Encounter

Note:

Relationship paradigm may require a separate doc. Several TALKS

One is ground of being – see quote below.

Another is the Jack Sprat eat fat & eat no lean thing.

The reciprocity of roles

Healing for one is Role development for the other.

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Encounter is a central concept in the work of J.L. Moreno. The various psychodramatic specialties such as sociometry and role training have the relationship between people as the subject of investigation. People meeting people, (begegnung) is central to all psychodramatic techniques such as mirroring and role reversal. The psyche is a web of relationships. Individuals can't exist without relationships and the core of these he called the social atom. Moreno recognised that people who live in close contact develop a co-conscious and co- unconscious or interpsyche. He was one of the pioneers in using conjoint therapy to work with the interpsyche.

Imago Relationship Therapy developed by Harville Hendrix has a focus on committed loving relationships, and works almost exclusively with the couple. The word imago refers to the unconscious dynamics that operate between couples. Imago has developed a relational paradigm placing the couple as being of central importance in psychological healing. Harville Hendrix goes further in that he sees the unit of being as The purpose of the couple relationship is healing the psyche and achieving potential.

The relational perspective is one that is obscured in our culture with its individualistic values and emphasis on independence and autonomy. In our counselling and therapy training the individual is the focus.

## Quotes about encounter, love and the relational perspective.

*A meeting of two: eye to eye, face to face.*

*And when you are near I will tear your eyes out*

*and place them instead of mine,*

*and you will tear my eyes out*

*and will place them instead of yours,*

*then I will look at you with your eyes*

*and you will look at me with mine.*

Translated from *Einladung zu einer Begegnung*

by J.L. Moreno (1977:1)

*Let me not to the marriage of true minds
Admit impediments. Love is not love
Which alters when it alteration finds,
Or bends with the remover to remove:
O no! it is an ever-fixed mark
That looks on tempests and is never shaken;
It is the star to every wandering bark,
Whose worth's unknown, although his height be taken.
Love's not Time's fool, though rosy lips and cheeks
Within his bending sickle's compass come:
Love alters not with his brief hours and weeks,
But bears it out even to the edge of doom.
If this be error and upon me proved,
I never writ, nor no man ever loved.*

William Shakespeare [Sonnet 116, 1–8](http://www.enotes.com/sonnets/sonnets-111-120#my-link)

"... an active form of psychotherapy in which the personal and interpersonal problems … are treated at the same time."

J.L. Moreno, Psychodrama vol 1 p233

*“This image of “the person who can make me whole again” I call the Imago. Though we consciously seek only the positive traits, the negative traits of our caretakers are more indelibly imprinted in our Imago picture, because those are the traits which caused the wounds we now seek to heal. Our unconscious need is to have our feelings of alive- ness and wholeness restored by someone who reminds us of our caretakers. In other words, we look for someone with the same deficits of care and attention that hurt us in the first place.”*

Hendrix, 1999:5

A co-conscious or a co-unconscious state can not be the property of one individual only. It is always a common property and cannot be reproduced but by a combined effort. If a re-enactment of such co-conscious or co-unconscious state is desired or necessary, that re-enactment has to take place with the help of all partners... However great a genius of perception one partner of the ensemble might have, he or she can not produce that episode alone because they have in common their co-conscious and co-unconscious states which are the matrix from which they drew their inspiration and knowledge.

Moreno, 1977:VII

From my notes on Harville Hendrix workshop, Auckland April 2011

**Relational Paradigm**
The main idea he presented was the relational paradigm. Summed up thus: being as relationship. Places the relationship as the ground for being, a central shift in consciousness going beyond the philosophers of being such as Heidegger and Sartre and also Ken Wilbur, who has a hierarchy of consciousness that is about individual beings.

“Being as relation, that is a revolution in thinking.”

Self is a negative or remainder once all projection and judgment is withdrawn.

Relationship is a spiritual practice one can do any time when there is another.

“Empathy without judgment is my spiritual practice. Everyone offers you an opportunity.”

See the other as Thou.

Hendrix, H. (1999, 2006). An Introduction to Imago. Imago Relationships International. Accessed at

http://www.GettingTheLoveYouWant.com

Moreno, J.L. (1977). *Psychodrama First Volume* (4th edition). Beacon House, Beacon, New York.