

HIDDEN RELATIONAL SCHEMAS

Abstract

This 110' Workshop will focus on the concept of relational schemas shaped in the earliest years around the attachment need. This relational schemas then later act as patterns to organize the perceptual system and colour the way the client deal with his current situations.

When the client presents his issue for therapy his brain and narrative frequently distracts or hide the core of the issue. One of the task of a skilfull therapist is to help client's brain to find the core problem and to help client's mind to be in a self study mode (the mindfulness compasionate Observer).

The therapist should develop a very precise selective way of observing the client's narrative to pick up what I called the 'emotional markers' and 'organizers' hidden in the middle of the neocortical talk. In pointing out this emotional markers the therapist should elaborate an intervention the acts as a frame for the client's brain to look inside the subcortical brain for the implicit core material (the still alive emotional story that emerge in the narrative). We will reflect on a 'Funnel Model' develop by Mario C Salvador to improve framing skills.