



Counselling & Psychotherapy



Postgraduate Psychology & CPD Courses



Short Term Courses



Tailor-made Training Courses

Relationships and Mental Health

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- **The challenge ?**
- **Living Authentically within Relationships**



- **To all relationships we bring ourselves**
 - And our history
 - And a set of expectations for the 'other'.
 - Expectations may be set
 - By the other
 - Our own history
 - A relationship template we bring – whether conscious or unconscious



- **These expectations are constantly evolving**
- **What happens when expectations go unmet ?**
 - We can become anxious, moody, depressed, escape into fantasy or addiction.
- **Poverty in relationship can impact negatively on our Mental Health**



- Poor relationships can be an indicative of underlying mental health issues.
 - Poverty in relationship may be caused by poor mental health, or poor mental health might as a consequence of bad relationships, particularly where physical or emotional abuse is present.



- We know that trying to change another person is a futile exercise, but sometimes we can change the relationship.
- There are some exceptions:
 - Where physical violence is present
 - Where emotional abuse is present
 - Where malicious intent is present



- Supportive relationships: The foundation of emotional health
- Knowing that someone is in your corner



- **Headstrong 2012 – One good adult**

More than 70% of young people said that they received high or very high support from a special adult. The study strongly confirms that the presence of ‘One Good Adult’ is important to the mental health of young people. It has a positive impact on their self-belief, confidence, coping skills and optimism about the future.



- Choice Theory
- The 1998 book, *Choice Theory: A New Psychology of Personal Freedom*, is the primary text for all that is taught by The William Glasser Institute. Choice theory states that:



- all we do is behave,
- that almost all behavior is chosen, and
- that we are driven by our genes to satisfy five basic needs:
- survival, love and belonging, power, freedom and fun.



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Relationships and our Habits

What are your habits in relationship ?



- **Seven Deadly Habits**
- 1. Criticizing
- 2. Blaming .
- 3 Complaining
- 4.Nagging
- 5.Threatening
- 6. Punishing .
- 7. Bribing, rewarding to control



- **Seven Caring Habits**
- 1. Supporting
- 2 Encouraging
- Listening
- 4. Accepting
- 5. Trusting
- 6. Respecting .
- 7. Negotiating differences



- Complaining exercise ! 😊
- Pick a partner.
- Complain at them for 3 minutes (i.e. bad coffee this morning)
- Your partner will then give you 3 compliments
- Switch roles



- **The Core Conditions**

- The three main core conditions that Carl Rogers considered essential and sufficient for change are :

- 1. Unconditional Positive Regard (UPR)
- 2. Empathy
- 3. Congruence



- A challenge to provide them for others
- - sometimes even more challenging to provide for ourselves !



- **Conclusion:**

- Relationships are always evolving
- We can change our relationships with self and others simply by paying attention to our relationship habits.
- Good relationships are a strong protective factor in mental health. (Headstrong, 2012)
- Have good relationships : You are worth the investment !



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