

The Analysis of Solution-Focused Brief Therapy from a Clean Language Perspective

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Abstract

Introduction: *This paper compares and analyses Solution-Focused Brief Therapy (SFBT) through the paradigm of Clean Language and Symbolic Modelling at three levels: intention, process and practice.*

Objectives: *The aim is to identify specific similarities and differences between the two approaches in order for practitioners of both to mutually benefit.*

Methods: *A high-level comparison of SFBT and Symbolic Modelling approaches; a line-by-line linguistic analysis of a representative SFBT transcript using models from Symbolic Modelling such as: ‘vectoring’, the Problem-Remedy-Outcome model and Clean Language; an examination of a sample of common Solution-Focus questions for metaphors, presupposition and ‘leading’ syntax, with alternative ‘cleaner’ versions provided.*

Results: *Examples of similarities and differences between the two approaches at the level of intention, process and practice were identified. A selection of SFBT questions were modified to show how they could be cleaner, i.e. simpler, contain less therapist-introduced content (especially metaphors) and fewer leading presuppositions, giving the client a wider scope within which to answer. Areas of SFBT which could be given more attention in Symbolic Modelling were also identified.*

Conclusions: *While Solution-Focused Brief Therapy and Symbolic Modelling have broadly similar aims, these are often achieved by quite different means. With minor modifications, some of the basic principles, process and practices of Clean Language could be incorporated into Solution-Focused Brief Therapy and some of the methods of SFBT could be given more attention in Symbolic Modelling, while preserving the unique nature of both.*

Keywords: *Clean Language, Metaphor, Solution-Focus Brief Therapy, Symbolic Modelling, Transcript Analysis*

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Understanding the Lightning Process Approach to CFS/ME; a Review of the Disease Process and the Approach

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Abstract

Introduction: *The Lightning Process (LP) is a neuro-physiological training programme based on self-coaching, concepts from Positive Psychology, Osteopathy and Neuro Linguistic Programming (NLP). It has a developing evidence base for its efficacy with a range of issues, including Chronic Fatigue Syndrome/ Myalgic Encephalomyelitis (CFS/ME), but little has been published about its hypothesis on the disease processes, and its approach to this disabling disease.*

Objectives: *This paper aims to resolve these gaps in the research and contextualise the approach within current theories and research into the disease.*

Methods: *A literature review was undertaken of the published evidence supporting the main current models of aetiology and disease process for CFS/ME. An evaluation of the LP's conceptualisation of the aetiology of the disease and the hypothesis behind its approach was undertaken, through a review of the literature and semi-structured interviews with the programme's original researcher (this paper's lead author). These models were then compared to identify similarities and differences.*

Results: *The review identified that the LP adopts a multifactorial, multisystem disease process for the disease, which is well aligned with current research and established conceptual frameworks for CFS/ME pathology. It identified that the LP shared the established perspective that the illness is a physiological, and not a psychological, one. It found the LP applies a self-regulation approach to neuro-physiology processes to influence the physical disease process.*

Conclusions: *This paper resolves the identified gaps in the research and clarifies the hypotheses behind this approach, which has been identified by the evidence base as providing successful outcomes for some. It is hoped this clearer understanding of the approach will assist researchers, clinicians and those with this disabling disease to identify some additional options for potential recovery.*

Keywords: *neurology, physiology, intervention, hypothesis, fatigue*

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Elements Aiming to Optimize Coping Strategies in Pupils by the Use of Interventional Programmes

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Abstract

Introduction: *With the present study I aimed to build knowledge on and optimize coping strategies in pupils, also by clarifying the impact following the implementation of a programme aimed to optimize coping strategies to prevent stress, improve problem-solving skills, to acquire stable and healthy developmental patterns among pupils.*

Objectives: *To build knowledge on and enhance coping strategies among pupils, through the optimization programme aimed at creating positive attitudes and developing problem-solving skills.*

Methods: *To conduct the following study I used theoretical methods such as: analysis, synthesis; experimental methods: training experiment (the intervention), as well as descriptive and quantitative statistical methods. In addition, I conducted 30 individual interviews with pupils from primary school, aged from 8 to 10 years old, to identify personal definitions for stress and to better illustrate specific stress sources at school.*

Results: *The analysis of the intervention indicates that coping strategies have been improved following the implementation of the interventional programme. The results of the study bear important implications for any professional involved in educating children (psychologists, parents, and teachers) on how to more adaptively cope with daily stress.*

Conclusions: *The study provided support by making possible to teach pupils coping strategies throughout one academic year. The collected data prove useful in an increasingly growing number of situations and contexts, both in diagnosis purposes and in psycho-educational orientation and intervention. In this respect, a provocative aspect refers to schools engaging in elaborating books, games and tools for families.*

Keywords: *coping strategies, optimization programmes, children, stress, problem-solving*

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Evaluating Different Dimensions of Gay and Lesbian Identities: a Comparative Study

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Abstract

Introduction: *This study is based on the fact that developing a positive gay or lesbian identity is a multidimensional process comprised of both individual and social mechanisms that facilitate self-acceptance and assimilation of one's minority identity into the dominant heterosexual social norms.*

Objectives: *The main objectives of this study are to investigate and compare different dimensions of gay and lesbian identities and to set out different identity profiles corresponding to these dimensions.*

Methods: *The methodological instrument used was the LGBIS scale, which was translated and adapted to the purpose of this research.*

Results: *According to the obtained results, the study's hypotheses have been confirmed. As compared to lesbian women, gay men have higher levels of internalized homonegativity, are more concerned about being rejected by others because of their sexual orientation and have a greater need to be accepted by those around them. In addition, people who are confused about their sexual orientation and identity show more negative thoughts and experiences in relation to having a gay or lesbian identity as compared to subjects who have defined their sexual identity as gay or lesbian. The study also underlined the fact that the dimensions measured can structure two identity profiles, which have been grouped around the internalized homonegativity dimension.*

Conclusions: *The study showed that there are significant differences between gay men and lesbian women regarding the acceptance and assumption of their sexual identity. Also, there are significant differences regarding the integration of gay or lesbian identity into a unified self-concept between persons who have clarified and defined their sexual identity as being gay or lesbian and those who are experiencing a state of identity confusion. In addition, the different dimensions of gay and lesbian identities have highlighted two types of identity profiles: a profile with increased levels of self-acceptance and assumption, and another profile with low levels of self-acceptance and assumption of identity.*

Keywords: *self-acceptance, identity confusion, identity profiles, internalized homonegativity*

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Understanding Human Consciousness: Theory and Application

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“Consciousness implies awareness: subjective, phenomenal experience of internal and external worlds... Our views of reality, of the universe, of ourselves depend on consciousness. Consciousness defines our existence.”
(Hameroff & Penrose, 2014, p. 39)

Abstract

Introduction: *The study of consciousness attracts the attention of psychologists, philosophers and scientists. It is, however, mostly dealt with in a descriptive and speculative manner, without explaining the nature of the subjective experience and the dynamics involved.*

Objectives: *This article aims to provide a brief overview of prominent philosophical, psychological, sociological and quantum physics perspectives on consciousness. The practical implications of consciousness theory are also addressed.*

Methods: *Literature review.*

Results: *From a social sciences point of view, Gebser’s Structure of Human Consciousness model, Clare Graves’s Spiral Dynamics (SD) model and Ken Wilber’s Integral AQAL model are briefly discussed to understand the concept of levels of consciousness and to differentiate between the developmental themes which characterise each of these levels.*

This is followed by a description of scientific theories and findings. Here the work of prominent philosophers of science, including Dennett and Laszlo, is briefly explored. Neurological and quantum physics discoveries, including the work of Bohm, Pribram, McTaggart, Hameroff and Penrose are referred to and the phenomenon of collective consciousness is explained in terms of the physics concepts of quantum nonlocality and entanglement.

Next, the application of consciousness theory is addressed within the contexts of societal transformation, leadership, organisational development, organisational culture and education.

Conclusions: *The subject of consciousness thus remains deeply mysterious but of profound importance for the proliferation of life and our continued existence and growth.*

Keywords: *Consciousness, Collective consciousness, Values, Valuing systems, Organisational culture, Leadership*

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