

Self discovery – methodology and practice

Enver Cesko

ITS , Wiesbaden , November 2017

1. Purpose and results of SD

- **• Offers a model of what psychotherapy means**
 - – how a psychotherapist works, reacts, does things,
 - – how a psychotherapeutical relationship looks like,
 - – what an effective communication means
 - – how to build trust
 - and also provides an image about how I am in all this areas and on which of
 - them I have to work in order to become an effective psychotherapist (it
 - has to do with my FUTURE)
 - • Develop 2 basic competencies in psychotherapy (it has to do with my
 - PRESENT):
 - – flexibility
 - – self-awareness
 - • Underlie patterns of relationships I brought from my past and provide way
 - to change and acting different (it has to do with my PAST)

2. SD methodology

- • **Types of SD instruments:**
- – Structured vs unstructured
- – Focus on emotionality vs rationality
- – Vertical vs horizontal process
- – Directive techniques vs nondirective techniques

3. Structure of SD

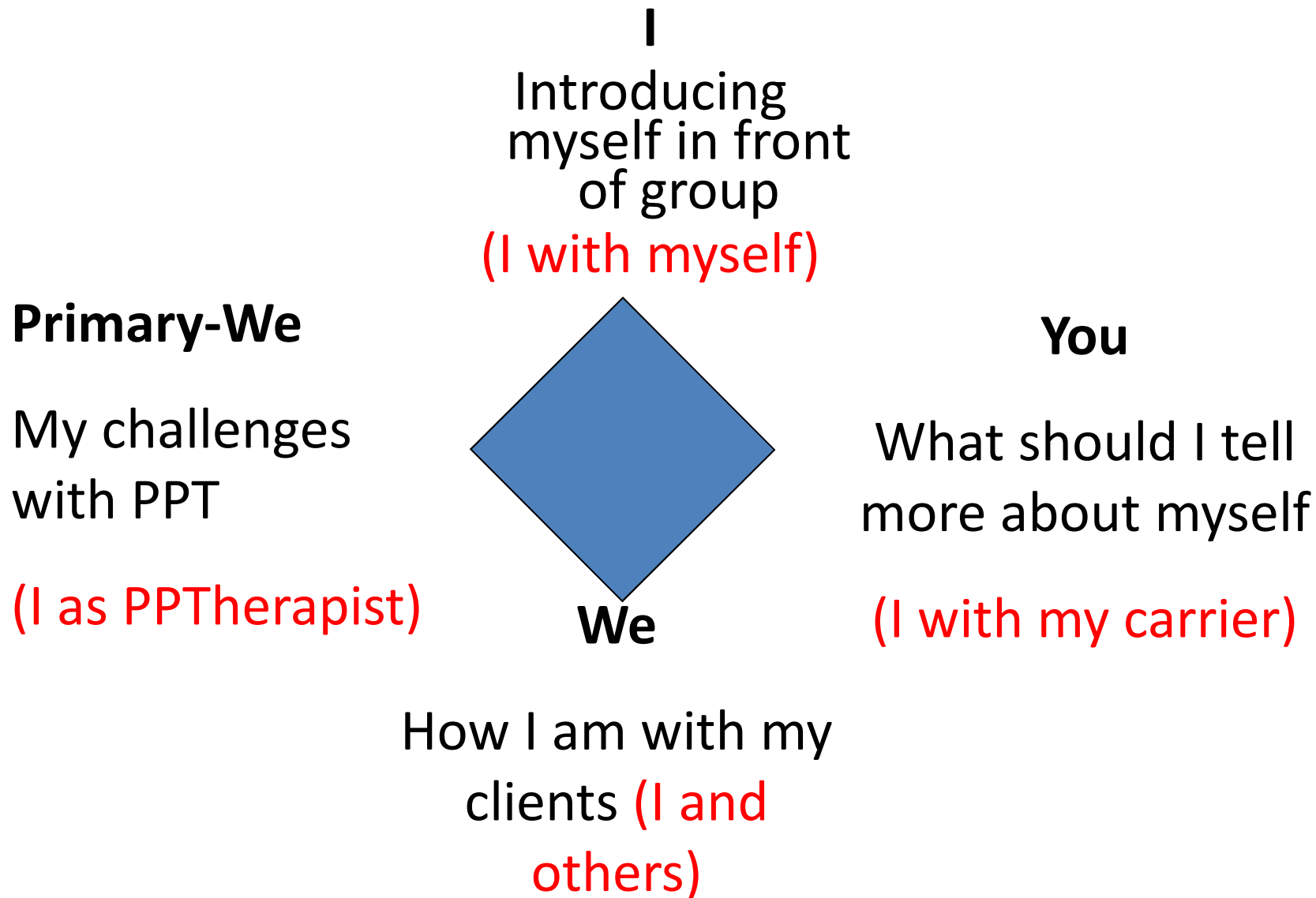
- • Different structure depending on:
 - – BC or MC
 - – Trainer's experience and personality
 - – National or international trainer
 - – Using SD or self –reflection
 - – Cultural circumstances
 - – Link with training in psychotherapy or link with
- personal development

4. Content/strategy/methodology

- **1. Attachment (step 1,2) -> self reflection (20-30%)**
- – Forming the group, using stories, BM, MD
- – Increase trust, get to know each other, develop the relation
- – Observation of group dynamic, roles, personality structures, future expectations
- difficulties
- – Introduction the concept of SD, confidentiality, rules
- – Find out group members expectations
- **2. Differentiation (step 2, 3, 4) -> self discovery (50-60%)**
- – Actual conflict (individual and within group) (not structured SD) bring by the group
- – WIPPF – structured SD, preparing by the trainer
- – Mixt theory and SD: AC, IC, BC, KC, DAI, MD etc
- – Feedbacks from the group members
- **3. Detachment (step 5) -> self actualization (10-30%)**
- – Authonomy, Integrity
- – Application of insights
- – Self – analysis
- – Personal development with SD (written form)

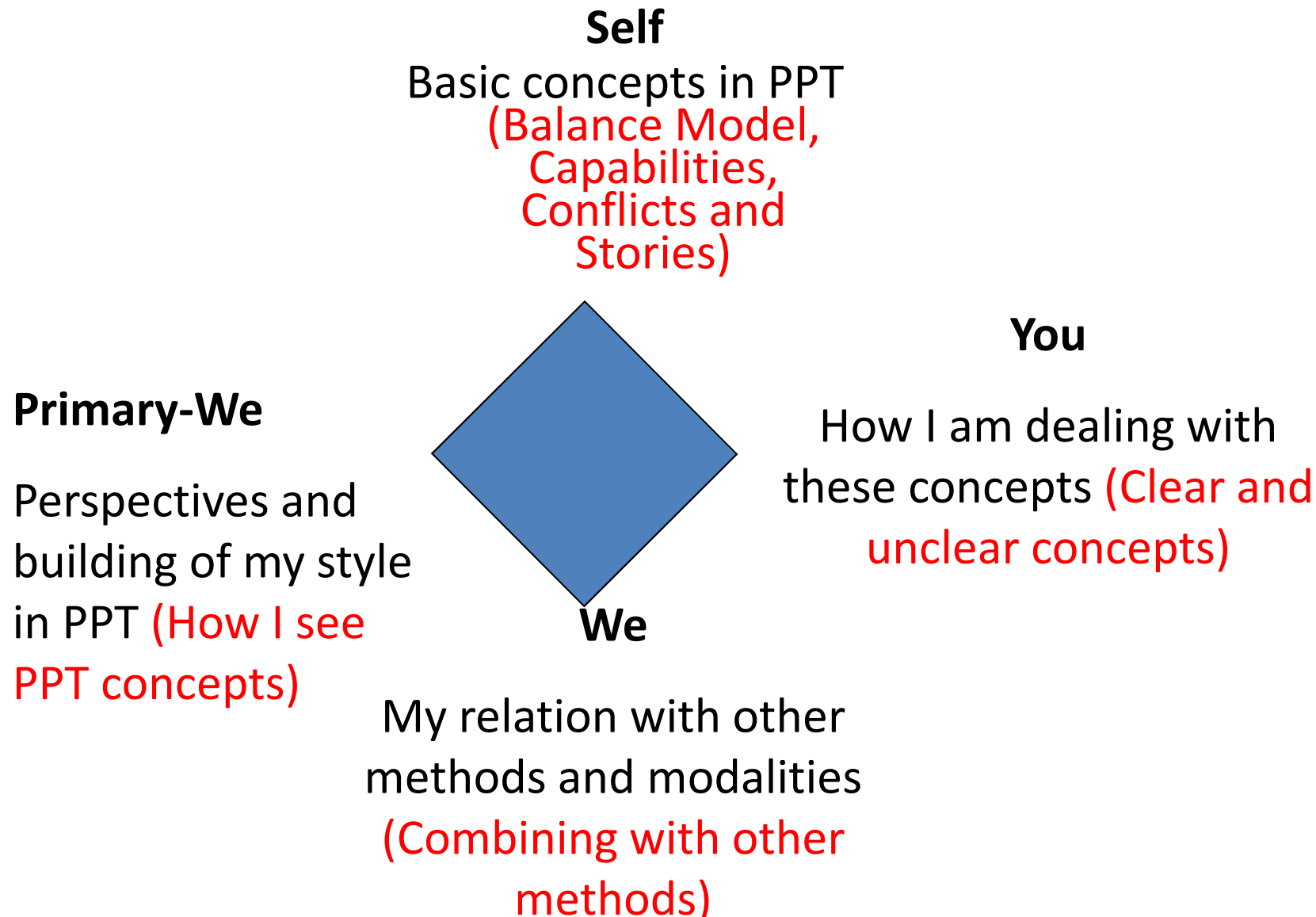
My understanding of PPT(*Past*)

1. Attachment - Self reflection



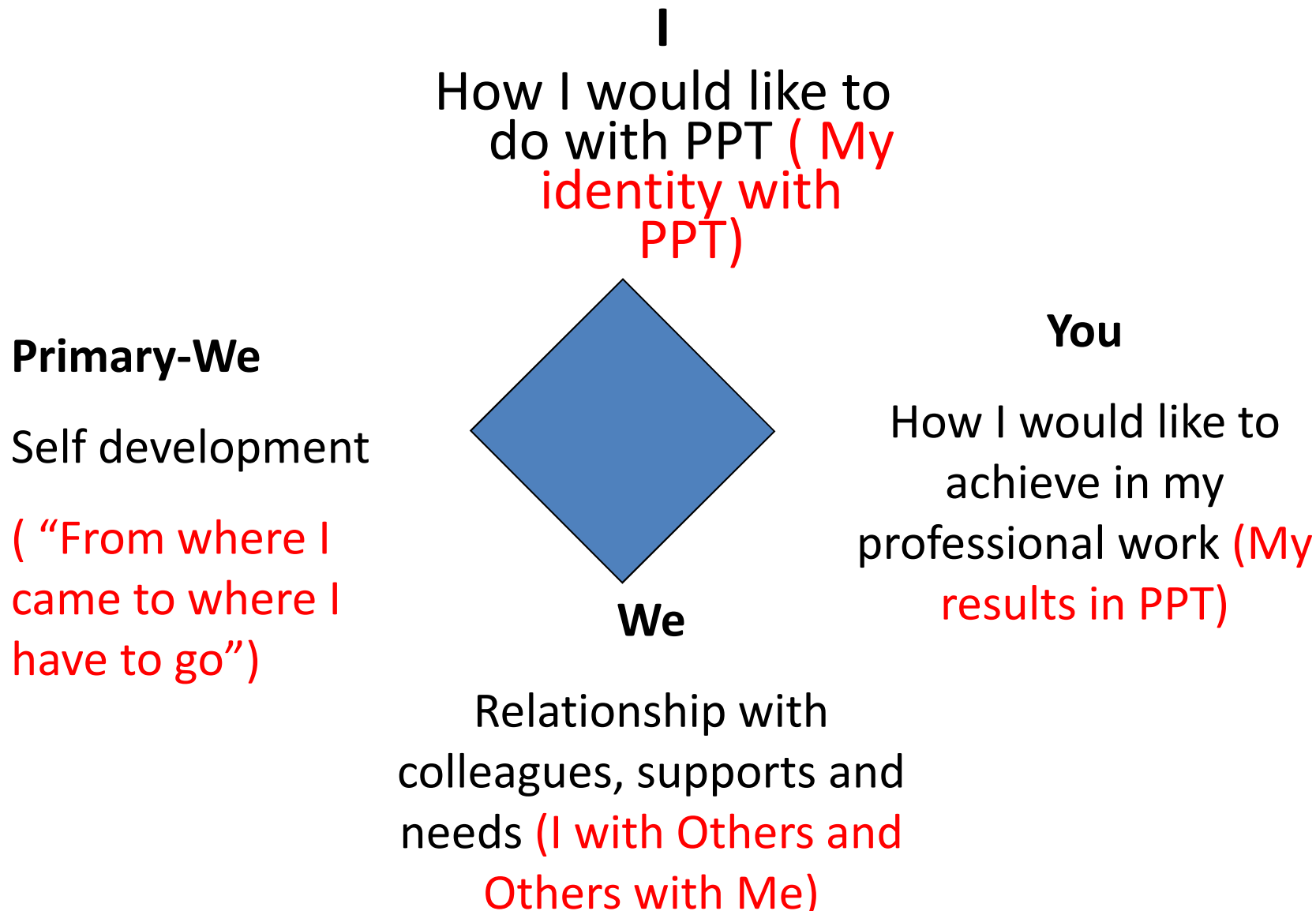
My understanding of PPT(*Presence*)

2. Differentiation – Self discovery



My understanding of PPT(Future)

3. De-attachment – Self actualization



Questions reflecting my relationships

- **Are you comfortable handling a problem by yourself and relying on someone who is important to you?**
- **Do you value the importance of both your emotional experiences and your more reflective insights?**
- **Do you adopt a highly rational approach to life`s decisions while placing little value on your emotional experiences?**
- **Do you focus more on your relationships than on your individual interests and pursuits?**
- **Does your mind frequently wander to past relationship problems and losses, including those that extend back into childhood?**
- **Do events from past relationships intrude into your experiences in your present relationships?**
- **Do you have considerable difficulty regulating your thinking, emotions, and behaviors in certain situations with your partner?**
- **What do you think the past relationship events are that negatively affect your current relationships and functioning?**
- **What initial thoughts do you have about how to make changes so you can resolve past relationship stresses so they have little or no impact on your current relationships?**

Self discovery according to PPT

5 Stages	Goals	Content
Broadening the Goals	Developing my professional carrier	What should I have to do to keep my performances
Verbalization	Strength and weaknesses in my carrier	What I am doming to reach my performances
Encouragement	I in my carrier and my relationship with my performance	My relationship and my development in achieving my performance
Inventory	My identity with PPT	How I am dealing with PPT concepts
Observation	I with myself	How I am dealing with myself