

## **Essay.**

### **Midwifing the soul of the relationship.**

We would like to see that you have understood....

1. The nature and stages of relationship.
2. The role of the couple counsellor as midwife to the soul of the relationship.

You can do it in the above two parts if you want to. Or weave the two together. There should be enough information for you to complete this essay based on what we did in the first three weekends.

### **Some thoughts on how to approach the essay.....some ideas to get you thinking...**

Reflect on the Myths we gave you. They are the story of relationship, from Ego Desires to Actualisation. They show the journey on a soul level.

Reflect on the stages, honeymoon, management, conflict and polarisation, potent intimacy. How do these stages relate to the myths?

What happens to create change? What is the natural process of growth? Use nature if you like, to teach and inform.

How do people get stuck – think bonding patterns for example? Early trauma, other traumatic events – all frozen in the psyche.

Reflect on the labyrinth. What did you learn on the journey to Hades and back? What did you see others learn?

What is different in couple counselling and individual work? What specific skill would be needed?

How does/did the arts help? Think of, different perspectives, images from the soul, witnessing etc.

You can use Myth, collage, story, artwork. But if you use images we would expect a short written explanation on how you see the piece you have created illustrates the theme. If you use the story of Eros and Psyche (say) then reflect on the tasks. How nature, etc help Psyche when she is in despair. Think of grief work and loss of ego longings. Remember there is letting go and grief at each stage.

What did we (the facilitators) do that helped? What helped you? What did you see that helped others?

Perhaps put in something of what you see you could learn. Your learning edge. What you might be blind to due to your own history – what you think is normal. Remember this is mostly for you. It is not an exam. We want to know where we can help you learn better.

**Length 2000- 2500 words**