

Gift and Duty Configurations Within the Family Environment

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Abstract

Introduction: *In the present article we aimed to explore, identify and represent the problematic present experiences relating to the gift and duty phenomenon within the family context. Furthermore, our focus on the psychotherapeutic approach from a psycho-genealogical point of view is intended to offer psychotherapists the possibilities to identify the occurrence pattern of the change phenomenon. We have also tried to help clients make the best use of their resources during the therapeutic sessions and to identify their own needs concerning the manifestation of their autonomy and self respect.*

Objectives: *Our objective is to determine the generational effects of gift and duty relationships and their effect on parent-children relationships. Our hypothesis was that the identification of specific trans-generational dynamics concerning gift and duty, has an impact on the psycho (pathological) aspects in daily life experiences.*

Methods: *A qualitative approach involving clients was conducted in order to discover the dynamics of gift and duty phenomenological and dynamic relationships in parent-children (adult) relationships. For the evaluation of the gift and duty phenomenon we used drama-genograms and an experiential grid, extracting relevant psychotherapeutic aspects.*

Results: *The case study analysis indicates specific relationships between parents and children concerning certain difficulties in the gift and duty dynamics. Every case study indicates a specific trans-generational schema of the interrelationship between family members throughout generations.*

Conclusions: *The use of psycho-genealogical therapeutic procedure sessions helped the participants get the proper understanding and implement a healthy separation process in parent-children relationship.*

Keywords: *gift, duty, family context, psycho-genealogical approach*

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Experiential Learning With a Role in Decreasing Traffic Aggressiveness

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Abstract

We are confronted daily with ill-favored attitudes in traffic, with a dysfunctional dynamic in traffic, that is tiring and sometimes even dangerous. The study brings forward the effects of aggressiveness and especially the one manifested in traffic. From the aforementioned type of aggression to actual antisocial acts in traffic the line is very thin, the study suggests few solutions to diminish aggressiveness and to create a safer traffic. The exercises chosen for the intervention prepare the drivers for adequate reactions at the steering wheel and for the penalty of those who trespass the security limits.

Keywords: driver, aggressiveness, traffic, intervention

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Psychotraumatology Aspects Highlighted in Personal and Transgenerational History of Professional Foster Parents, in Relation to Career Choice

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Abstract

Introduction: Each event, situation or traumatic factor has major consequences on the person, both physically and emotionally. These effects of traumatic experiences of the human psyche can be identified by changes on understanding the individual self and the world in which he person lives.

Objective: Foster parents' awareness of psychotraumatic elements from their personal and transgenerational history as the cause of choosing this profession.

Methods: The research methods and tools used were selected in accordance with the objectives and research hypotheses: the psychodiagnostic method, the experimental method, statistical methods, the qualitative analysis method.

Results: We had analyzed, on one hand, the foster parents' answers at the family psychotraumatic questionnaire assessment correlated with information obtained from genograms, and, on the other hand, we have examined the conscious motivation of choosing this profession, declared in the questionnaire. We later statistically analyzed the results according to the complex evaluation grid of foster parents' efficiency, regarding the motivation of becoming a foster parent, correlated with the psychotraumatic history, before and after attending the personal development experiential group.

Conclusions: We believe that an efficient foster parent is a competent person, with a psycho-emotional and behavioral balance, with a good knowledge of one's self and the ability to adapt to new experiences.

Keywords: *foster parents, traumatic events, stress factors*

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The Psychology of Religious Representations - Development and Implications for Psychotherapy

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Abstract

Introduction: *Thanks to a wider opening of psychology to the religious domain, mental health specialists need to be aware of their clients' spiritual orientation and religious background. Unfortunately, there are not many resources that facilitate the understanding of the psychological mechanism that form the spiritual dimension of life, but there is an increased interest for religious aspects in psychology. Regarding the therapeutic process, it is important to look at the ontogenetic experience of religiosity and spirituality as generators of meanings in understanding and assimilating the religious representations of God. Moreover, we need to understand the distinction between the image of God and the concept of God, the way in which they are developed through the life span and assimilated in terms of morals, values, and why and how they condition the perceptions of clients. Understanding the process of how representations are developed and structured and the psychology behind them, the therapist can intervene in the religious dimension of his clients, trying to make them conscious about the environmental factors which conditioned the forming of representations. Thus, the therapist and the client can construct a healthy representation based on the exploration of the client's primordial experiences.*

Objectives: *This paper aims to show how religious representations develop and how they can be used in therapy in the process of working with religious clients. Also, it aims to raise awareness on some spiritual issues starting with the need for understanding how religious representations develop. This is a primordial aspect of the therapeutic work because all the clients' perceptions about the world around them are developed under their notion and representation of God.*

Methods: *Literature investigation.*

Conclusions: *The understanding of how religious representations are formed is a key point in the therapeutic work. Since an insecure pattern of attachment may form a negative representation of God, the therapist will have the opportunity to work with the clients on investigating their past and their attachment to caregivers. At the same time, operating a distinction between the concept of God and the image of God gives a better understanding of how these concepts are loaded with meaning based on primordial social interactions.*

Keywords: *religious representations, image of god, concept of god, attachment style*

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The Effectiveness of NLP: Interrupted Time Series Analysis of Single Subject - Data for One Session of NLP Coaching –

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Abstract

The main goal of this study was to evaluate the effectiveness of Neuro Linguistic Programming (NLP) in the treatment of individuals with mild psychological and/or social problems. Multiple N=1 studies were used to examine behaviour changes in individuals receiving NLP-coaching. In this design, NLP treatment consisted of only one single NLP coaching session given by an NLP trainee. 25 participants were asked to score their chosen problem behaviour on a 10-point rating scale at least 20 days prior and 20 days after the intervention. In addition, changes in perceived well-being were observed using the Outcome rating scale (ORS). Through visual inspection and statistical analysis of the interrupted time series using SPSS ARIMA, the effectiveness of the intervention was examined. Results show that 16 individuals (64%) improved concerning their psychological and/or social problems through the NLP treatment.*

Repeated measures ANOVA show that on average overall well being of the participants increased after treatment. We conclude that NLP-coaching can be effective in treating mild psychological and/or social problems and is able to increase perceived overall well being after one coaching session. Based on our findings and the limitations of this design, further scientific investigation of NLP is recommended.

Keywords: nlp coaching, neuro linguistic psychotherapy, change techniques

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Reconsolidation of Traumatic Memories (RTM) for PTSD - a case series -

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Abstract

Clients with posttraumatic stress disorder (PTSD) represent a significant problem to the US Military and Veterans Administration. Upwards of 30 percent go on to life-long chronicity with or without treatment (Kessler, Sonnega, Bromet, Hughes, & Nelson, 1995). Most mainline treatments are not meeting the needs of our veterans and active duty warriors. The current case study describes four individuals previously diagnosed with PTSD who volunteered for treatment in a waitlist RCT of a brief, non-traumatizing intervention, Reconsolidation of Traumatic Memories (RTM). These individuals completed five 90-min sessions of RTM. In the larger study 96% (25/26) of treated clients no longer met diagnostic criteria for PTSD at the end of treatment, with these gains maintained at 6- and 26-week posttreatment. Implications for delivery of RTM and its further investigation are discussed.

Keywords: posttraumatic stress disorder, reconsolidation, brief-interventions, rtm

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