment*
- Consciousness
 - Behaviour
 - *Knowledge/Skills*
 - *Real Self*
 - *Separateness*
 - *Independence*
 - *Fearlessness*
 - *Boundaries*
 - *Unconditional*
 - *Separateness*

DIFFERENTIATE

- ▶ Depression
 - ▶ Outside-in
 - ▶ Cognition
 - ▶ Technique
 - ▶ Content
 - ▶ Expectation
 - ▶ Judgement
 - ▶ Imposition
- Expression
 - Inside-out
 - Emotion
 - Relationship
 - Context
 - Request
 - Understanding
 - Accompaniment
- 

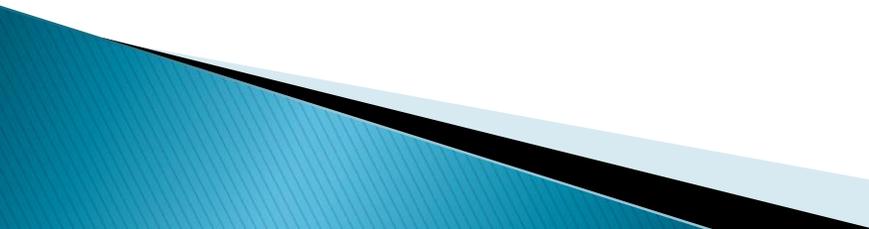
DIFFERENTIATE

- ▶ Failure
 - ▶ Success
 - ▶ Pressure
 - ▶ Change
 - ▶ Teaching
 - ▶ Literal
 - ▶ Talking to
 - ▶ Talking at
 - ▶ Surviving
- Attainment
 - Achievement
 - Encouragement
 - Emergence
 - Learning
 - Symbolic
 - Talking with
 - Talking with
 - Living

Consciousness in Caring

- ▶ Relationship
 - ▶ Understanding
 - ▶ Separateness
 - ▶ Passion
 - ▶ Belief
 - ▶ Emphasis on creativity
 - ▶ Caring for Consciousness
- 

HERO'S UNCONSCIOUS JOURNEY 1

- ▶ Radiance
 - ▶ Emerging
 - ▶ Spontaneity
 - ▶ Fearlessness
 - ▶ Affectionate
 - ▶ Expression
 - ▶ Independence
 - ▶ Risk-taking
 - ▶ Bridges
 - ▶ Living
 - ▶ Presence
 - ▶ Inside-out
 - ▶ Connection
 - ▶ Visibility
 - Feebleness
 - Hiding
 - Tentativeness
 - Fearfulness
 - Withdrawal
 - Repression
 - Dependence
 - Helplessness
 - Walls
 - Surviving
 - Absence
 - Outside-in
 - Disconnection
 - Invisibility
- 

The Hero's Conscious Journey 2

- | | | |
|-----------------|---|--------------|
| ▶ Anxiety | – | Radiant mind |
| Hiding | – | Emerging |
| ▶ Walls | – | Bridges |
| ▶ Dependence | – | Independence |
| ▶ Fearfulness | – | Fearlessness |
| ▶ Depression | – | Expression |
| ▶ Surviving | – | Living |
| ▶ Absence | – | Presence |
| ▶ Hopelessness | – | Hopefulness |
| ▶ Literalism | – | Symbolism |
| ▶ Outside-In | – | Inside-Out |
| ▶ Disconnection | – | Connection |
| ▶ Invisibility | – | Visibility |
| ▶ Protectors | – | Boundaries |

“Unfortunately, most parents cannot help their children recognise or honour their deeper potentials. They see children through a glass darkly because that is how they see themselves. Even loving parents often provide distorted mirroring, especially if they idealise or indulge their child. No matter how much our parents love us, they generally see their version of who we are, as reflected in the dark glass of their hopes, fears, expectations and unmet needs.



- ▶ This is not something to blame them for... they simply couldn't give their children a kind of recognition they never got nor gave themselves. Nor could they allow their children to have feelings, needs or sensitivities they were never allowed to have themselves "..... UNLESS THEY BECOME CONSCIOUS

John Welwood

- ▶ “Not knowing in our blood and bones, that we are truly loved and loveable wisely leads us to hide our capacity to give and receive love.”
 - ▶ “This is the core trauma that generates intrapersonal and interpersonal conflict.”
- 

▶ *“ The child is like an open hand that gradually starts to contract and close.”*

▶ *John Welwood (1997)*



KEY WORDS

- ▶ STORY
 - ▶ SUFFERING
 - ▶ SOLUTIONS
 - ▶ CREATIVITY
 - ▶ GENIUS
 - ▶ WISDOM
 - ▶ CONFLICT IS OPPORTUNITY
 - ▶ SAFETY
 - ▶ SEPARATENESS
 - ▶ COMMUNICATION
 - ▶ RELATIONSHIP
- 

KEY WORDS

- ▶ LISTENING
 - ▶ UNCONSCIOUS
 - ▶ CONSCIOUS
 - ▶ UNCONDITIONAL LOVE
 - ▶ PATIENCE
 - ▶ BURN-OUT
 - ▶ CONTINUAL PERSONAL REFLECTION
 - ▶ THE CONNUNDRUM!!
-
- ▶ WHERE YOU ARE IS WHERE YOU NEED TO BE!
- 