

Using Qualitative Grids: Construing Sibling Relationships

Day Workshop

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Personal Construct Psychology looks at how people uniquely make sense of their worlds, situations, themselves, other people or any issue of interest. This is achieved most simply by using Qualitative Grids (QGs). These tools allow people to tell how they see things in their own words or drawings. The grids enable us to see how views change across time or situation and to look at differences between people's views. The Perceiver Element Grid (PEG) will be included. This examines how a family or team of people see themselves and each other, throwing a lot of light on their interactions. We will focus on sibling relationships as an example and Personal Construct Psychologist Dorothy Rowe's difficult experiences (from her book "My Dearest Enemy, My Dangerous Friend") will help participants to learn to use the grids and apply them in their own lives and in explorations of their clients' or subjects' experiences.

References

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