

*“When a person comes along to be a client in therapy it is perfectly appropriate for them to be in their ‘Child’.*

*“When they go along to a training course to be a trainee, they are also expected to bring their Child, but their Adult is expected to come along as well....*

Working at Relational Depth in Counselling & Psychotherapy, Mearns and Cooper, p153

## CONFIGURATIONS

- Configurations of self- the Person Centred language for parts
- TA ego states as configurations

## PERSONAL DEVELOPMENT

- Our self as the developmental agenda
- Sense of our existence
- Growth of self-acceptance

## Touchstones

- Knowing our own ego states, configurations and experiences helps to offer higher quality empathy and relationship

# INTEGRATING TA WITH PERSON CENTRED CONCEPTS



For further info see:  
Mearns D, Cooper M. Working at Relational depth in counselling and psychotherapy. London: Sage; 2005.

## ENCOUNTERING THE PARTS

- Examples: *"I can't help thinking about that little five-year-old who felt so alone."*
- *"Adult you is strong and knows what to do, but you hear that same old voice saying you're just selfish."*

## TA SCRIPTS

- Our 'operating manual' formed in childhood
- What is my life script?
- Conditions of worth in PC therapy

## SUMMARY

- Personal development, knowing our own touchstones and scripts helps create the conditions to offer a meeting at depth



# GETTING TO KNOW OUR 'CONFIGURATIONS'

## MY 'PARENT' PART:

As a parent - spend quite a lot of time in parent mode:

- |                    |                             |
|--------------------|-----------------------------|
| • Structure        | Can be:                     |
| • Suggestions      | • Critical                  |
| • Caring/nurturing | • Impatient                 |
| • Empathic         | • Too responsible/'fix' you |



## MY 'ADULT' PART

- Equal alongside you
- Allows other to be responsible for themselves
  - Fully involved, not over involved
- Caring
- Empathic
- Takes care of myself - can ground



## MY 'CHILD' PART

- Feels excited for you
- Creativity
- In touch with my emotions and intuition
- Vulnerability
- Wants to please you
- Prone to feeling shame

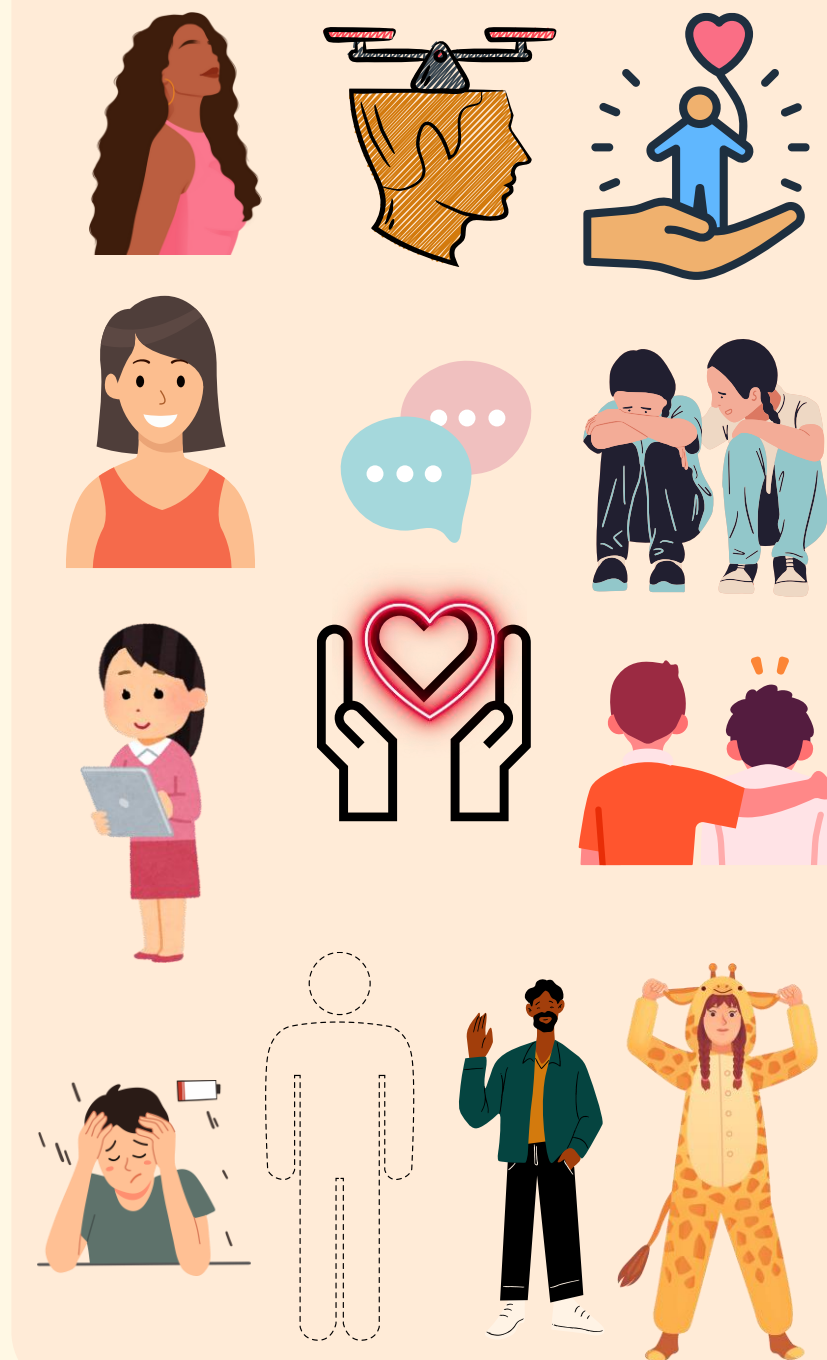


# GETTING TO KNOW OUR PARTS

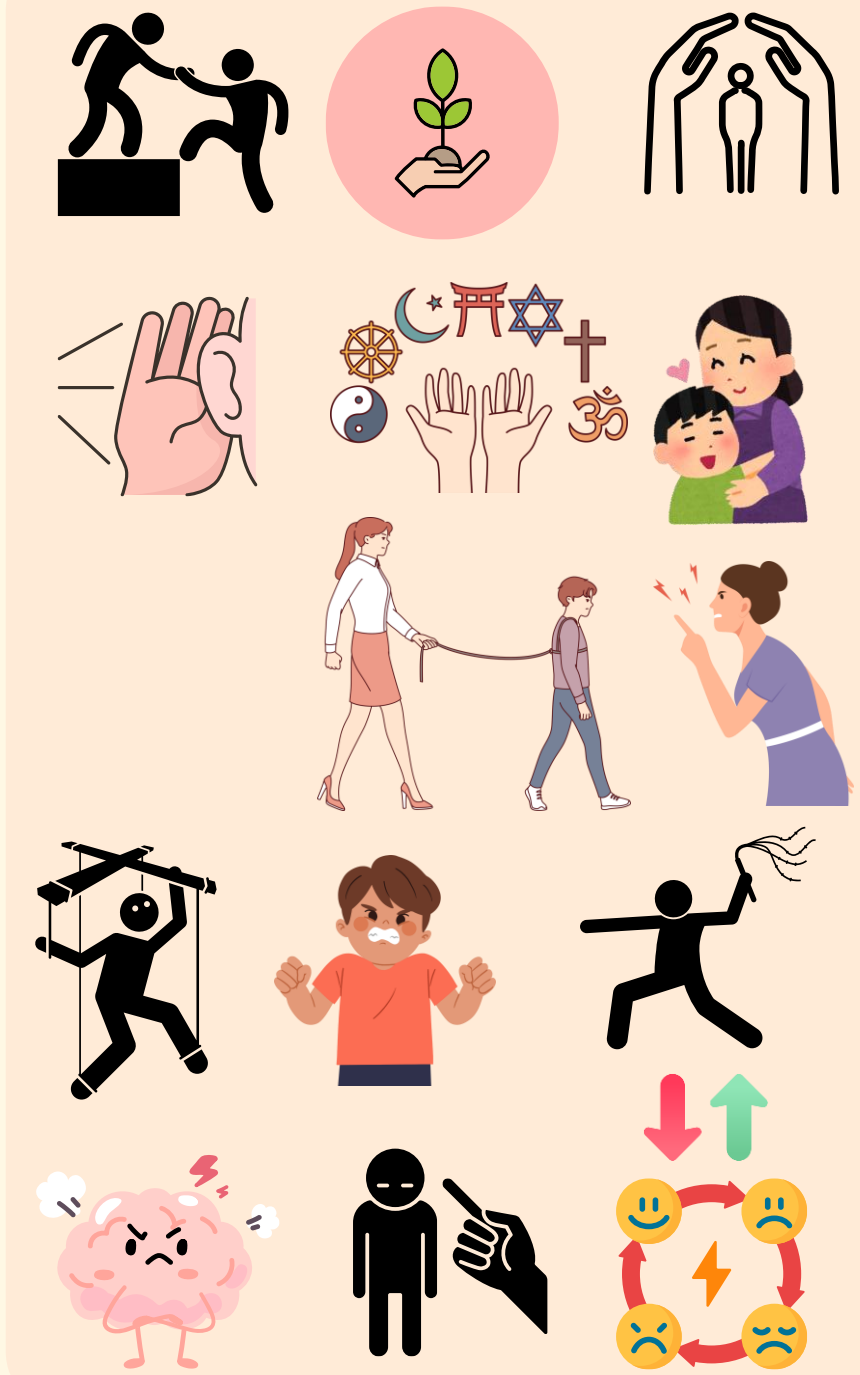
## WHAT IS MY 'CHILD' LIKE?



## WHAT IS MY 'ADULT' LIKE?



## WHAT IS MY 'PARENT' LIKE?



**CLIENT**

**CRITICAL PARENT**

**NURTURING PARENT**

**ADULT**

**FREE CHILD**

**ADAPTED CHILD**

## WHAT HAPPENS TO ME WHEN...

- My client is angry at having been 'sent' to counselling, they are suspicious of me, very defended. I feel their critical parent...
- My adapted child is here and feels frightened! I better get this right. Maybe I'm not good at this. I'm already feeling shame...

**COUNSELLOR**

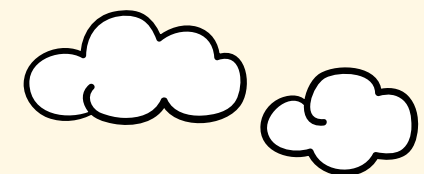
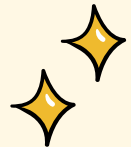
**CRITICAL PARENT**

**NURTURING PARENT**

**ADULT**

**FREE CHILD**

**ADAPTED CHILD**





Can use with clients, supervisees and for personal development

Finding and knowing our own touchstones enables us to meet clients at their depths - from our own depths

- Which of the cards are you drawn to, what resonates? What are the feelings and experiences that come to mind?
- The feelings wheel: which feeling/s match the cards that stood out for you?
- ‘When I can’t show you’ wheel? What is your child/parent part saying?



How do I feel?

When it's too difficult...

Available from  
[hardfeelingscards.co.uk](http://hardfeelingscards.co.uk)