

Sailing the 7C's of Courage – Away from the Practice of NLP and Towards a Novel and Cohesive Theory of Change. A Single Case History

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Abstract

Introduction: *7C's is a framework to develop out of a 25 years professional existence within the NLP community. It is a pluralist modality incorporating perspectives from Ontology, Phenomenology, Constructivism, Cognitivism, Behaviorism and many more. The 7C's Framework believes the best evidence for the validity of its approach is the lived lives of clients and trainees. Taking an Action Research approach, 7C's recognizes the utility of embedding more quantitative methods to discover what works in its research design, however, is in itself more skewed towards an inductive ideographic methodology.*

Objectives: *The purpose of this paper is to build upon a previous article, published in "Journal of Experiential Psychotherapy", and to explore specifically how a therapist using the 7C's approach would operate. This is in contrast with the previous paper which described how 7C's had developed from within the NLP community. The intention is to begin to build a theory of 7C's with reference to the psychological literature.*

Methods: *With the use of a single case study, the author describes a new framework and method for working therapeutically, which has emerged from his 25 years practice as a psychologist specializing in psychotherapy. In this paper he provides a broad step by step guide and rationale for working with clients.*

Results: *The results of this case study were positive and supported by appropriate psychometrics. The process shows how the client's previous existence was explored, marking out key areas of work in bold which emphasized the inductive nature of 7C's and the discovery and creation of new resources, known within 7C's as "Super-Heroes".*

Conclusions: *This case history represents just one way of working within the 7C's Frame. However, it also signposts the importance of recognizing context and the inductive creation of "Super-Heroes" to generate authentic resources to deal with the problems within each context as a general process common to all 7C's work.*

Keywords: *7C's, Experience, Context, Super-Hero, Model/ Modelling, Well Formed Outcome, multiple selves*

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Development of Volitional Qualities in Preadolescents in Experimental Conditions

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Abstract

Introduction: *Volition is considered important in achieving goals in many different contexts (in professional and academic life). Voluntary skills have proven to be particularly useful in the process of decision-making and in meeting the long-term goals. Also, volition helps us regulate behavior, refrain from activities that involve risky components and other actions that could lead to negative long-term consequences. Preadolescents are influenced by peers in some activities that may involve risky behaviors, that is why it is useful to know what the level of their volition is and how we can help them increase their will and volitional qualities level. We also suppose that by increasing volitional qualities, we can contribute to the developing of personality traits.*

Objectives: *Increasing the volition level by optimizing its expressiveness; increasing the perseverance quality level.*

Methods: *Psychological intervention program set on the basis of the Unification Experiential Psychotherapy (UEP) theory and methodology. In the retest stage, the following tests were used: Self-Assessment Volition Test after Rudensky, the Grit Scale after A. L. Duckworth (highlighting the perseverance) and the CP5F Personality Questionnaire.*

Results: *As results, it was established that the preadolescents from the experimental group increased their level of volition and perseverance in comparison with the preadolescents from the control group.*

Conclusions: *The psychological intervention program has been validated by performing the analysis of test-retest results. The research hypothesis according to which we assumed that specially organized interventions can positively influence the volition development and volitional qualities and thereby contribute to the development of personality traits was confirmed.*

Keywords: *volition, volitional qualities, preadolescents, UEP intervention program, personality traits, self-regulation, conscientiousness, emotional stability, autonomy*

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The Association between the Frustration of Relatedness Needs and Adaptive and Maladaptive Coping Mechanisms

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Abstract

Introduction: Emotions are known to be part of our self-regulation and the key to our adaptation and healthy functioning, generally speaking. In this study, coping mechanisms refer to both cognitive and behavioral efforts to alleviate or overcome stressful situations, especially when an automatic response is not readily available.

Objectives: The present study aims to examine the association between relatedness needs, frustration, and adaptive and maladaptive coping mechanisms (self-blame, acceptance, humor, use of emotional support, and behavioral disengagement), and the extent to which these adaptive and maladaptive coping mechanisms predict relatedness needs frustration.

Methods: Online survey on a convenience sample of 403 Romanian respondents, using COPE Brief Scale and The Basic Psychological Need Satisfaction and Frustration Scale.

Results: Using multiple regression analysis, the results show that 21% of the relatedness needs frustration is explained by self-blame, acceptance, humor, use of emotional support, and behavioral disengagement, as coping mechanisms.

Conclusions: Given that few recent studies have addressed how maladaptive and adaptive coping mechanisms of the general population are associated with the frustration of the need for relatedness, this study responds to a more general need for research in the field of psychology.

Keywords: self-determination theory, relatedness needs frustration, coping mechanisms, self-blame, acceptance, humor, use of emotional support, behavioral disengagement

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Self-Perception of the Burnout Syndrome Symptoms on Mainstream and Special Education Teachers

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Abstract

Introduction: *The interaction of teachers with students, their parents, peers, professional activities of teaching-learning-assessment, practical training and methodological-scientific training can become sources of professional stress and burnout. The emotional tension of working frequently and intensely with other people, the working conditions specific to the teaching profession have a significant impact on students, a negative influence on their behavior and thus on the educational system, ultimately leading to consequences that will damage the stability of the educational environment and society.*

Objectives: *The objectives of the study focused on the comparative analysis of how the professional stress and burnout level is perceived by mainstream and special education teachers, both from the perspective of the intensity of stress and the frequency of stressful situations. The influence of teaching experience, age and teacher certification were taken into account.*

Methods: *The research was cross-cutting, the tests, scales and questionnaires were applied to a group of subjects consisting of 300 teachers working in mainstream education, special and inclusive special education, by convenience sampling. The main selection criterion was the status of teaching staff. The tools used to collect quantitative data were: Knowledge Sheet, JSS Test – Job Stress Survey, and questionnaires to assess the level of professional burnout – Maslach Burnout Inventory and Perceived Stress Scale Questionnaire – SP-93.*

Results: *Self-perception of professional stress and burnout were significantly more intense in the case of special and inclusive special education teachers, compared to mainstream education teachers.*

Conclusions: *The consequences of professional stress and burnout on the behavior of both teachers and students have particular influences on the quality of teaching activities and involvement in working with students. The conclusions of this investigation suggest the importance of developing projects in the field of educational management, especially those that give priority to understanding this phenomenon.*

Keywords: *professional stress, professional burnout, teacher, education, special education*

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Executive Functions and Adaptive Behaviors in Adult Patients Diagnosed with Schizophrenia (part 2)

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Abstract

Introduction: *Patients diagnosed with schizophrenia present a level of impairment on a wide range of areas, such as cognition, memory, and adaptive mechanisms. Cognitive impairment, along with the degree of impairment of executive functions is a fundamental predictor of the degree of recovery and becomes a target in developing an intervention plan (Giraldo-Chica et al., 2017). However, despite the large number of years of study, the etiology and pathophysiology of schizophrenia are not fully understood, making treatment only modestly effective (Tandon et al., 2008).*

Objectives: *The purpose of this paper is to evaluate the degree of impairment of executive functions and adaptive mechanisms in order to better understand the nature and source of these deficits.*

Methods: *Research was conducted on a sample of 10 patients diagnosed with schizophrenia, aged between 30 and 60, of both genders – male (1) and female (9), who were selected by non-random sampling, volunteers receiving a set of questionnaires with early completion of the data processing agreement. The sample was extracted from 3 Psychiatric Hospitals in Bucharest, Romania. The degree of impairment of the participants was evaluated using the results obtained in the WCST (Wisconsin Card Sorting Test), D2 Attention Test, ABAS-II Test (Adaptive Behavior Assessment System) and MMS-2 Test (Mini Mental State Evaluation).*

Results: *The results indicated a severe impairment of executive functions and adaptive mechanisms, along with a moderate cognitive impairment. The general conceptual level of the subjects was placed in the severely affected performance range. Thinking processes were marked by perseverance in approaching a problem or situation, despite receiving negative feedback and continuing with it beyond the limit at which someone else would have sought another approach.*

Conclusions: *A future direction of research might be extending the number of participants in the study, in order to better evaluate the degree of impairment present in the targeted population. Better understanding the degree of impairment and extending existing research will offer a broader understanding in treating patients diagnosed with schizophrenia.*

Keywords: *schizophrenia, adaptive mechanisms, early trauma, Theory of Mind, cognition, memory, attention*

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Pre and Postnatal Experiential Counseling in the Online Environment. A Case Study

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Abstract

Introduction: *Pregnancy is a period of evolution and self-transformation, in which the future mother undergoes a series of physical and psychological changes, while the maternal becoming continues in the postpartum period. The mother-child dyad should be seen as an interdependent biome, in which circular relationships are shaped, from the mother to the baby and vice versa, through what we call the cycle of giving. Pre and postnatal anxiety can make it difficult for the woman to assume the maternal role.*

Objectives: *The psychotherapeutic process developed in the case study aimed to:*

- decrease pre and postnatal anxiety;
- develop pre and postnatal attachment;
- facilitate the settlement into the/ of maternal role during psychological counseling.

Methods: *The main therapeutic orientation used was the humanistic-experiential one. The counseling intervention was provided to a 30-years old pregnant woman, the process continuing postpartum. Specific techniques were used to foster insight and process the client's emotions and obtain self-regulation, facilitating the creation of the maternal role during pregnancy and after birth.*

Results: *The counseling intervention provided both prenatally and postnatally has shown significant transformations in the client. In the prenatal period, the woman gained better trust in her body, which facilitated birth, and the ability to build an image, that is give shape and meaning to the child she was expecting. Postpartum, she was also able to identify the valuable things she did without feeling a high level of stress and pressure.*

Conclusions: *Taking into account the ongoing context of the pandemic, the counseling sessions were held online. Despite the fact that the intervention did not take place face to face, throughout the duration of the counseling process, significant changes have occurred at psycho-emotional level, and the way of assisting the case in this manner did not prevent the transformation and emotional adjustment of the client.*

Keywords: *pregnancy, prenatal, postnatal, online psychotherapy, attachment, bond, anxiety*

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Online Intervention within Unifying Experiential Psychotherapy during Lockdown and COVID-19 pandemic.

A Short Communication

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Abstract

Introduction: Telehealth refers to health care information that is delivered through a variety of media rather than through face-to-face meetings between patients and providers. In light of the recent worldwide COVID-19 pandemic, counseling and therapy have been profoundly and irrevocably affected by social distancing and isolation. This led to challenging therapists to find creative ways of intervention, especially in the humanistic-experiential methods.

Objectives: The objective of this paper is to highlight an optimal way of therapeutic work in an experiential-unifying manner during the COVID-19 pandemic and lockdown.

Methods: The main methods used are online counseling and the experiential-unifying psychotherapeutic approach. Thus, we adapted the experiential method to online work, in which the therapist and client were connected only through the screens in front of them.

Results: Two case studies reveal the effectiveness of experiential work (including gestalt techniques or symbolic and expressive creative techniques) in telehealth conditions. Thus, online counseling offers the possibility to create an adequate therapeutic framework in which the therapeutic relationship is not affected.

Conclusions: Through telehealth, similar results with face-to-face work can be obtained. Future implications and ways of optimization are also mentioned.

Keywords: telehealth, telepsychology, coronavirus, psychotherapy, humanistic online counseling, expressive and creative techniques, therapeutic space

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