



Unconscious Communication

UNDERSTANDING THE ADDITIONAL PSYCHOLOGICAL PROBLEMS
FACED BY YOUNG PEOPLE IN THE CARE SYSTEM

The Microscope

George

Kylie

Sarah

The Telescope

What is “unconscious communication”?

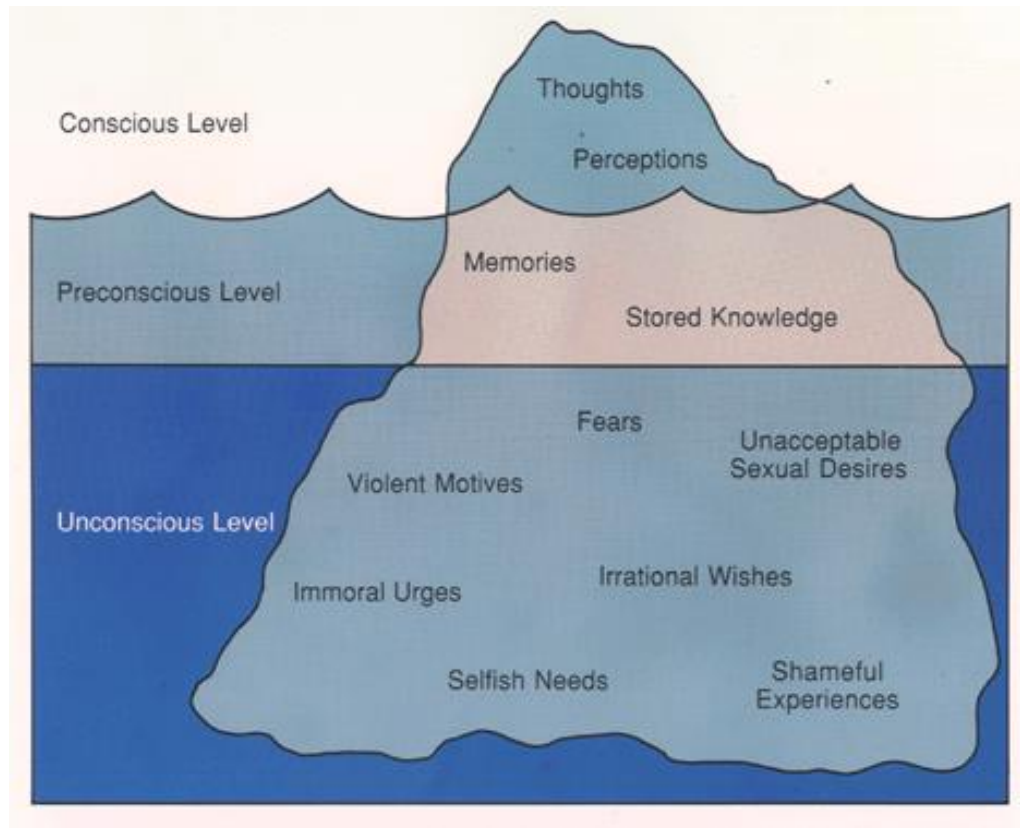
Psychodynamic
perspective

TA perspective

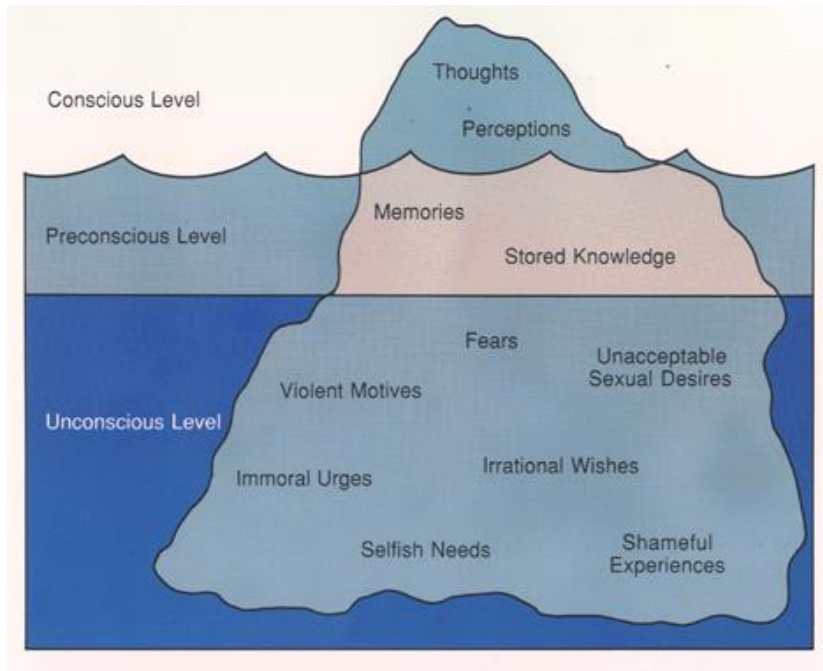
Neurobiological
perspective

What is Unconscious Communication?

- A. What percentage of what we do is governed by the conscious mind?
- B. How many bits per second of information can our conscious brain process per second?
- C. How many bits per second of information can we process unconsciously?
- D. How quickly do the following parts of our brain respond to stimuli...
 - 1. Pre-frontal Cortex?
 - 2. Hippocampus?
 - 3. Amygdala?
 - 4. Basal Ganglia?

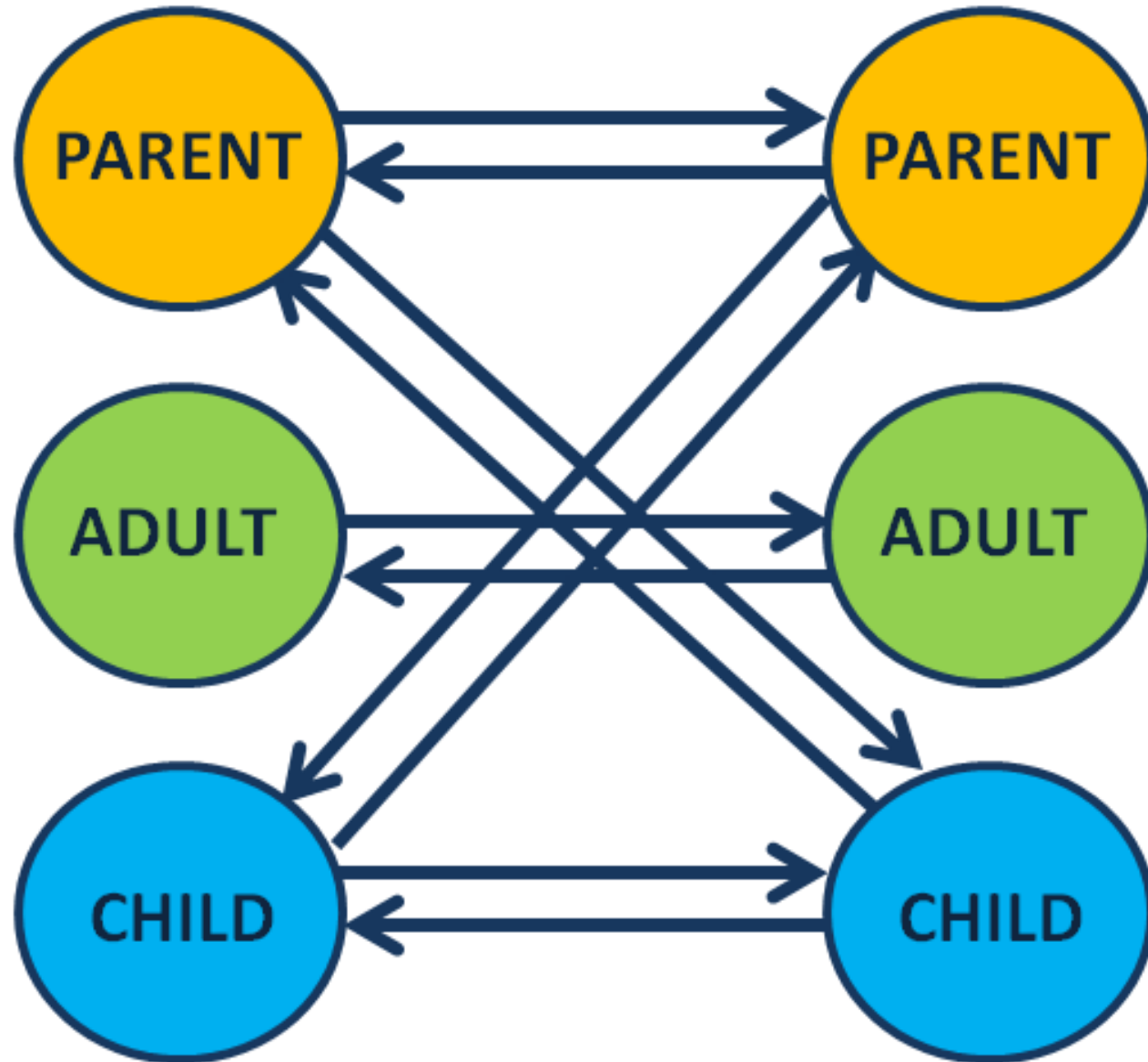


Psychodynamic perspective on unconscious communication

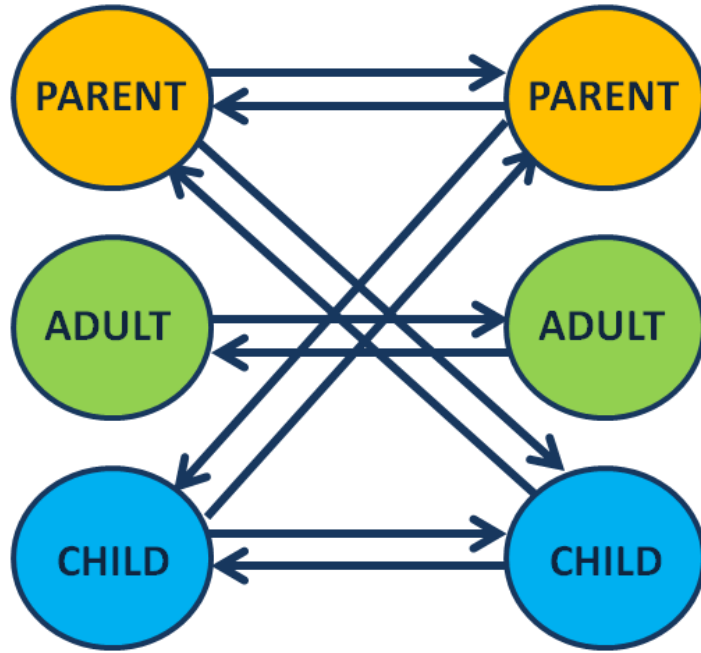


Psychodynamic perspective on Unconscious Communication

- Transference / countertransference
- Projection
- Projective identification
- Defence mechanism

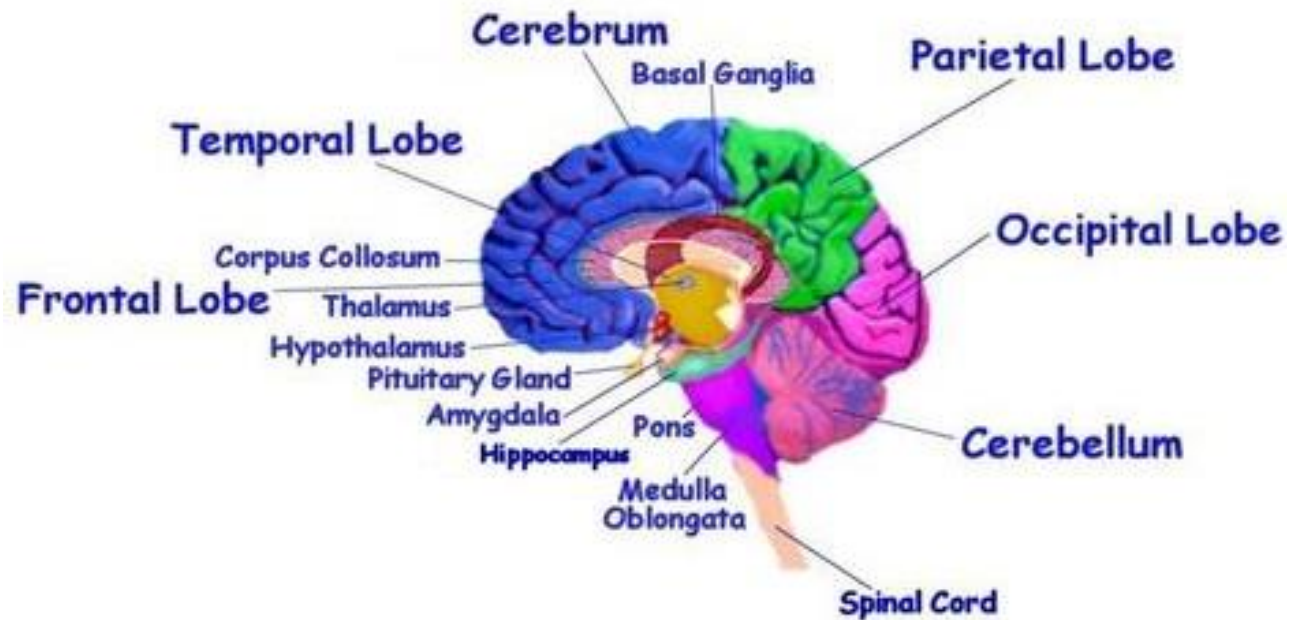


TA perspective
on Unconscious
Communication

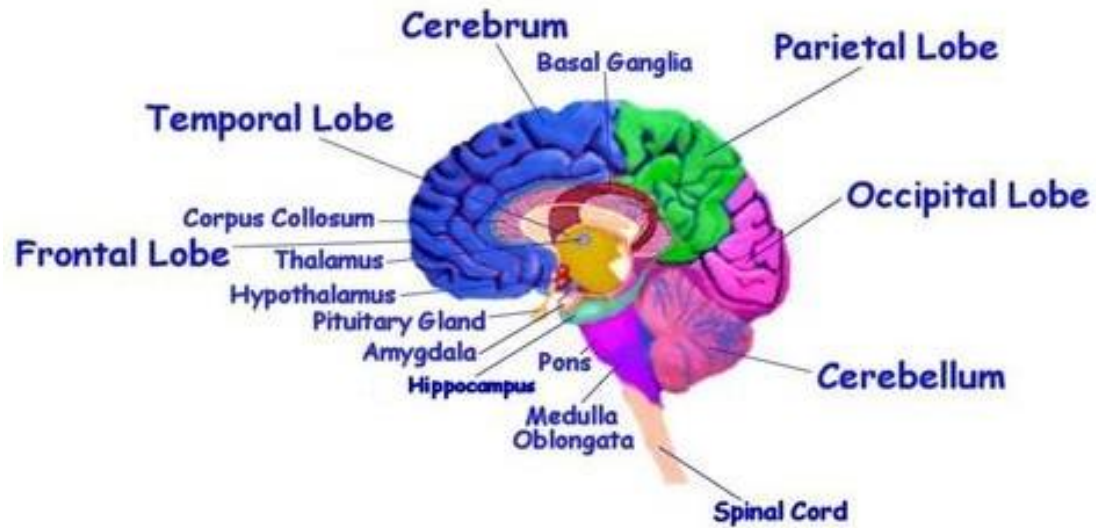


- Parental introjects
- Scripts
- Ego contamination
- Drama triangle
- OK Coral

TA perspective on Unconscious Communication



Neurobiological Perspective on Unconscious Communication



- Brain plasticity
- Maturation cycle
- Three systems: Fear, Resources seeking & Affiliation
- Roles of basal ganglia, amygdala, hippocampus and pre-frontal cortex

Neurobiological Perspective on Unconscious Communication

The Telescope

What is “unconscious communication”?

Psychodynamic
perspective

TA perspective

Neurobiological
perspective

Relationships, Rupture, Repair & Resilience

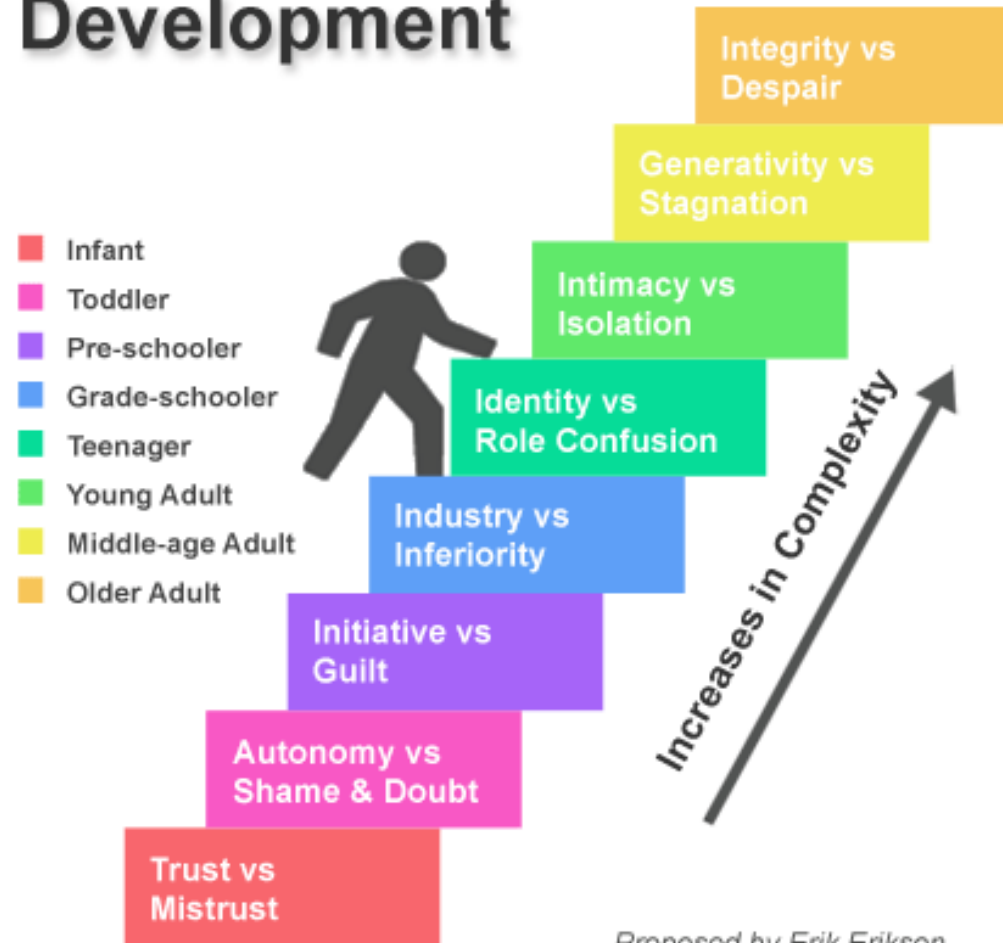
Relationships –
the ideal
development
cycle

Rupture – when
things don't go
well

Repair –
dealing with
problems

Resilience –
coping
strategies

Stages of Psychosocial Development



Relationships
– an ideal
development
cycle

Rupture – problems with the ideal



Rupture – unhelpful UC dynamics

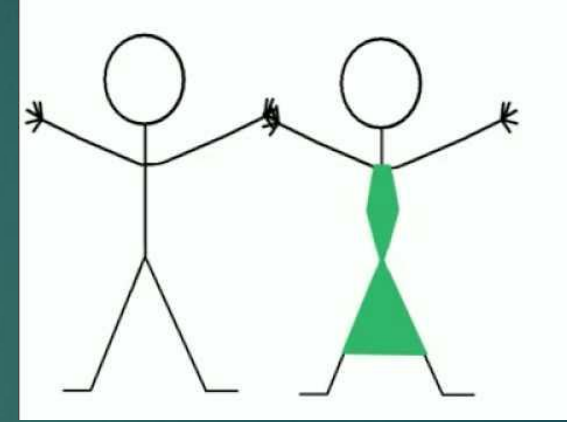


- Drug and alcohol abuse
- Benefits cheating culture
- Casual sex
- Little regard for education
- Neglectful childcare

Grandad (Parental Role Model):

- History of criminal activity
- Friend to Kray twins

Birth family versus Foster family

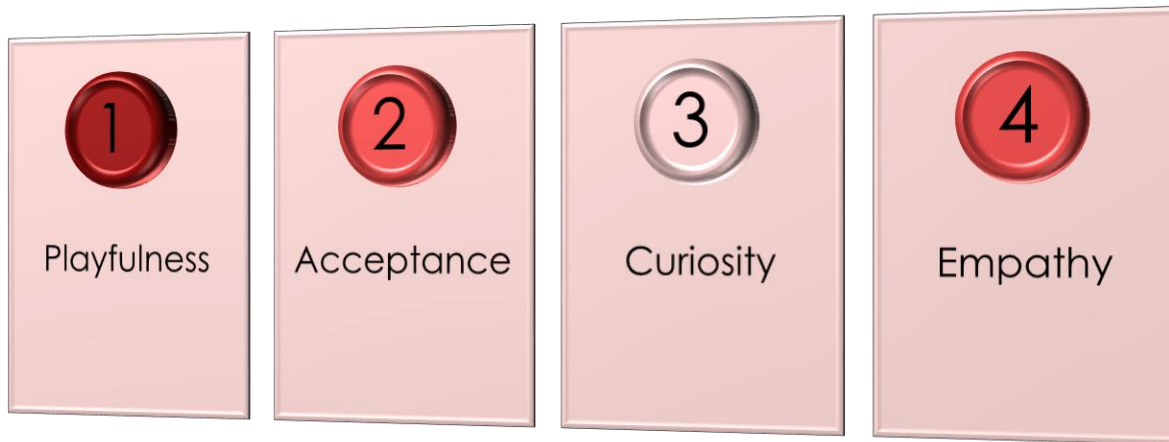


- Fidelity in relationships
- Work ethic
- Education, education, education
- Nurturing children
- Pro-social behaviour

Grandad (Parental Role Model):

- Successful businessman
- Inventor with over 100 patents

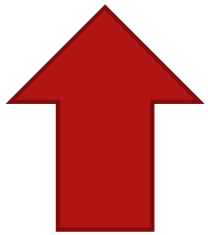
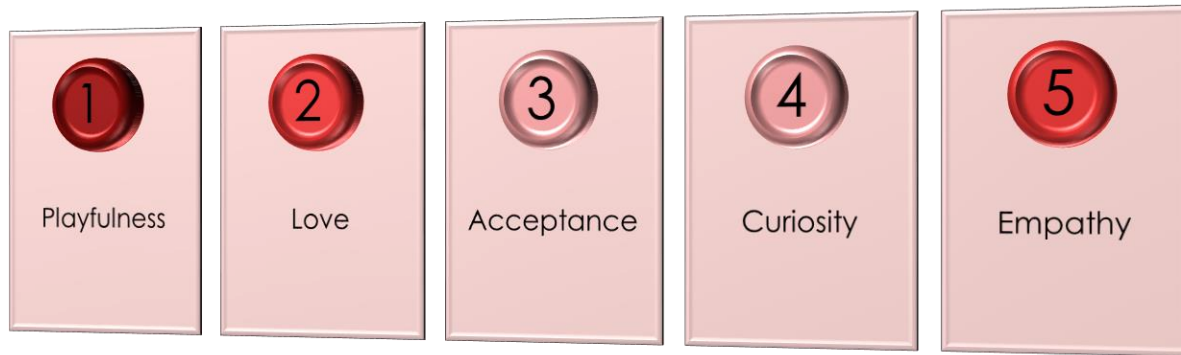
Dan Hughes' PACE Model



Repair –
dealing with
problems...

...in a UC
friendly way

Dan Hughes' PACE Model



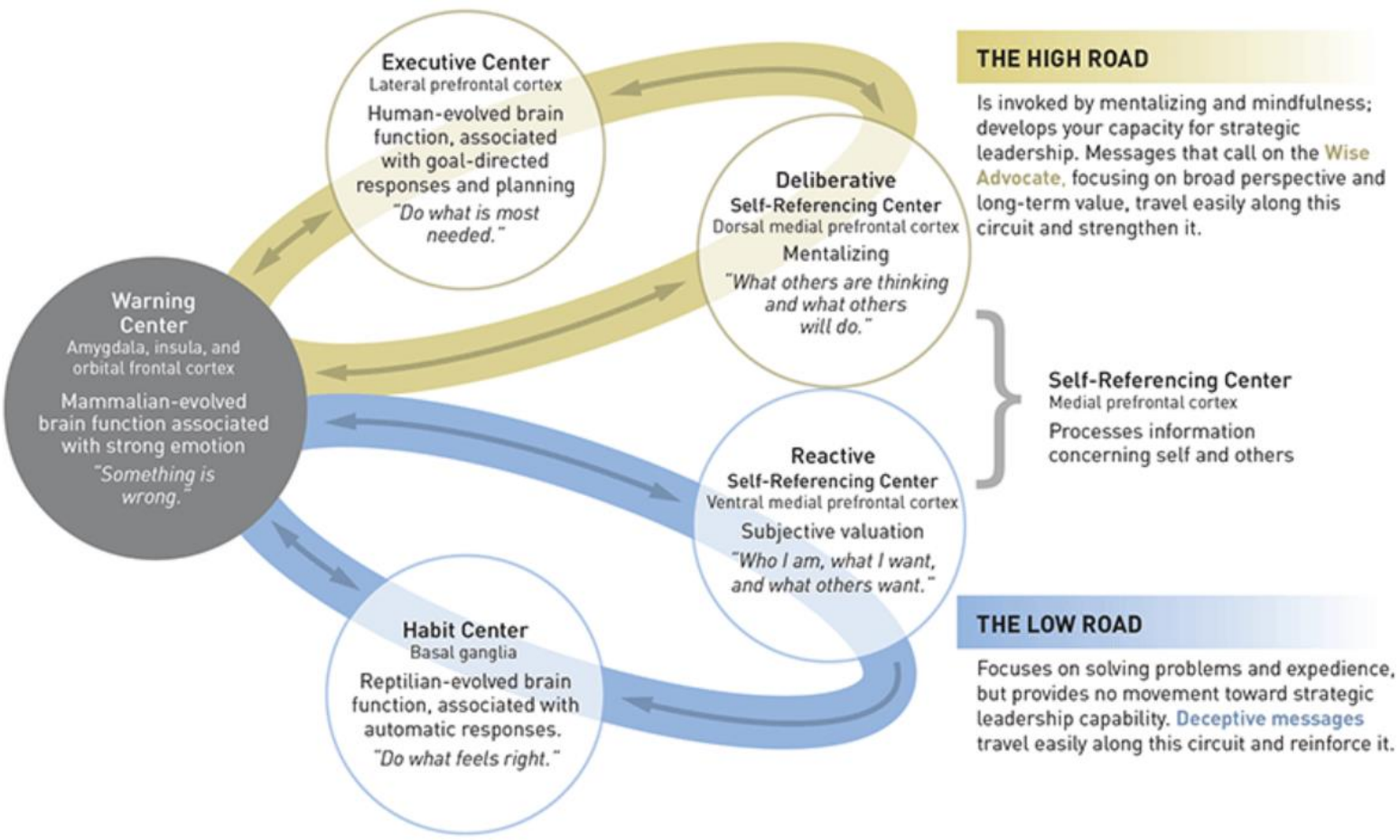
Hmm!

Repair –
dealing with
problems...

...in a UC
friendly way



Resilience –
coping with
stressful
relationships



Resilience – coping with stressful relationships

Source: Jeffrey Schwartz, Josie Thomson, Art Kleiner, and Wise Advocate Enterprises

Relationships, Rupture, Repair & Resilience

Relationships –
the ideal
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Rupture – when
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