

**GLOSSARY**

**Abreaction** is the rush of emotions that is experienced as previously unconscious material becomes conscious.

**Adjourning** is the last stage in the life of a group, when the group is winding up, celebrating and completing any unfinished business.

**Aggression** is the act of beginning a quarrel or war.

**Altruism** is regard for others as a principle for action.

**Ambiguous** is capable of more than one meaning.

**Ambivalent** is holding at once two opposite feelings, such as love and hate, happiness and sadness.

**Anxiety** is concern about the future and the earnest desire to do something about it. Anxiety is what is experienced when setting up expectations of oneself and then becoming concerned about meeting them.

**Assessment** is the process of measuring or weighing to fix a value on what is being done and the person doing it.

**Attitude** is a settled or habitual way of thinking.

**Bidding** is to make an attempt to secure something in competition against others. In the group it is the process used to decide which member will have the focus of the group on him or her and do individual work. Those who wish to do individual work come out into the centre of the group and to negotiate between themselves over who will get the work. Bidding is the term used also, but less correctly, for any process by which a person is selected to do individual work. This may include leader selection or voting by some or all of the participants in the group for who will get the work.

**Biological hour** is approximately one and a half hours of clock time. It is the length of time that the brain takes to cycle through its waves.

**Body awareness work:**

- i.* a number of techniques used to increase a person's awareness of the patterns of muscular tension or pain that have become chronic. (As per Wilhelm Reich and Bio-energetics) or
- ii.* the use of sensations as messages from the client's or patient's unconscious via his body to his conscious mind. (as per Fritz Perls and Gestalt Therapy).

**Catharsis** is the explosive outlet of emotion afforded by abreaction.

**Celebrate** is to honour with rites or festivities.

## Glossary

**Clique** is a small exclusive group or coterie. In a therapy group setting, a clique is a subgroup with its own goals that are discrepant from the goals of the main group, and often in conflict with those of the main group. Often cliques arise out of the hidden agendas of one or more of the individuals in them.

**Clown** is the the person who cannot keep from joking or wisecracking whether this is appropriate or not.

**Coaching** is to encourage and instruct another. Coaching in the group occurs when one person is asked to monitor another for a particular behavior and draw attention to that behavior. Sometimes the coach is asked to offer suggestions for changing the behavior or for reinforcing it.

**Cognitive-Behavioral Therapy** is a form of therapy using the interaction between thinking, feelings and actions. Developed originally by Albert Ellis.

**Cohesiveness** is sticking together (to form a single unit).

**Co-leading** is to run a group with another leader(s).

**Concretise** is to make real instead of abstract.

**Contract** is an agreement between two or more people on what will happen between them, how it will be managed, and when this will occur.

**Contracting** is the process of entering into an agreement to do work.

**Counter-dependence** is a developmental stage, seen typically in teenagers, when the person is still dependent but wants to be independent. Because of his uncertainty about the level of his independence the teenager may defiantly reject offers of assistance.

**Corrective recapitulation** is to redo something that has been mislearned in order to get it right.

**Counter-transference** occurs when the transferring of one role by a person onto another causes the complementary role to be transferred by the other onto the first person.

**Criterion** (pl. criteria) is a principle or standard that a thing is judged by.

**Cross talk** is conversation between others on the sidelines whilst a group member is talking to the group.

**Debriefing** is the questioning after a mission or task is done.

**Defence** is an unconscious mental process aimed at avoiding conscious conflict or anxiety.

**Delegating** is to leave the task to others to do in their own way.

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**Denial** is the unconscious refusal to believe that something has happened or is happening.

**Dependent** is the early stages of a child's life when the child needs its parents to guide it (or behaving in the manner of the young child.) Needing or wanting others' support and guidance.

**Dimension** is a measurable extent.

**Directing** is telling another what to do.

**Dissociation** is the unconscious separating out of some part of one's awareness to avoid awareness of a traumatic event.

**Dysfunctional behavior** is behavior that prevents the person from using opportunities to manage the environment in the best way to maximise benefits in terms of personal growth, positive relationships and personal safety for the individual or those s/he loves.

**Dominator** is the person in the group who dearly loves to have the group's attention on her/him, and will speak up at every opportunity .

**Education** is the remediation of ignorance, lack or deprivation of skills or knowledge at the conscious level.

**Effectiveness** is how well the process works.

**Efficiency** is about how few or many resources are required to achieve the results.

**Ethics** is a set of principles or morals.

**Existential** is to do with existence, specifically with human experience.

**Feedback** is information about the effects of behavior or an experiment, especially information about the difference between desired and actual outcomes.

**Figure** is whatever stands out for the observer in a perceptual array.

**Follower** is the person in the group who is happy to do whatever is asked of him in the group but generally does not take the initiative.

**Forming** is the first stage in the life of a group, when the group comes together.

**Functional behavior** is behavior that yields the best possible outcomes in terms of personal growth, positive relationships and personal safety for the individual and those s/he loves.

**Future pacing** is ensuring the continuance of a phenomenon or resource into the future. Usually done by asking the protagonist to envisage future success or to envisage using a resource in the future to overcome dangers or difficulties.

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**Gestalt Therapy** is a form of therapy using the insights from nineteenth century discoveries about perception. Developed by Fritz Perls.

**Goal** is an aim or objective towards which one strives; a desired outcome.

**Gossip** is talking about something that happened in the group, without a focus on its impact on the group member who is talking.

**Grief** is where great sorrow leads to healing.

**Ground** is that part of a perceptual array that does not catch the attention of the observer. (background)

**Group conscience** is the person in the group who will point out any inequities or injustices that may arise in the group.

**Group maturity** is the group's fitness or level of competence to undertake the tasks for which it was formed.

**Heterogenous groups** are groups peopled by participants with a diversity of background or concerns.

**Hidden agenda** is a goal by a group member, either conscious or unconscious, which is discrepant from the aims of the group and not declared by the individual who has that goal.

**Hierarchy** is a structure with classes ranked one above the other in order.

**Homogenous groups** are ones where the participants are the same in some way.

**Hostility** is opposition in thought or action.

**Hot seat** is to do individual work in the group. The energy and attention of the group focused on one individual who has elected or been chosen to do individual work in the group.

**"I" statement** is one in which the person speaks in the first person singular.

**Independent** is able to live and work on one's own.

**Individual work** in the group - see definition of Hot seat

**Intellectualisation** occurs when a person knows what is happening but changes its significance to him/her, to reduce its emotional impact on him/her, without conscious awareness of doing so.

**Interdependent** is able to be independent and yet able to co-operate to form part of a couple and later, a family.

**Line-up** occurs when the protagonist is asked to line the group members up on some dimension which is important to him/her.

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**Matrix** is presentation of separate ideas into an integrated form. The new form can be considered as a single entity.

**Maturity** is the level of ability to work independently and effectively by an individual or group.

**Model** is a person or thing proposed for imitation.

**Motivation** is what causes members of a group to be enthusiastic about their work.

**Maturation** is to complete natural development.

**Neurolinguistic Programming** is a means of understanding human cognitive functioning using computer programming as a model. Developed by Richard Bandler and John Grinder.

**Norming** is the third stage in the life of a group, when the group agrees on the norms and values its members will adhere to.

**Over-reaction** occurs when a person deals with a situation in far too emotional and exaggerated a way.

**Participating** is to join in with others.

**Peer Supervision** is to review one's work with someone who is doing similar work and whose work is respected.

**Preception** is awareness or noticing.

**Performing** is the fourth stage in the life of a group, when the group gets on with the tasks for which it was created.

**Personal Development** is growth to greater understanding of others and oneself and a more flexible and appropriate range of choices, thus enabling the individual to cope with whatever opportunities and difficulties that arise

**Preconscious mind** is that store of memories, skills and knowledge that one can call up.

**Presenting problem** is the issue of concern which causes an individual to seek counselling or therapy. It is the problem s/he confronts as formulated by the protagonist. It is an inadequate formulation of the problem because (usually) despite attempts to resolve the problem, the protagonist has not met with success.

**Process** is what is actually happening in the group, its course or progress.

**Processing** is discussion by a group member either inside or outside the group about how work within the group impacted on the group member for the purpose of understanding and developing greater behavioral options.

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**Projection** occurs when some element of oneself is seen in another and ascribed to him/her.

**Protagonist** is the chief person in the plot of a drama or story. In the group, the protagonist is the person doing individual work.

**Psychodrama** is a form of therapy using methods from acting and the stage to give people insights about themselves, their relationships and others, developed by J.L. Moreno.

**Psychodynamic Psychotherapy** is therapy based on the insights into unconscious processes outlined by Sigmund Freud.

**Psychology** is study of the process of normal individual functioning.

**Psychotherapy** can be defined as the remediation of mislearned or misapplied perceptions, behaviors and emotions. Usually this involves making overt some unconscious process or defence in the individual. One way of understanding psychotherapy is to see it in terms of taking that which is ground i.e. ignored or unconscious and making it figural i.e. in awareness and available to conscious change. Sometimes the reverse process may be used and is also psychotherapy. This occurs when an element of the patient's/client's experience is deliberately dissociated by the therapist to help in the management of traumatic material.

**Reassociation** is the bringing back into awareness of material that had been dissociated into the unconscious. One of the main aims of psychotherapy is to reassociate unconscious material which causes the patient/client to function ineffectively because it is missing from awareness.

**Rebel** is the person in the group who is against whatever is happening, as if on principle or by compulsion.

**Recapitulate** is to go over the main points.

**Reichian Therapy** is a form of therapy focusing on the way that feelings are repressed by bodily tension that over time forms habitual patterns of tension (or body armour). Developed by Wilhelm Reich.

**Rehearsal** is a practice for later public performance.

**Remediation** is the removal or correction of any evil or ill.

**Repression** is the unconscious forgetting of some traumatic event.

**Rescuing** is to go to someone's succour or deliverance. It may have the connotation of illegally setting someone free. In a group it occurs when one participant attempts to prevent another from experiencing emotional pain.

**Rescuer** is the person in the group who just cannot resist the urge to rescue another group member who is in distress of any sort, whether it's uncertainty, embarrassment, anxiety or emotional pain.

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**Resources** are psychological strategies for handling difficult situations.

**Responsibility** is a willingness to be accountable for one's actions.

**Rhythm** is movement with regular succession of strong and weak elements.

**Role** is a particular and characteristic styles of behaving.

**Role play** is when one person takes on the part (as an actor does) of an important person, emotion or other aspect of another person's life.

**Scapegoat** is the person who tends to get picked on by the others, blamed when things go wrong or made the butt of often cruel jokes or teasing.

**Security needs** are the need for a predictable environment, especially with regard to shelter (a home) and income (a job).

**Self Actualisation need** is the need to to contribute uniquely, to oneself and others.

**Self Esteem need** is the need to feel good about oneself.

**Selling** is to persuade someone.

**Setup** is to construct.

**Sibling** is a brother or sister.

**Silent member** is the person in the group who is not saying anything.

**Social leader** is the person for whom keeping the group happy and cohesive is a primary focus of their efforts.

**Social needs** are the needs of belonging to a family and friendship network.

**Sociodrama** is a laying out in diagrammatic form by individuals in a group of the relationships that exist between certain people, such as the members of one group participant's family.

**Stage** is what to expect by way of group behavior over time.

**Storming** is the second stage in the life of a group, when the group's members jockey for position.

**Straight** is drug-free.

**Supervisee** is a relatively junior psychotherapist or group therapist who submits his/her work for review and learning to a more senior person in the field.

**Supervision** is to review one's work with someone who is more experienced and whose work is respected.

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**Supervisor** is a more skilled and experienced psychotherapist or group therapist who reviews the work of a more junior psychotherapist or group therapist. The supervisor assists the supervisee's learning and development at both the skills level and at the level of assisting integration of professional learning at the emotional level.

**Supporting** is encouraging another to get something done and making help available to that person.

**Symbol:** is some person or thing that represents another for an individual.

**T-group** or **Sensitivity Training** is training in psychological skills for people to further develop themselves.

**Task leader** is the person in the group who takes on the role of keeping the group focused on the task at hand.

**Telling** is to instruct, brief someone.

**Therapy group** is when a group of people get together with one or more therapists for the purpose of healing themselves.

**Tissue needs** are basic biological requirements to sustain life.

**Transference** occurs when an element of a current experience triggers the belief that it is part of a previous experience that also included that element.

**Trauma** is a morbid condition of the body produced by a wound or external violence, hence by analogy in psychology an emotional shock or event which is experienced as life-threatening or threatening to the integrity of self or others. Also psychological condition that follows from this wounding.

**Trigger** is an external stimulus that brings forth a defensive reaction or a flood of emotion because unconscious material is approached or experienced.

**Triggering** occurs when one person whose issues are sufficiently similar to another person's issues for the second person to suddenly become aware of them in him/herself. Usually this process is accompanied by a rush of emotions.

**Trust** is a firm belief in another's reliability, honesty, veracity, strength or justice.

**Unconscious** is the part of the mind whose content is not normally accessible to consciousness but which is found to affect behavior.

**Unconscious defences** are the mind's way of dealing with information that is experienced as too painful, frightening or inconsistent with a person's ability to maintain self-esteem to be known. They are a way of dealing with memories that are too difficult to feel because they evoke overwhelming anger, pain or fear.

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**Underlying problem** is the unconscious issue that brings a person to counselling or therapy c.f. presenting problem; the un- or pre-conscious issue that is covered by a presenting problem.

**Under-reaction** occurs when a person fails to respond to a situation which needs a response.

**Unfinished business** is any issue of concern still pending for any group member, or for the group as a whole and the processing of that concern between the members.

**Universality** is commonality of experience.

**Warm-up** is an exercise that orients the group to a particular task, activity, session or course.

**Wind-up** is an exercise that orients the group to completing a task, session or course.

**Witnessing** is to sit on the sidelines and watch carefully, to confirm that a thing or event exists. It is the loving and accepting scrutiny of others of oneself. This meets a profound human need to be seen and known with passionate intensity and respect.

**Work** is exertion of effort for a purpose. In a group the purpose is to gain insights or new and more flexible choices for action.