# Unconscious Comunication

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

The Microscope

George

Kylie

Sarah

# The Telescope

What is "unconscious communication"?

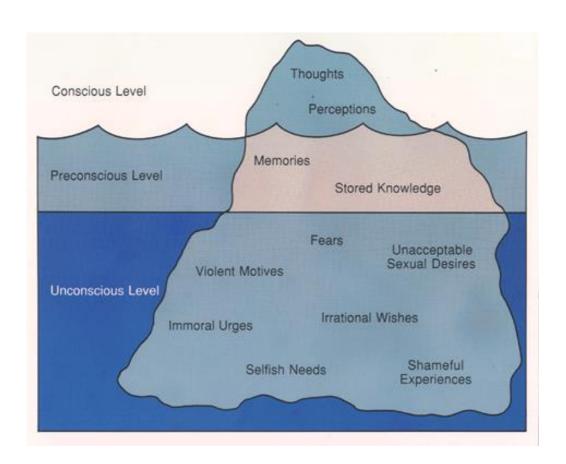
Psychodynamic perspective

TA perspective

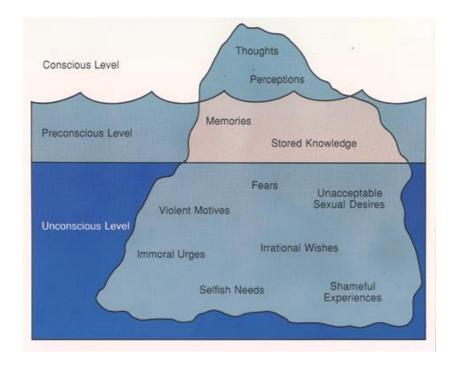
Neurobiological perspective

# 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...
  - Pre-frontal Cortex?
  - 2. Hippocampus?
  - 3. Amygdala?
  - 4. Basal Ganglia?

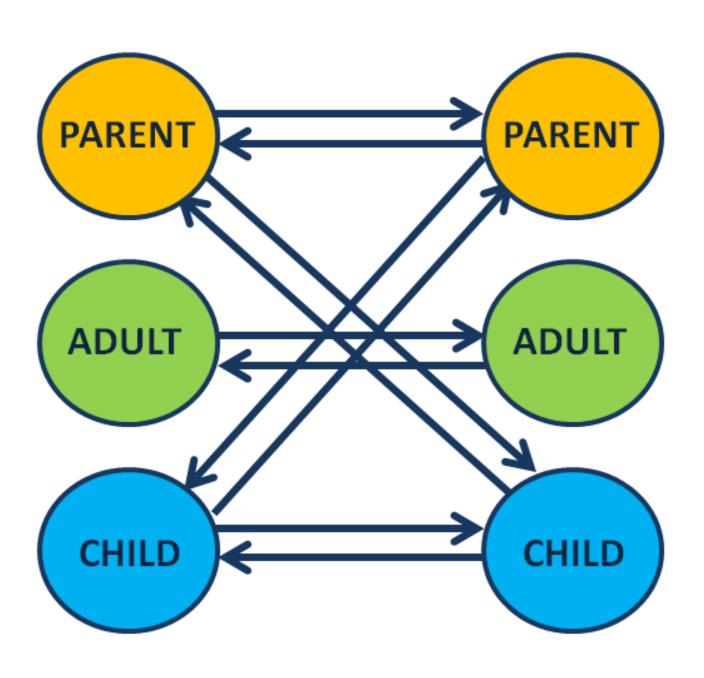


# Psychodynamic perspective on unconscious communication

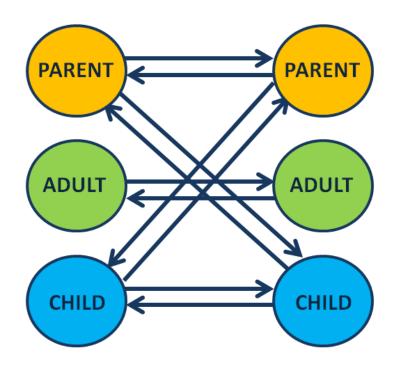


- Transference / countertransference
- Projection
- Projective identification
- Defence mechanism

# Psychodynamic perspective on Unconscious Communication

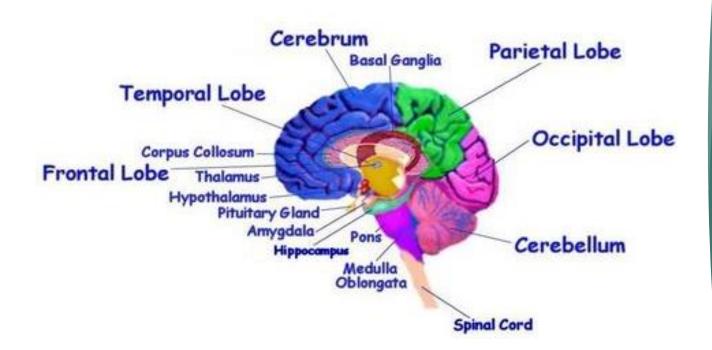


TA perspective on Unconscious Communication

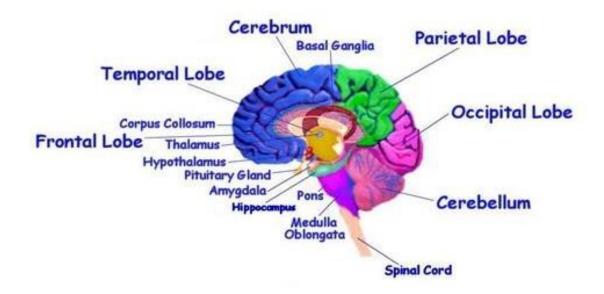


- Parental introjects
- Scripts
- Ego contamination
- Drama triangle
- OK Coral

# 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

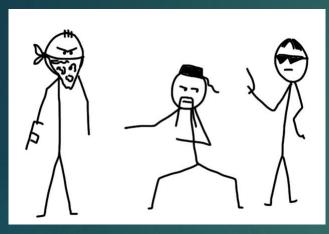
Stages of Psychosocial Development Despair Infant Intimacy vs Toddler Pre-schooler Increases in Complexity. Grade-schooler Identity vs Role Confusion Teenager Young Adult Industry vs Middle-age Adult Inferiority Older Adult Initiative vs Guilt Autonomy vs Shame & Doubt Trust vs Mistrust Proposed by Erik Erikson

# Relationships – an ideal development cycle

## Rupture – problems with the ideal



## Rupture – unhelpful UC dynamics

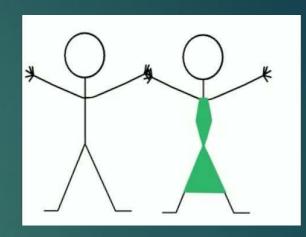


- Drug and alcohol abuse
- Benefits cheating culture
- Casual sex
- Little regard for education
- Neglectful childcare

### Birth family

versus

### Foster family



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

#### **Grandad (Parental Role Model):**

- History of criminal activity
- Friend to Kray twins

#### **Grandad (Parental Role Model):**

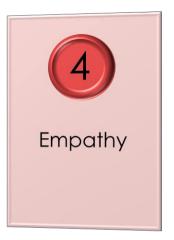
- Successful businessman
- Inventor with over 100 patents

### Dan Hughes' PACE Model





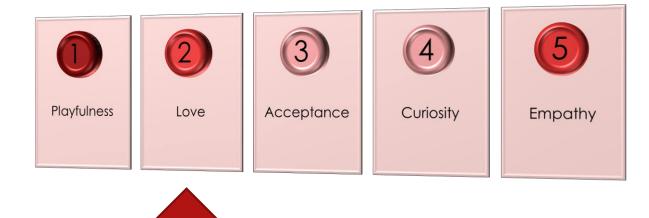




Repair – dealing with problems...

...in a UC friendly way

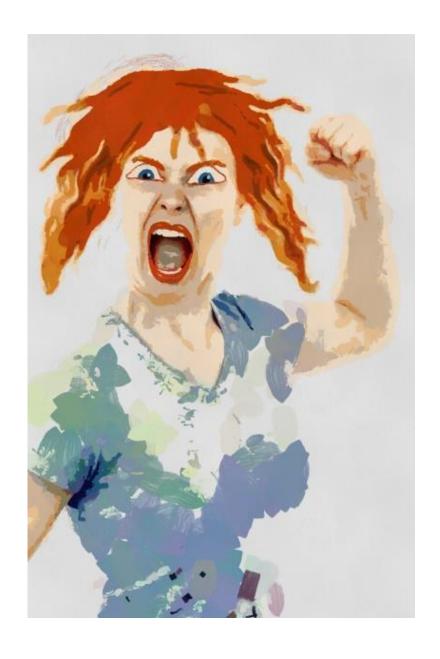
### Dan Hughes' PACE Model



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Repair – dealing with problems...

...in a UC friendly way



# Resilience – coping with stressful relationships

## Executive Center Lateral prefrontal cortex Human-evolved brain function, associated with goal-directed responses and planning

"Do what is most

## Warning Dorsal medial prefrontal cortex Mentalizing "What others are thinking and what others

#### Mammalian-evolved brain function associated with strong emotion "Something is wrong."

Center

#### Habit Center Basal ganglia

Reptilian-evolved brain function, associated with automatic responses. "Do what feels right."

#### THE HIGH ROAD

Is invoked by mentalizing and mindfulness; develops your capacity for strategic leadership. Messages that call on the Wise Advocate, focusing on broad perspective and long-term value, travel easily along this circuit and strengthen it.

#### Self-Referencing Center Medial prefrontal cortex

Processes information concerning self and others

#### Reactive

Deliberative

Self-Referencing Center

will do."

Self-Referencing Center Ventral medial prefrontal cortex

Subjective valuation "Who I am, what I want, and what others want."

#### THE LOW ROAD

Focuses on solving problems and expedience, but provides no movement toward strategic leadership capability. Deceptive messages travel easily along this circuit and reinforce it.

Resilience – coping with stressful relationships

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

Relationships, Rupture, Repair & Resilience Relationships – the ideal development cycle

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