

# The Balance of Power

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# Presentation Slides

**Power spectrum: negative potential to positive potential**

**Negative**

Force  
Threat  
Coercion

**constraining dynamic over others**



**Positive**

to be able to change  
the development of potential

**Enabling dynamic with others**

**Severely**

# Change in emphasis re power

## **Psychoanalysis** - early 20<sup>th</sup> century

- One person is the subject (the Analyst) and
- One person is the Object (patient)

*One person is the interpreter and the other the interpreted.*

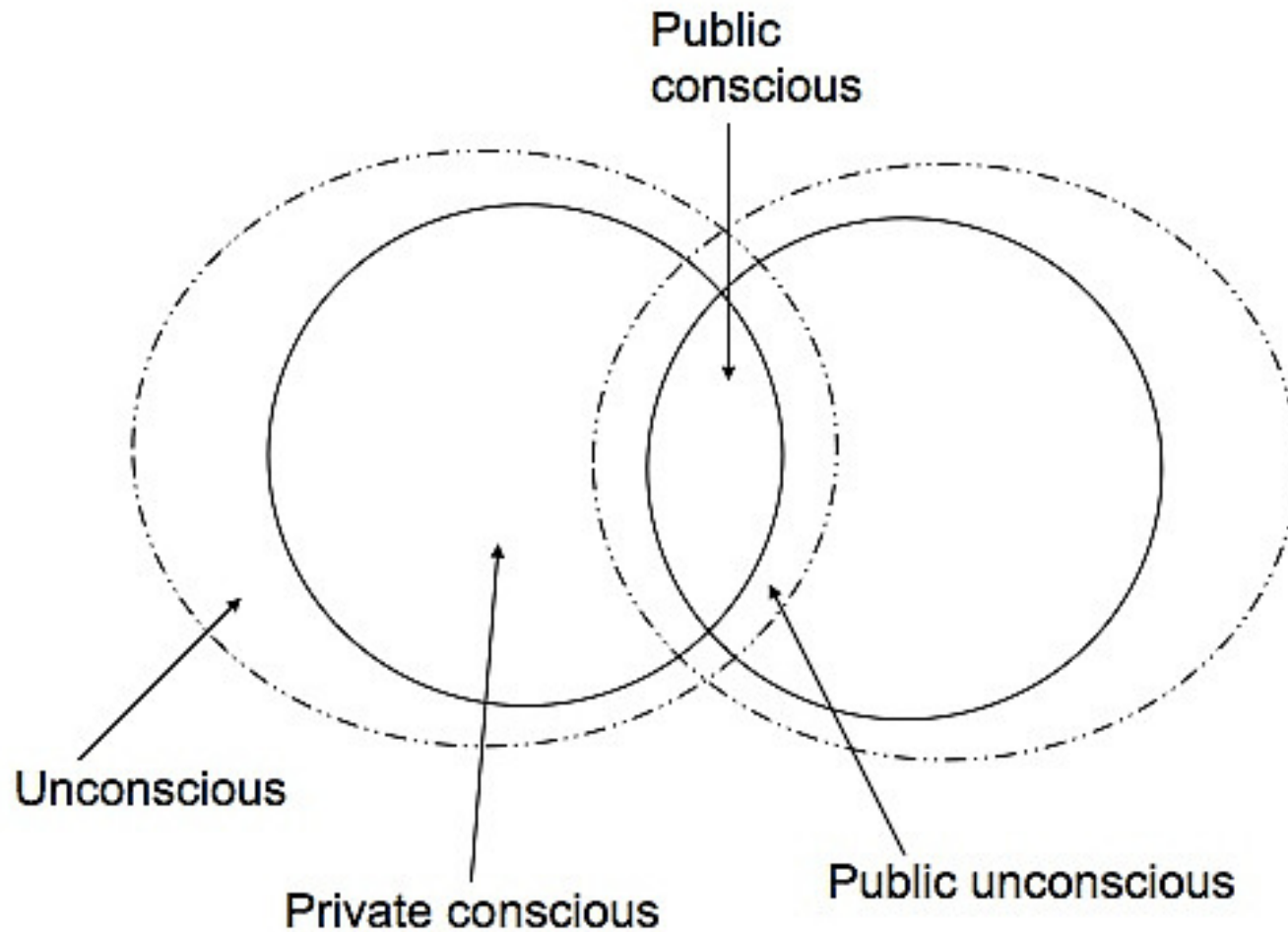
## **Transactional Analysis** (bridge from Psychoanalytic to Humanistic)

- Moved away from the Analyst's interpretative activity to a more subjective involvement: towards mutuality.

## **Humanistic Tradition**

- Developed in the 1950s – Rogers set out to change the role of therapist and he aimed for a more egalitarian relationship between therapist and client.

**TA is part of psychoanalytic and humanistic traditions**



**Public and private conscious and unconscious processes**

**'How do we accept the power differential and work ethically in a private, unequal relationship with conscious and unconscious parts present within a society and culture that may be both visible and invisible to us?**

To accept the power assigned to the role of Psychotherapist

To remember we are not special in the role: we are ordinary. Psychotherapists and clients both talk and both resist

To know why we became Psychotherapists

To remember both client and therapist are experts and both have vulnerabilities

To know the difference between truth and opinion

To be the real human being that we are and live and embrace the I+U+ / I thou / unconditional positive regard philosophies.

To maintain supervision and appropriate collegial discussion as an essential part of knowing ourselves and our opinions

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