Mastering Interactions
New Directions for Consumers, Carers & Mental Health Professionals

Maintenance of Resilience Maps
- MOR Map (Individual)
- MOR Family Map

Personal Experience as Primary Carer
- One Daughter
- Then other family members
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Professional Experience
Evidence Based Practice
Professional Development
Commitment to Research
Client Feedback

The Service Model
Evidence Based
Clear and Simple
Underscores Therapy Focus
Parallels Relationship Interaction Dynamics.
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Methodology of Intervention
Service Model (pp. 8)
Feedback Flow Chart (pp. 7)
Understand the impact of invalidating loss and grief.
Approached therapy in a balanced fashion
Toxic emotions are normal products of mental functioning created and handled by both carers, consumers and the mental health professionals working with or around them.

Initial Sessions
First Session
Second Session
Intervention with the MOR Maps occurs in Third Session
Examples
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Maintenance of Resilience Map

Life/Environment - VS - Past Family of Origin

Experience Emotional Distress - Self - Self Esteem - Self Effect

RestED - React to Emotional Distress - FEED - Experience Emotional Distress

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Maintenance of Resilience Family Map

Life/Environment - VS - Past Family of Origins - All Members

Experience Emotional Distress - Family - Family Effect - Family Esteem

RestED - React to Emotional Distress - FEED - Experience Emotional Distress
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Subsequent Sessions
Current context significance
Franchise and Validate loss and grief
Focus and Re focus
Emotional Temperature Barometer

Ongoing Validation
Self talk and self management Change
Increase in Self/ Other Awareness
Identify and build or rebuild personal resources
Strengths
Weaknesses
Change internal talk, positive but invalid to internal positive and valid self talk.
Identify and re work self/other boundaries
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Therapy
  Congruent
  Validating
  Realistic Vs Idealistic
  Relationship Interaction Changes Evidenced

Conclusion
  Carers feel included, functional, report improved resilience
  In Practice
  Maximise relationship interactions and interconnections.
  Pilot Study
  Additional Examples
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Training Dates 2008:
October 6 – Carers Victoria – 1 day
November 10 & 11 – 2 days
Bookings please contact Judye Margetts by email or phone.

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