

ŽIVOTNI SKRIPT – NESVESNI RELACIJSKI UZORCI, FORMIRANI U DJETINSTVU

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„We are stories, our accounts of what has happened to us.. No stories, no self“

(Mitchell, 2012, str. 145)

Priča o sebi (Self-narrative)

U procesu odrastanja razvijamo priču o sebi, koja odgovara na pitanje:

„Tko sam bio, tko sam i tko ću postati u odnosima s drugima i u svijetu?“

Priča o sebi (Self-narrative)

- Kroz život razvijamo priču o sebi, koja povezuje pojedinačne životne događaje i sjećanja u cjelinu (McAdams, 2001)
- Je temelj našeg identiteta.
- Neprestano se mijenja kroz nova iskustva i pričajući naše priče.

Na temelju internalizirane životne priče:

- Razumijemo prošlost
- Doživljavamo sadašnjost
- Predviđamo budućnost (McAdams, 2001)

ŽIVOTNI SKRIPT

- Alfred Adler
- Fritz Perls
- Eric Berne (Transakciona analiza)
- Richard Erskine (Integrativna psihoterapija)

ŽIVOTNI SKRIPT

Skript je nesvijesti životni plan, koji se formira na temelju egzistencijalnih reakcija, odluka i introjeksija u djetinjstvu (Erskine i Moursand, 1988).

Skript ograničava spontanost i fleksibilnost u rješavanju problema i u odnosima sa ljudima. Je ograničavajući aspekt našeg self-narrativa.

Djeca se na nedostatak kontakta u odnosu adaptiraju na sljedeće načine:

- Fiziološke preživetvene reakcije (survival reactions) – Tjelesni skript
- Zaključci (conclusions)
- Odluke (decisions)
- Introjekcije

MULTIPILOST UMA (The multiple mind)

,Unitary, continuous self is an illusion our minds attempt to create' (Daniel Siegel)

Viježba – PARTS OF SELF

‘Draw a circle, which represents your inner psychological space. In this space draw different parts of self and give each part the name. (like ‘angry Peter’, ‘poor me’)’

Pick one of these states and reflect:

- How do I feel in this state?
- How do I experience other people?
- What I would like to do in this state?
- What do I try to avoid in this state?
- How do I try to help myself in this state?
- How do I come out of this state?

EGO STANJA

Ego stanja – koherentni skup misli i osjećaja i njima odgovarajućih oblika ponašanja (Berne, 1961)

EGO STANJA – „MODEL OF INTEGRATING ADULT“ (Erskine)

RODITELJ

Emocije, mišljenje i ponašanje preuzeto od značajnih drugih osoba - introjekti

ODRASLI

Emocije, mišljenje i ponašanje u kontaktu sa ovde i sada situacijom

DIJETE

Emocije, mišljenje i ponašanje iz prošlih razvojnih faza – fiksacije iz prošlosti

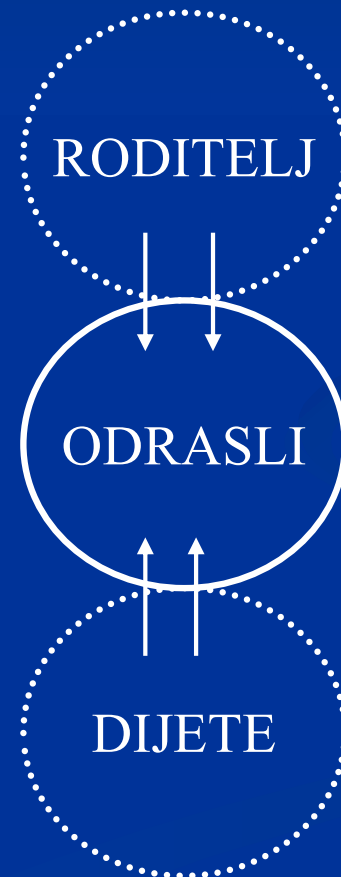
DIAGNOSTIKA EGO STANJA

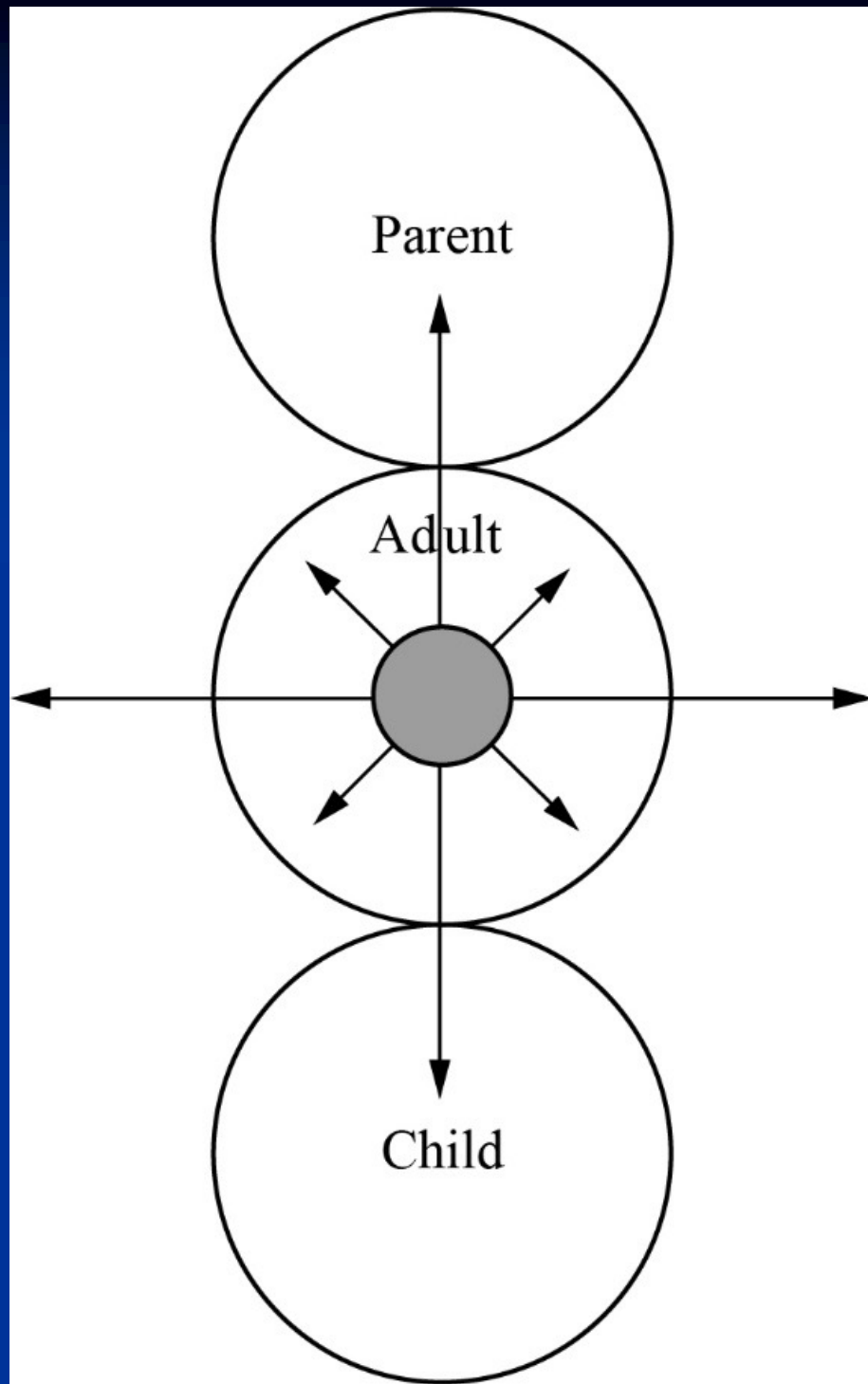
- BEHAVIOURAL (ponašanje)
- HISTORICAL (istorijska)
- FENOMENOLOŠKA
- SOCIALNA (društvena)

Cilj integrativne psihoterapije

Integracija stanj Dijeteta i Roditelja u Odraslo ego stanje

MODEL INTEGRIRANOG ODRASLOG (Erskine)





**MINDFUL
ADULT (Žvelc,
2010)**

Značajni vidiki odnosa

- PRVI ODNOS (Odnos med dijetetom i roditeljem)
- INTRAPSIHIČKI ODNOS
- TRANSFERNI ODNOS
- AUTENTIČKI ODNOS (Real relationship)

NASTANAK SKRIPTA

SKRIPTNE PORUKE

- Verbalne/neverbalne
- Modeliranje
- Verbalne naredbe / zapovijedi
- Atribucije

Upoznavanje roditeljskih poruka

- Kakve poruke smo dobili o:
 - Sebi
 - Drugim ljudima
 - Životu
 - Muškarcima/ženama
 - Ulogi u porodici
 - Ljubavi/seksualnosti
 - Uspješnosti

Razlikujemo dvije vrste memorije:

- Implicitna memorija
- Eksplicitna memorija

Relacijske sheme i skript (Žvelc, 2011)

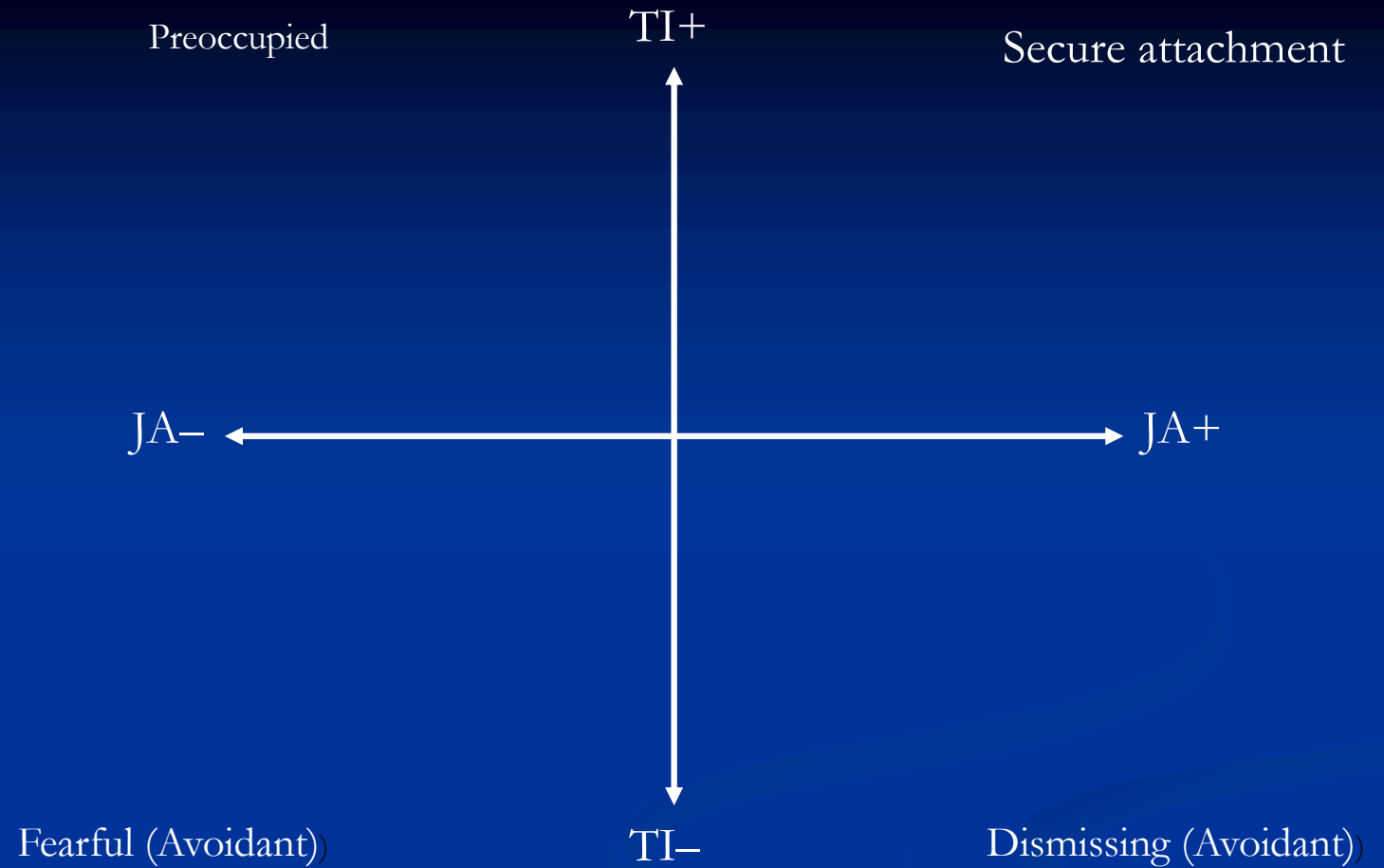
Relacijska shema (nesvjesni relacijski uzorci) -
relacijska shema se odnosi na reprezentaciju
pojedinačnog subjektivnog iskustva odnosa sa
drugom osobom. Uključuje kognitivne, afektivne,
fiziološke i bihevioralne elemente subjektivnog
iskustva pojedinca (Žvelc, 2011).

- Funkcionalne sheme - otvorene za promjenu
 - Nefunkcionalne sheme (obrambene sheme) - rigidne i služe obrambeni funkciji
 - Proces asimilacije i akomodacije.
-
- **Nefunkcionalne sheme se vežu u životni skript.**

Životne pozicije (Berne)

- Ja sam u redu – Ti si u redu
- Ja nisam u redu – Ti si u redu
- Ja sam u redu – Ti nisi u redu
- Ja nisam u redu – Ti nisi u redu

TA and Attachment



Existential positions and attachment styles

(Attachment styles – Bartholomew, 1990)

ZABRANE (Goulding i Goulding)

- DON'T EXIST! (NEMOJ DA POSTOJIŠ!)
- DON'T BE YOURSELF! (NEMOJ BITI ONO ŠTO JESI!)
- DON'T BE A CHILD! (NEMOJ BITI DETE!)
- DON'T GROW UP! (NEMOJ DA ODRASTEŠ!)
- DON'T SUCCEED! (NEMOJ BITI USPJEŠAN!)
- DON'T! - NE (NE ČINI NIŠTA!)

- DON'T BE IMPORTANT! (NE BUDI VAŽAN!)
- DON'T BELONG! (NE PRIPADAJ!)
- DON'T BE CLOSE! (NEMOJ BITI BLIZAK!)
- DON'T BE WELL! NE BUDI DOBRO (NEMOJ BITI ZDRAV!)
- DON'T THINK! (NE MISLI!)
- DON'T FEEL! (NE OSEĆAJ!)

KONTRASKRIPTNE PORUKE

DRIVERI:

- BE PERFECT! (BUDI SAVRŠEN!)
- PLEASE ME/YOU! (DOPADNI MI SE
(DOPADNI SE LJUDIMA)!)
- TRY HARD! (TRUDI SE!)
- BE STRONG! (BUDI JAK!)
- HURRY UP! (ŽURI!)

KONTRASKRIPT – djelovanje u skladu sa kontraskriptnim porukama.

ANTISKRIPT - Djelovanje na način koji je upravo suprotan od roditeljskih poruka (kontraovisnost).

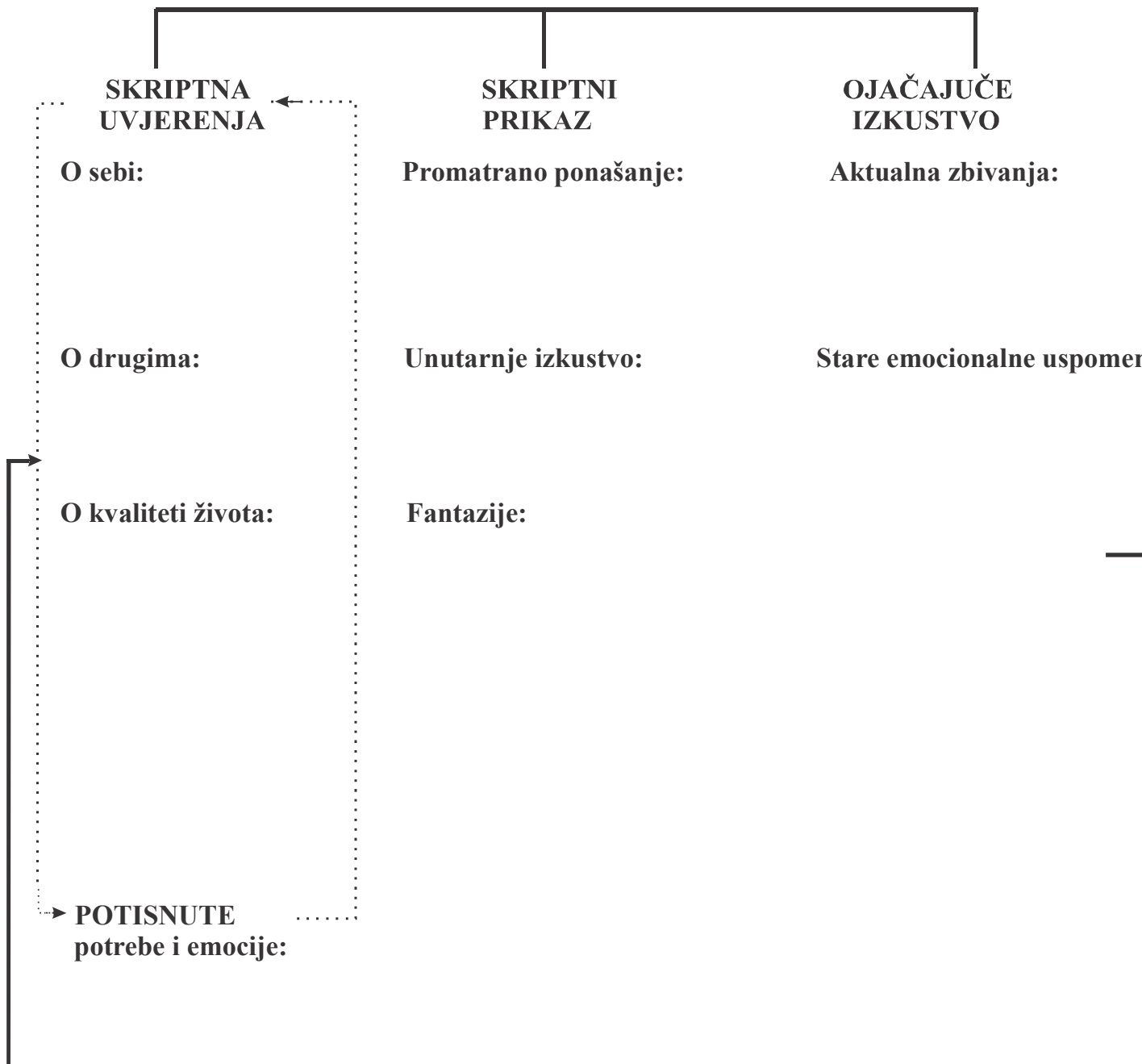
EPISKRIPT - skript koji se prenosi kroz više generacija.

SCRIPT SYSTEM (Erskine in Moursand)

- Self-reinforcing system of emotions, thoughts and physiological reactions that limit spontaneity and flexibility.
- Old strategies of survival become part of our lives. We unconsciously live according to them and behave in a way to reinforce them.
- Functions of script system:
 - protection against the pain (emotions and unsatisfied needs)
 - provides predictability, identity, consistency and stability.

- We are continually reinforcing our script – by selectively ignoring and avoiding aspects of reality that don't fit in our story and by attachment to aspects that support our view of reality.
- We live our script – we behave in a way that is consistent with our script and invite others to reinforce our story.

SKRIPTNI (REKETNI) SISTEM



SKRIPTNA UVERENJA

- Nastala na osnovi: preživetvenih reakcija, zaključka i odluka.
- Povezana s potisnutim emocijama, ponašanjem i prošlim sjećanja
- Negativna, iracionalna, generalizirana uvjerenja o sebi (ja sam ...)
- Uvjerenja držimo u sadašnjosti, što su rezultirala u prošlosti

NARATIVNI SISTEM

(Žvelc in Žvelc, 2021)

- Opisuje kako vzdržujemo svojo zgodbo o sebi prek:
 - Življenja v skladu z življenjsko zgodbo in ojačajočih izkušenj, ki vzdržujejo zgodbo
 - Spominjanja preteklosti in predvidevanja prihodnosti v skladu z življenjsko zgodbo
 - Odigravanja v odnosih – delujemo tako, da drugi potrdijo našo zgodbo

INTERNALISED SELF-NARRATIVE	LIVED AND EMBODIED EXPERIENCE	REINFORCING EXPERIENCE
<p>Relational Schemas:</p> <p>Self: I'm not worthy of love. I am not important.</p> <p>Others: Other people are more important.</p> <p>Quality of Life: Life is empty of love.</p> <p>Autobiographical Memories:</p> <p>Mother and father ignored me – I felt invisible. Brother is more important for parents. Father was humiliating me and joking about me being fat. Father distant. Mother criticising me for being lazy. Grandmother telling me that I am kind and a “good” girl.</p> <p>Experiential Avoidance:</p> <p>Emotions: Anger, sadness, dignity and pride.</p> <p>Body Sensations:</p> <p>Difficulties with feeling body sensations.</p> <p>Needs:</p> <p>Being close, seeking support.</p>	<p>Behaviour:</p> <p>Avoids intimate relationships. Pleases and adapts to others. Works hard. Speaks silently with little eye contact. Avoids conflict and confrontation.</p> <p>Verbal Narratives:</p> <p>I am not made for relationships. I am a kind person.</p> <p>Emotions:</p> <p>Anxiety, shame, loneliness, emptiness.</p> <p>Body Experience:</p> <p>Frequent headaches. High blood pressure.</p> <p>Fantasies and Expectations About the Future:</p> <p>Meeting a perfect man – a soulmate on my holidays and having a wonderful time with him. I will die alone.</p> <p>Remembering Autobiographical Memories:</p> <p>Being alone as a child.</p> <p>Dreams:</p> <p>Recurring dreams related to being alone, waiting and searching for someone.</p>	<p>External Events:</p> <p>Boss does not recognise my hard work and praises a co-worker.</p> <p>My boyfriend abandons me after three months of being together.</p> <p>Internal Experiences:</p> <p>Criticising myself for the loss of my boyfriend.</p>

- Gre za metateoretičen diagnostični model, ki povezuje različne psihoterapevtske šole in omogoča integrativno načrtovanje psihoterapije.
- Intervence na različnih nivojih:
 - Medosebnem (terapevtski odnos, odnosi z drugimi zunaj terapije)
 - Kognitivni (sprememba skriptnih prepričanj)
 - Vedenjski (spremembe v skriptnem prikazu)
 - Čustvenem (stik s potlačenimi emocijami)
 - Telesni (delo s telesom)
 - Predelava spominov

FUNKCIJE SKRIPTA (PICS) (Erskine):

- Predictability - Predvidljivost
- Identity - Identitet
- Continuity - Kontinuitet
- Stability – Stabilnost

JUXTAPOSITION

PSIHOTERAPIJA SKRIPTA

- SCRIPT CURE (oslobođenje od skripta):
bihevioralno, intrapsihičko i fiziološko (Erskine)

Intervencije:

- a) Kognitivne
- b) Bihevioralne
- c) Na tijelo orijentirane
- d) Na emocije orijentirane
- e) Mindfulness orijentirane

PROCES SPOMINSKE REKONSOLIDACIJE (Ecker idr., 2012)

- TEMELJNI PROCES PROMENE SKRIPTA
– implicitnih shem

FAZE SPOMINSKE REKONSOLIDACIJE:

- 1) Aktivacija sheme
- 2) Transformacija (preko novih iskustva koje so kontradiktorne staremu učenju - juxtaposition experiences)
- 3) Verifikacija

DVA NIVOJA PROMENE

- COUNTER-ACTIVE CHANGE – Coping
- SCRIPT CHANGE (Promena shema)

- Which story did you like the most in your childhood?
- What was your favourite character?
- The most significant dream from your childhood.

Mindfulness- and Compassion- Oriented Integrative Psychotherapy and Life Script

Development of MCIP

- MCIP has roots in Relationally focused integrative psychotherapy developed by Richard Erskine and colleagues (Erskine & Moursund, 1988; Erskine et al., 1999; Erskine, 2015, 2021).
- During the last 15 years Žvelc and Žvelc (2021) have further integrated Erskine's approach with practice, theories and research in mindfulness and compassion.

ADVANCING THEORY
IN THERAPY

Series editor: Keith Tudor



Integrative Psychotherapy

A Mindfulness- and Compassion-Oriented Approach

Gregor Žvelc and Maša Žvelc



NEW BOOK, PUBLISHED BY
ROUTLEDGE:

<https://www.routledge.com/Integrative-Psychotherapy-A-Mindfulness--and-Compassion-Oriented-Approach/Zvelc-Zvelc/p/book/9780367259082>

Kdo sem jaz?

- Pomislite na to vprašanje in kaj vam pride na misel?
- Samo zapišite asociacije, ki jih dobite?

TWO MAIN SENSES OF SELF (Žvelc, 2021)

- PERSONAL SENSE OF SELF – identification with our self-narrative.
- OBSERVING SELF - awareness itself. It is a context for our all experience. This self can be only experienced and not grasped as object - nothing self.

PERSONAL SENSE OF SELF

- „Lived and embodied experience of self-narrative that is continually self-reinforcing and maintaining itself“ (Žvelc in Žvelc, 2021)
- Jaz sem = zgodba o sebi (ang. narrative)

Attachment to personal sense of self and 'ordinary unhappiness'

1. Living unconsciously according to our life-story
2. Egocentricity and preoccupation with self
3. Fear that our life-story will be disconfirmed
4. Existential loneliness and feelings of separation
5. Loss of present moment and experiential avoidance.

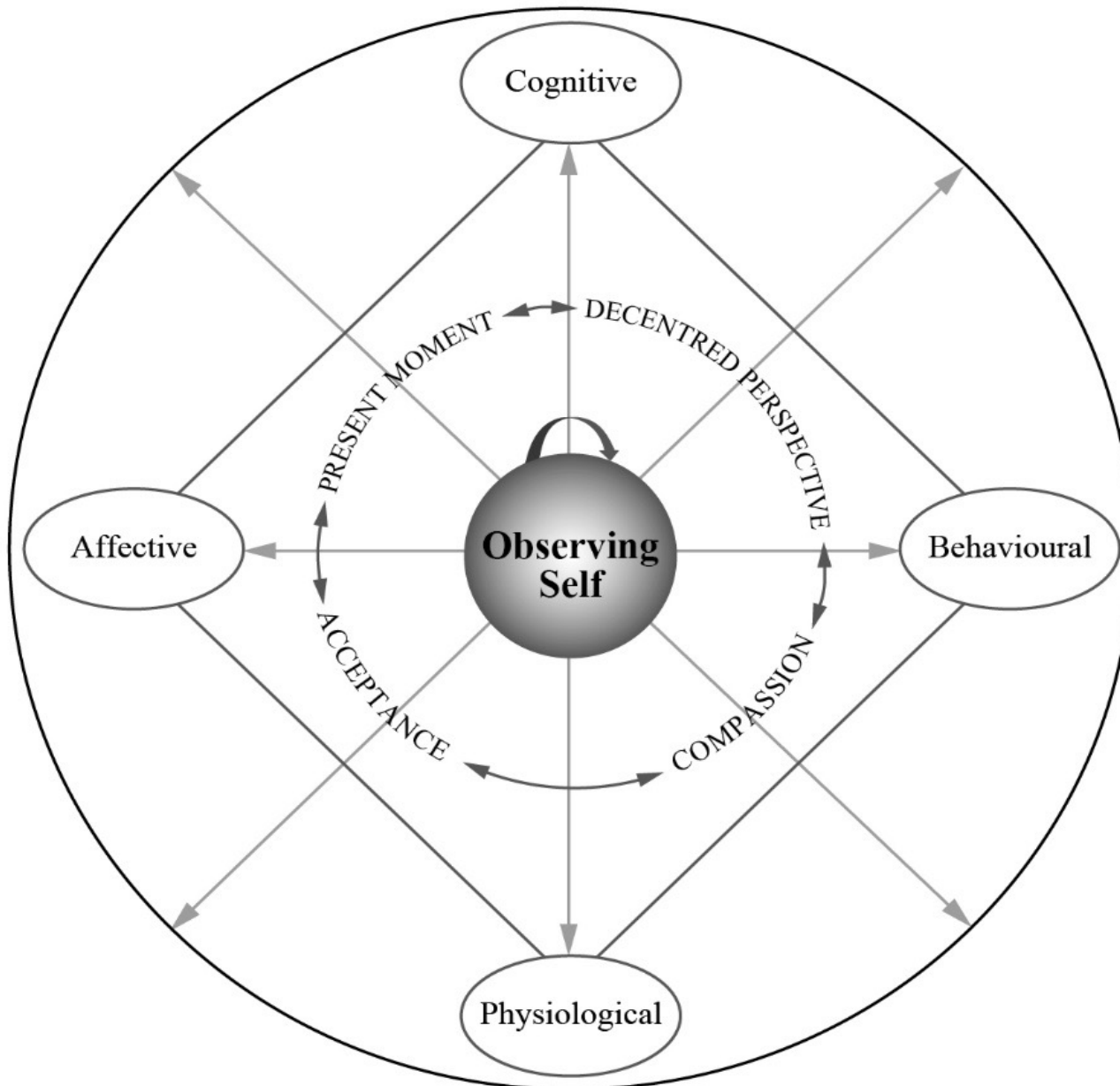
Limiting nature of our self-narrative (Žvelc, 2019)

- We live our story without knowing that this story is organising our life. This story was constructed early in life and may be limited.
- We may fear that our story will be attacked or disapproved. We may defend our story and prove to others that we are 'right'. We may be living in constant 'threat' – that our self will not be accepted.
- Self-narrative and psychological inflexibility.

“I am aware; therefore, I am”
(Deikman, 1982, str. 94)

Opazujoči jaz:
Jaz sem = Zavedanje

RELATIONAL SYSTEM



The diamond model
of the
observing self
(Žvelc in Žvelc, 2021)

Observing/Transcendent Self

- Awareness itself that is subjectively experienced as a simple experience of ‚being‘ or conscious presence.
- „That which is aware“ of thoughts, emotions, sensation... (Deikman, 1982)
- We experience our world through awareness, however awareness itself cannot be observed – it can only be experienced.
- Observing self has transcendent qualities (Deikman, 1982; Hayes et al., 2012).

Običajna nesrečnost

- Identifikacija z zgodbo o sebi je povezana z običajno nesrečnostjo za katero vsi trpimo (Žvelc in Žvelc, 2021)
- Freud: „Much will be gained if we succeed in tranforming your hysterical misery into everyday unahappiness“ (Freud, 1895)
- Budizem: navezanost na jaz – glavni izvor trpljenja
- Terapija sprejemanja in predanosti: navezanost na zgodbo o sebi – psihološka nefleksibilnost