Fluorescent blue – grit

Fluorescent Yellow - grit and flow and meditation

Grey – flow

Army green – leadership

Fluorescent green - meditation

# M5.mp3

BB: Alright so I will first start with a few statutory questions. These are asked to all participants.Right.

M5: Go ahead.

BB: So what were you thinking about just before joining the interview?

M5: I was thinking needing to get something to drink.

BB: Where were you ?

M5: I was at work.

BB: What was the main thing you were doing?

M5: I was going to drink

BB: how will were you concentrating?

M5: think I was focused on that
BB: Was it hard to concentrate?

M5: No.

BB: okay and how self-conscious were you?

M5: I’m not sure what that means?

BB: Self-conscious would mean that, you knew that, you were conscious of …

M5: Yes, I was conscious of what I was doing.

BB: Did you feel good about yourself?

M5: Yep.

BB: where you are in control of the situation ?

M5: yep

BB:: Were you are living up to your expectation?

M5: In that moment, I was.

BB: Were you living up to the expectation of others?

M5: There weren’t many expectations to have about getting a drink. I was just getting a drink.

BB: So you work as a counsellor right now?

M5: Yes.

BB: what is your entire role?

M5: my entire role in my job is thinking creatively with people about themselves

BB: and what is the structure? As in, in the structure of your work, where do you fall?

M5: I'm not sure what that question means.

BB: Like you have a supervisor on top of you…

M5: Well it’s a very very big structure. It's a huge organisation. It’s a health organisation. I have not much to do with the structure. The closest I am to the structure of a very
large organisation with thousands of people working in it. My closest link to that would be the team that I am working with. Which would be about eight people and a manager that manages that team but that manager also manages other teams. So it's a reasonably full employed job but an autonomous job. I make my own appointments I organise my own time. There is a lot of …despite there being quite a big structure things I need to do such as trainings and so forth and those links are much more by email rather than personal contact so in my daily everyday life limits I have I think a large amount of autonomy.

BB: You spoke about training, so at the time how many people will you be training?

M5: No no I'm not doing the training. In a public health job there are many training requirements occupational health and safety requirements various public health things for everyone no matter what the job is required to do.

BB: okay so well, in this role oh what are your biggest challenges?

M5: challenges is a sort of loaded word. I'm not actually sure with the challenges but the requirements of this job are, for me to do the part that is most meaningful to me,
which is my pretty well one on one interaction with my clients, which is the part that I get most performance and meaning out of. I have to ensure that I keep within the confines of the other requirements that is answering emails, doing the training, being part of a team, arriving to work when I say I'm going to, so forth. So the bureaucratic requirements, so if I could pinpoint one challenge is to keep the bureaucracy going in order for me to do the part that is actually my core job and that is the reason I do the job. so the challenges of the bureaucracy and

BB: okay and okay, can I ask something about your personal life?

M5: sure,

BB:Can you quickly cross over the main milestones in your life?

M5: The main milestones…. from being born? my family was a migrant family. My parents separated when I was very young so that was a big milestone. So I think my milestones have been reasonably in the framework of developmentally, fairly normal milestones. I've been married. I have children. I have grandchildren. I suppose these are the main milestones. Milestones in my career well I have a number of children so I would say the majority of my adult life was mothering my children rather than going out and working. So working was much more something that occurred when my children went to school. I have worked my way up into a career as a psychotherapist. I'm president of the national psychotherapy Association so you know worked my way to that position.

BB: Okay so now either in your personal life or in your career give an instance of when you set a goal, but you later chose to pursue another one and you let go of the previous one?

M5: Well when I was at school, ever since I can remember I'm always been interested in psychotherapy and I was planning to study medicine and move into psychiatry but I got sidetracked when I was in my final year at school and decided to pursue a degree in teaching instead. So I let that goal go. That was a sidetrack, I eventually came back to that original goal of psychotherapy but it took me 20 years or so to find my way back to that.

BB: When you came back to that, did you realise that this is what you should've been doing 20 years earlier. Did it confirm?

M5: well should is a loaded word, I wouldn't say should, I do not perceive life in terms of should but I think it's where I feel most correct, what suits me.

BB: Would you describe yourself as a personal who gets distracted by new ideas projects?

M5: No I don't get distracted

BB: How many old projects on at one time?

M5: Do you say one time as in one week or do you mean my case load?

BB: Your case load.

M5: I cant really say, because I am not thinking in arithmetics like that but could we say 20 or something.

BB: And usually one case goes on for how long ?

M5: It's a bell curve I couldn't say that, so there are people that I've been seeing for years and then there are people who I see for short time. Maybe we could say if I wanted to average, this is an artificial average, for the sake of it, four or five years.

BB: Have you ever let go of a client?

M5: No. But they have let go of me.

BB: how do you feel when they let go of you.

M5: Awww, I uh it depends but sometimes I feel it was a good idea and sometimes I would feel I would feel, reflect on it and wish I had been able to do better for them. I feel that sometimes I feel I haven't done. I have missed something, it hasn’t worked. And then I would wish that I could have had more knowledge or knowhow or something. That happened to me recently. I had someone leave because I think they were dissatisfied really. Then I reflected that I wish I could've done things differently.

BB: okay is there any idea or any project or anything anywhere any notion that you have that you have been wanting to do for quite some time but then you later found that it's okay I can do without it ?

M5: No. I have a notion that I would like to do and I am thinking I can't do without it, but I would like to do it. But no I haven't had something that I would have thought, its okay, its alright, I can do without it. No.

BB: So would you describe more on that ?

M5: yeah sure I talk a lot about, not a lot but I do talk about building up a private practice and I've got a small private practice but I've never developed into a business and I recognise a private practice is exactly a business because I have got a public health role. And I think it would be a good idea and also creative for me because it requires a whole different set of skills to run your own private practice. And I see colleagues who have got a private practice and I don't think you're any better than me and what they do is just they are to work in a different way or just business skills. More over, motivation, that you know I need to generate.

BB: So are you thinking on those lines? Would it be one of your notions that you are attracted to and you would like to develop ?

M5: Yeah

BB: Why would you be attracted to it ?

M5: I would be attracted to it varying it as a my job as a psychotherapist. I will be attracted to it on a number of levels. One that challenge that you recently about being accountable to an organisation and a bureaucracy would be gone. So I would be running it myself. And that feels very different. That’s a bit of a, you know that bureaucracy doesn't really suit my personality. So there will be that. There is also really the challenge of, it does make a difference when people are paying you reasonable sums of money. You hold yourself in a different way when you're working. I've never believed that to be true but I think it is true so I'd like the challenge of that. I really would like the challenge of that. And also I don't want to, I want the flexibility to work for myself. Because I'm not getting any younger and I am not young now. I don't want to be tied to this job as my only means of income.

BB: One thing that I hear from this is that that the bureaucracy is definitely… you would be liberated from it.

M5: Yes that correct.

BB: So that's that. In fact the word liberate came to mind when we were talking. So what would you actually be offering that would set you apart as a psychotherapist?

M5: What else would I be offering? Can you ask that question again?

BB; So what I mean is that there must be quite a few of them out there, so what would make your service preferable?

M5: What do I feel people should come to me as opposed to someone else? I've got strong views about how to work with people therapeutically. I think I bring a range of modalities to my work. I don't mean just psychology modalities but modalities from all sorts of areas be they philosophical or spiritual or there is a vast array of disciplines in the world with me and I think I bring that with me and I think also what I bring, rightly or wrongly, I think a lot of psychology and psychotherapy works from the deficit model. It is problem saturated and also interested in delving too much into the problem saturated model and I think we can influence people and I think I'm really interested in strengthening people and I think I bring that and I think a lot of people don’t, so I really care. But people lives go the way they want and I care about that one.

BB: You said that your cases sometime go on for 4 to 5 years on an average so while you are in each of those cases what do you focus on?

M5: Many things operate at the same time. So it an observation stance. Its an psychoanalytic stance. It's actually psychoanalytic stance. I can summarise it. Being in the experience and observing the experience at the same time. so I am if you like if you draw a picture, I am floating above the experience observing myself and the experience. So it's not simply that I'm engaged in the other person I am talking to. In that experience I am also engaged in what is going on in myself and reflecting on that. Bringing that to the to the situation and I'm focused on listening as in attentively as I can and listening to what's going on underneath the stories that the person is telling me and what I can do to help them understand the story underneath and also…usually people come because they don't know what to do so to help them understand what's really important to them.

BB: So you said there's a lot going on and for every session that you sit in this is what you do. So is there any one particular focus for one individual or how does that work?

M5: It's not a template. I'm not following a 10 step plan or some psychology module where you are following a module, so it's not that, its that each person is absolutely who they are an individual and it's cueing into that person.

BB: Have you achieved a goal that took number of years to complete?

M5: There were lots of goals. There were study goals. Goals that took years to complete? That’s the sort of goals you mean?

BB: If you could elucidate more on that. Lets start with the first goal.

M5: Well I'm not sure what you mean but I've done lots of study and I got number of degrees and so forth. They're all goals and they have all been, I suppose steppingstones to higher goals. I don't think I'm interested in… occasionally I've toyed with the idea of doing a PhD and I was reading in the newspaper today, I don't know man who is 94 he just received his PhD, that still something…I do a bit of writing maybe I would like to…. Its not a big goal, not a big goal. Is this answering your question? But there does bring about the idea of PhD in my mind. I do some writing sometimes I really try and I think I should really try and get something published. Or you know atleast aspire to that.

BB: okay okay but coming back to goals. Okay so let's begin with, you said you have a number of degrees, let's say begin with the first qualification that you had and how many years did that take?

M5: Well that was a Bachelor of arts. And it took three years.

BB: And then after that?

 M5: Then after that I did a diploma in teaching then after that I did a graduate diploma in teaching English as a second language. I the did a degree in social work then I did a post graduate family therapy and then I did a Masters in psychotherapy. Those are the main ones.

BB: okay so the Masters in psychotherapy, how long did that take?

M5: four years

BB: And lets talk about your challenges now? Career’s or personal, does not matter. How many would you say, if you could count and say that. If you were elucidating the main challenges of my life till today.

M5: Oh! Going back in time the main challenges in my life? It’s a difficult question as I don’t relate to life as being a challenge. I've never been a goal oriented person. I have a temperamental personality to thinking in terms of challenges. So I think I probably been more perseverant. Certainly done things but more floated through life maybe. I don't think, I am that sort of personality. Have challenges?.... I think another word would have to resonate with me.

BB: Okay so let's say that you had obstacles which you had to overcome?

M5: Its hard to think of …. Not that life has been easy. I'm not sure whether they are personal obstacles, they may mean that life has been full of them but obstacles… many many years ag, my mother because all sorts of family reasons, was going to lose, you know, all her property that she owned. Its pending with the banking commission now. I did an enormous work to … I fought a bank, I ought a bank for that not to happen. I don’t know whether you would call that as an obstacle but I felt like I was determined that my mother would not lose her own property. You could call that as an obstacle. I had to do a lot of research to get to that end point.

BB: And how long did that take?

M5: Probably took a year.

BB: And that was not something that was not your line of study at all?

M5: No. Nothing to do at all. It was about my love for my mother. So I think if anything drives me in my life, it's my personal life that drives me. So it’s always my care for the people who matter most to me in my life.

BB: So anybody else in your life for whom you had to fight like this again?

M5: If I wanted to put it in terms of fight, one of my daughters is, at the moment, her fiancée has just broken off the engagement and she's devastated. So in a way that she could… ah…she could really collapse. So I fight a constant fight, not an aggressive fight, at the moment, is to keep her to try and help her inspire her to understand that one just must not collapse under a situation like this. That’s a big thing, a battle, if you want to call it a battle.

BB: Anything else like this?

M5: No, I can’t think of anything else.

BB: Okay so what are your strengths?

M5: Ah… I always think of strengths also as one's weaknesses. Temperamentally, by temperament I am a very compassionate person. I have high empathy for the suffering of others. I am very kind and loyal. They are sort of, I consider as virtues and strengths at the same time.

BB: Okay you also said that your strengths are your weakness. How do you consider them as your weakness?

M5: Sometimes I cant say no. I find it difficult to put a boundary. Because I think I'm very forgiving of human imperfection and that blinds need to say no that's not right…, that person should not be in my life… , I shouldn't have to put up with that…. because I'm very open to the idea that all human beings are imperfect and make mistakes sometimes badly, including myself. So I am very open to that idea so I think I've got a big um…leeway for excusing bad behaviour. Sometimes to my detriment when I said its my weakness.

BB: So now lets just come to your work. And…

M5: I have got another week of weakness. Which is I don’t pay enough attention to the material world, the economic world so I don't run my financial life well. Because I am much more inclined into living in some other airy fairy world. So I am not as good in a financial position as I should be in my life.
BB: So when you run your business you will have to be.

M5: That’s why I haven’t.

BB: So when you concentrate which you must be, how long can you concentrate for and how would you describe your concentration?

M5: Well, I don’t meditate although understand the concept of meditation like most people you know. I have done a bit of meditation here and there but not ever had a practice of it but I do think that my psychotherapy training as opposed to a psychology training actually strengthens you from concentrating because I think, I think I am strengthening. Being able to give the situation person my absolute full attention and really be in there if you ask me for how long I can do that, its an impossible question to answer clearly. And obviously can't be all that long without your mind wandering. I just don’t know whether I can answer that question because my work is so focused on attentiveness I think compare to the average population of non-meditating population, I think, I can, I am not sure, but I think if I am seeing someone, I can give them my attention, I am thinking about without my wandering too much in in the situation. … I don't think… I just could not answer that question…

BB: Would it be an hour or so or more than an hour?

M5: I don’t think so. If we are talking about pure concentration pure concentration...

BB: When you are in a session, you are not only doing it but you are also looking at yourself, which is in a way you are in the situation and so long would you be able to do that for? What's the maximum time that you've done?

M5: When I'm seeing someone?

BB: Yeah

M5: I think you'd have to define the term for me, to give you an accurate answer. Say for example, it depends how intense the session is. You know of this woman I saw just before and she was talking about the content of her life, and she gave the examples she was talking about sewing, her interest in how to make money out of sewing. and I was asking her a series of questions and behind me conversing with her and asking her questions asking her questions I was wanting in my mind, I had many things going, I was wanting her to feel comfortable being here and I was on alert about any signs in her body that she was starting to feel stressed, too much for her, so I was attentive to her on that level, I was wanting her to feel that it was worth her being here but it was good for her being here. I was also running in my mind as well at the same time as I was talking to her about how I could help her generate more money wondering if I could help her. I was thinking of many other things in any other things around her content that I was not revealing to her, running around in my mind but I was also keeping my mind on her well-being her feeling good in the session. I was also keeping in mind when I was going to finish the session. So I was concentrating on lots of things. Wouldn’t say I was distracted,l was concentrating on all that was going on but I don't think, I'm not sure if I am answering your question, but I don't think I was concentrating on… while she was talking about I made a white bag with green dots on it. I don't think I was just only hearing that but all those other things that I just described was also being registered.

BB: But it is relevant to her relevant?

M5: Its relevant to her, all relevant to her.

BB: And you could do this for say 40 minutes?

M5: I think I probably could. I don't think my mind wanted to…umm…I don’t think my mind was when I am going to eat for lunch. I think my mind was fully with her all the time.

BB: You did speak about meditation? How many times have you dappled with it?

M5: That's a fair enough word. I don't know I probably would've known about meditation when I was in my 20s, I am in my 60s now. It's four decades. Over that time I've probably been involved in meditation. I would've gone away for retreats for the week or something over time but dappling … there could be years when I didn't do that. That’s why I could term it as dappling. I couldn't give you a number.

BB: When is the latest that you went to one?

M5: The latest that I went was probably…it would be 2017. I went to a week, a week's retreat meditating every day a week.
BB: Yes for a week. I was going to ask you what was the regimen that you followed?

M5: Teachings of meditation. Say maybe it least three meditations over the course of the day and maybe they would go for 45 minutes or something like that and the course of the week.

BB: How well did you meditate? Would you be able to say that you were able to concentrate on a focus, whatever the focus was?

M5: Again its hard to say…but certainly , obviously, I would not be able to do it for the 40 minutes of the time. Could you ask me more specifically?
BB: So when you sat down to meditate…

M5: I lie down.

BB: So when you lie down to meditate, what exactly happens then?

M5: I think the meditations would usually be from memory, I think this person was demonstrating the right forms of meditation at the start. If we think about just a simple something like that clicking, clicking. I don’t particularly like breathing meditation, breathing in and out just does not interest me. So I mind would in and out of it quite often.

BB: Which one of the practice do you really enjoy?

M5: In a meditation practice, I think probably sitting with myself and observing my mind you know that.

BB: You focus inwards. They're supposed to be one of the toughest.

M5: Oh really.
BB: Focussing inwards, you don’t know what you are getting into, you don’t know what is inside. There is no pre-vision in your mind.

M5: I'm not really attracted to guided visualisations. I am not attracted to it.

BB: That’s called Vipassana. So when you did that were you able to time yourself ever.

 M5: No. I have never done that.

BB: How do you feel after you've finish it and how do you finish it ?

M5: I think I have had enough, I stop. I think I am bored now. I don’t do it very often though.

BB: Why not?

M5: Obviously, it's not enough of a draw. Does not draw me in enough, in my life. I also, I think another reason is for myself when you ask about challenges because my temperament I've never really operated strong in the physical world and hence not paid attention to my finances, not really interested in sport or anything like that. So if I were going to go down to do meditation, I would be much more interested in things such as on that combined physicality like a walking meditation or something that is still focusing but not just sitting.

BB: Have you done those walking ones?

M5: Not really. I have played around with the idea myself. I would be aware of. But with anyone in a guided meditation, I have never done a walking one. But I have never been involved with a group that does that.

BB: Have you ever done anything to do with mantras?

M5: With mantras, not specifically. I was given the idea of finding my own mantra but I couldn't find one. I quite like the idea of a mantra that would attract me. A mantra. Because it focuses on just that one thing

BB: Have you ever done any of those Zen ones?

M5: Like what?

BB: Zen is gotto do with your heart. So you feel, you just visualise whatever loving, compassionate and or kindness situations and you let them wash over you and then you focus inwards into your heart

M5: I have not done in the specific way like you've talked about. I have certainly had a bit to do with Tibet and Buddhist meditation where those are bit to do with compassion so forth and there. So I live near a place called Tara House in Brighton. It’s a Tibetan Buddhist home and there are lamas there. And they run things, you can go there and stay with donation. But the lamas will give weekly teachings that involves meditation and they will often be of that type. I suppose on the track of that we can’t put a high-value on compassion. You know because I … anything to do with Buddhism would naturally attract me.

BB: So when you went to these retreats you would actually be getting a super dose of it?

M5: well you could call it. For someone who doesn't do that. I went for a week in 2017. for a week

BB: Okay so when you went there…. So when you go to the retreat and you said you do it three times a day for a week for a week and when you return back there's a kind of a feeling that that you have… you carry with you?

M5: Well there has to be. Doesn’t there? There must be. Well. it takes me back to… you know I have a belief and aspiration that life goes better when you live it very simply. I hope that with my life so big now but when you're aware of your life when you are in your life, in the way of your life, and I aspire that anyway but your way of doing that just reinforces it. Just like a little helping hand.

BB: So when you go there it gets reinforced and when you come back, for how long does this reinforcement remain? And when do you feel that you need to go back again?

M5: It’s a question… it's not like that with me. Its just reinforces for me that I want to be on that path permanently. Then whatever meant to be I don’t want to go back to anything but you know I think about things like I'm just making that more part of my daily existence so for example I have a piano at home. I haven’t played it since I was a child. And I …because my children played it. It was her piano. And I have thoughts such as I could take up playing the piano, particularly as a form of meditation. As a form of focus, not to learn songs or whatever. Just as it would be another example for me focused meditative practice. Yeah. And I didn't think about… I was going to do it tonight but I was thinking about bringing a yoga mat into this room, in between seeing these people, I thought I could put my feet up against the wall and just be so and meditating , just be. So things like that, maybe if I go to something like that week it would reinforce for me not that I want to pay them more money to see them again but be mindful on these things that I can do in my daily life.

BB: Before 2017, did you go before that?

M5: Probably probably the time before that. Haven’t done a retreat like that before. Maybe a few years before that for a week or so I would have gone to the Tara Institute that I mentioned the 2017 retreat.

BB: So you went in 2017 and then a few years before that?

M5: Five years maybe before that.

BB: So you went in 2012 and then in 2017

M5: So I would have gone a few times to Tara Institute. Very sporadic. Sporadic is the word.

BB: This sporadic visits, would there be a trigger which prompts you to go?

M5: So Yes I have a friend that's her world. She said I'm going to this week, do you want to come with me. And I said I thought that was a good opportunity to do that and so I did. She was the trigger.

BB: okay, so it was an external trigger.

M5: Yes

BB: Have you ever used psychotherapy or psychologist for yourself?

M5: Yeah, heaps because being a psychotherapist, part of the training is you have to be in your own personal psychotherapy twice a week. For years, I have had shiploads of psychotherapy.

BB: But that's because of a statutory requirement?

M5: No, even before, even before that before that.
BB: And now that since when you started meditating or getting into this sporadic practice, M5: I have been to that before I went to psychotherapy. Because I knew about meditation, because you know, I come from kind of a hippie background. So I was into meditation and stuff like that, I was doing yoga for example, when I was 12. It has always, always been part of me. My knowledge base of the world is …

BB: So do you do yoga now.

M5: Well, once again, same story. The meditation, its been sporadic. Its in my life, it can come into my life, Its just about to I hope, fingers crossed, return to my life as we speak.

BB: This is vajrasana what you are doing.

M5: I have to try.

BB: The reason why I am asking about your concentration is to understand that when you have a how much of a gap do you have in between two cases? In between two patients?

M5: Well I always leave atleast half an hour and I'll try and leave an hour between. Its interesting you have asked that question in this big bureaucracy I have managed to do that remarkable thing because I don't think that's really how it's meant to work. But I've never worked back to back. I actually I think, I think for me because I give so much concentration I just really need that time to just be myself by myself collect myself. You are taking up some of my collecting myself time. But that's okay I'm prepared to do it for you.

BB: I am now feeling guilty.

M5: No, don’t feel guilty. Don’t feel guilty. I am happy to help you.

BB: Would you say this that this four years that took to do your masters, while doing your masters, what phase of your life was that?

M5: It was it was the phase of my life when I had children who were in primary school and secondary school. It was after my children were little baby. So I guess my youngest daughter would've been eight or something like that. And the oldest, oh, she would be married by then.

BB: How many children do you have?

M5: 5

BB: The one who is married is gone? And after that?

M5: Maybe she was, they would've been at secondary school. Maybe they would have been in two in secondary school, two in primary school.

BB: Secondary school would be Year eight or nine?

M5: So they would have been from 8 to 15 when I started it.

BB: Okay, that must have been a very heavy household. Four children in school

M5: Yeah I didn't think about it that way.

BB: That's because you were too busy with whatever you were doing.

M5: I don’t think about myself that way. I never thought about. I had a mum who did a lot. So in comparison,

BB: So with each of your children, you said you had spent quite a lot of your time being a mother, and you had five of them under a roof at one time, how did you share your time amongst them? How did you organise that?

M5: They were just with me all the time. So I did not have to organise it. They were with me.

BB: But then they were sharing you with their siblings?

M5: Yeah they were. But I suppose if there were three years between them, ummm, well they were at different time. When you have a baby, they do not need that much attention, then you give your attention to the other little ones. There is always … perhaps at that time, there were two at home, rest at school. That’s just how it worked out. There is three year gap between my children. So by the time number three comes along, the first one is already at school. So you are left with two.

BB: So you were actually juggling your time. And organising yourself according to their schedule.

M5: Exactly.

BB: okay so you were even talking about your meditation and retreats, I would like you to describe when you say you concentrate, not only at work even at home, could you describe it? How is it?

M5: When you the word concentrating, that is different to thinking. Do you want to explain that ?

BB: So you're focusing on your client, like you described, listening to someone, how would you describe? Say you do it for 40 minutes or so? That’s one time gap.

M5: Concentration is different when you giving your attention. How do I give attention to another person? I'm listening attentively, I am giving all my attention to listening and its not just listening in a blank stare kind of way, because some do that. But listening to try and understand as much of everything that that person is saying and both the text of what they are saying and the underlying subtext and maybe even what they are not consciously aware of what they are saying. So I am trying to listen to a lot. To do that requires a lot of attention I suppose, in a similar way, to as if you're trying to learn a musical instrument or something. You have got to give your attention to, say you are learning the cello, the attention would have to be on are my fingers in the right place, is this happening, many different things had to be operating at the same time, it's a bit like that. Like learning to drive a car or something, a new task.

BB: okay and so it starts at all the basic level of certain things being in place. And then the finer points of how you're analysing, how you are looking at the things surrounding it.

M5: Exactly.

BB: Okay so one thing that I get from what you're saying is that that you're totally with that person you're absolutely with that person.

M5: yes

BB: And while you're with that person, are you able to get a feel of that person. Are you able to get that ?

M5: A feel of that person ? That’s what I am saying before that it is not a script or a model. Each person is a very separate individual person. So yes it's about the whole person.

BB: And when you come out of it, how do you come out of it?

M5: Yes, so I can actually …its over. Its literally, bye bye, show them out and my mind will turn to something else.

BB: And between this and the next one you take your own time, gathering yourself in the middle of two sessions?

M5: I need to. I try to.

BB: When you are with yourself, gathering yourself between two sessions, what exactly do you do? Do you have a ritual?

M5: I would get out of this building, I always leave if I can. I would usually go and have fun, a coffee or something or I will go to the library and get the newspaper, and read it. That’s what I mostly do. Or something else.

BB: What I also gather is that that you don't look at challenges as challenges. So you will not look at setbacks or you will not look at a setback as a defeat. It’s a strong word which I am loathe to use, but it would just be part of your everyday life. Is that how it is?

M5: Set back….I am not without feeling. I can get worried, fearful, frightened. I think I have learnt. You see you are talking to me today, if you talked to me ten years ago, twenty years ago, you would have met someone very different. There is some developmental. So I try and think okay, okay, this is a difficulty, a challenge, a setback, a problem think about it, calm down. Try and look at it from a … try and not be immersed in it. Trying to get it from the outside. Okay what can we do about this. Or I'll try and identify the emotion attached to it. I might say, to myself, whatever the challenges or setback is or whatever, I will try and identify the emotion, I will try and see what actually ….you are frightened. But what actually are you frightened of? Are you frightened that you can't speak up yourself or are you frightened at this ….which is separate to the obstacle, the challenge. Its separate to it. So I am calming myself down.

BB: So you are actually trying to find a solution.

M5: Yes I try and find a solution.

BB: But what are you doing is inherently.

M5: Yes, inherently. By inherently I mean what it is that's right. Am I frightened? Am I …usually I am frightened. What's the worst thing? I try and identify the underlying is the cover, which is essentially what I do with people. I see the story too. This is the cover story, the top story but what is it underneath. And I try and do that for myself.

BB: And are you successful?

 M5: Well I am becoming more successful. That awareness to me it's a success to just to be able to say you're frightened you don't know what to do. Just that in itself is a success. And I suppose the other thing is, I'm in my life, I'm very compelled to the idea of always resisting what is. And so I find, what helps me with challenges is to think, okay this is what it is. That's just how your life is at this minute. And in itself is the best.

BB: So basically accepting what is happening as a fact?

M5: Yes, a fact not meaning I don't want to feel like make any movement but trying to accept it and most of it as it is.

BB: And are you successful most of the time?

M5: I would say, I am successful 50% of the time. Maybe less. I know that because I fall into the same pitholes. I mean, even though I say you got to accept things, I don’t feel agitated and upset.

BB: Every human being when they go to work and they're working in a place for sometime, they carry an image? Do you know what your image is with your team members?

M5: How other people perceive me? They perceive me as calm and probably wise.

BB: And your boss?
M5: Yes, she does too. I know that because she says it. I need a calm person.

BB: And just curiosity, is she younger than you?

M5: Yes and pretty everyones younger than me. She probably be in her 50s. Early 50s maybe. She has got a child in year 7. I guess she would be in her 50s.

BB: Do you finish every activity there to take on?

M5: The answer to that would be no. No.

BB: okay so what are the activities that you leave behind?
M5: They would mainly relate to my personal life. Cleaning up the room, cleaning out and stuff like that. I could, not that I need but once in a while, I was cleaning up the room, I found a basketful of probably half finished knitting project. No I am not an organised person.

BB: Do you finish the priority things? Do you have something called a priority list and you finish those?

M5: Yes because my priority list is very small. It essentially means that I get to work on time, very small priority list, so I don't have big priorities.

BB: But the ones that you have you complete them?

M5: They are so few. For example, I haven’t got my taxes done. For three years, I teach at Monash I didn't claim a cent. I did not get paid for three years because I didn't put in the timesheets. So that’s a big headache for me now. So now that I have decided I want that money back, that also comes down to how I treat money and get my tax done. So now I have to find all that information. That would be a really good example.

BB: okay how do your students perceive you?

M5: Well they are all students given that I see them once in the workshop for the year. I wouldn't say that, I would say that I leave marking their essays and giving it back to them to the very last minute. That’s what I would say. But on the other hand, I give them very high marks. So for the student, what is it more important to you. So they perceive me like everybody else, I mean, I am understanding person. So if somebody wants an extension for an essay or something like that. They don’t even have to give me the excuse. Okay you want an extension, I assume you have a reason and its hard to get it all in one time, the answer is yes. Give me the excuse, make it up, I don’t care but the answer from me will be yes.

BB: Which level are you teaching?

M5: I am teaching in a masters of mental health science. I teach one unit. Its called parent therapy as apsychologist.

BB: You choose that? And when you are teaching, thats different from practising,…

M5: My students love me. I have taught at lots of universities. I am known as an inspiring teacher.

BB: And how does academic suit you?

M5: Well again like everything else, the path of teaching suits me really really well like my therapy which you know about, standing in front of a class and teaching, because I'm good at connecting with people and I am good capturing the moment and hold a class. I am also good at public speaking and stuff like that. So things that are in the moment, of the moment, are my natural inclination. The rest, the bureaucracy, the timesheets really does not work for me. So I always said while I was teaching that if someone were to plan it and I were to deliver it. I am not good at planning. My mind does not work that way. That’s why being a therapist is a perfect job for me because I'm very good at working with what comes into the room. I don’t have to plan, I just work with what they bring you.

BB: Do setbacks discourage you?

M5: Again the definition. Setback, isn’t it? I've not been ever invested in a working life. It doesn’t touch me emotionally. I give a lot to my job for example it wouldn’t be worth to me personally, it would be about how I have decided about how I want it to be. So setbacks the ones that you care about or the ones that are my personal domain,

BB: Okay so what if it doesn't it isn't in your personal domain does it discourage you?

M5: Depends on what do you mean by setback?

BB: Say for example, you mentioned about your daughter that at this moment she needs you because she's going through a situation that is difficult for her. Is that a setback for her and for you as well?

M5: It is distress for me. Which is so different from a setback. So do setbacks discourage me? No, they upset me which is different to discourage. They upset me. And then I have to think, what am I going to do now? So when my daughter’s relationship that had ended up turning into a bad evening which had upset and spent the time crying and stuff like that, and that is a set back if you want to call it a set back. It's a setback for her. But I'm thinking what can I do what's best thing to do. I'm sad but I'm not sure. I'm not discouraged. Discouraged would mean that I cannot keep going but I can be very sad.

BB: Are you a hardworker?

M5: No.

BB: How would you describe yourself as a worker then? How do you work?

M5: In my professional life? When I am doing something. I am doing it to my fair capacity that I am capable of in that moment. But I am not a driven, highly driven person that does a lot. So when I am doing it, I feel I am doing it, yeah, well. So as a mother I feel I am giving it my best when I am doing it. I am seeing someone, I give my 200%. I am giving it my everything I have got when I'm in the moment. But I won't go home and cook dinner, I will buy some. When you say hardworking, in that way.

BB: I look at you as a mother and did you have any vision for your children?

M5: Yes, I had lots of ambition for my children

BB: And were they fulfilled?

M5: Its like everything in life. They were fulfilled but I realise that now, my regrets that if I were starting all over again, I would have different ambitions. So my ambitions were fulfilled but I wish I had different ambitions.

BB: But otherwise they have been fulfilled. And did you play a role in them?

M5: A huge one.

BB: Do you consider yourself to be diligent?

M5: I can say that I'm diligent about certain things when I'm doing them. But I am not diligent about doing my tax. I wasn’t diligent about being paid by Monash. I'm not diligent about cleaning my house. So lots of think I am not diligent about.

BB: But those are not on your priority list.

M5: I think they're obviously not. I want them to be on my priority list

BB: but then it does not ever happen?

M5: I am working towards it. I hope. I think I was diligent in caring for my children. I am diligent in caring for the people I see, that’s for sure.

BB: And when you're diligent how would you describe yourself? How do you know that you are functioning hundred percent? How do you do you understand that?

M5: Really comes to my mind, say when my children were little, and say I was really sick, I will still perform. I cant say I am sorry, I cant do that because …

BB: And how do your children describe you?
M5: Kind and generous and caring. But they also think I am not on top of those other things like finances and stuff like that. They would worry that I don’t look after myself properly. But they certainly think I am kind very kind to them. They know that I would do anything for them. They know that I would sacrifice, self-sacrifice. That’s what they would say. BB: Do you have any boys or all girls?

M5: I have only one grandson, I only have girls.

BB: and how do your grandchildren look at you?
M5: Bit of a failure as a grandmother.

BB: Why is that?

M5: Because I don’t see them as much as I would , should, there is a should. I don’t see them as much as a grandmother should, because…, and that's a disappointment but I keep thinking about it how I can fix it up, I think it's because I work five days a week and I have raised five children of my own. And I am pretty tired of children. So not much there.

BB: Especially if you've given. As you said 200% to each of your girls.

M5: Yes, I did. I am pretty done. When my little granddaughter was small, when she was upto four, everyone said you know I was her favourite person. But she has grown up now. And when I am with them, I am diligent. For example, my daughter who is doing a PhD, she would go to Sydney for 10 days a while ago. So she would trust me with her children, so I moved into her house and looked after her. And her husband. I think I got pretty 10 out of ten reviews from both the husband and the children. You know, yes I was diligent. So once I was doing it, I gave it the same two hundred percent. You know I made the wonderful food that they loved, I gave them their bath, I gave them massages, little meditation before they went to sleep, put them into a zone and they loved all that.

BB: And once you came back from those ten days, how did you feel?

M5: Exactly like I do when I see people. I got into my car, thank goodness, you know, mission accomplished, clsing the doors like thank you, and off I go. I received some satisfaction that I could help my daughter. That she trusted me and that went well for her. And that her children were able to say, you know I cooked better than she does and stuff like that. So that’s diligent I guess.

BB: But you worked very hard too. Because you were working as well as looking after them. How do you describe yourself as a member of the team?

M5: The team? I am not really into teams, you mean here in my programme, umm… I don't
artificial phoney relationships, so I don't want to play some, so for example, I'm not interested in having a birthday cake for my birthday, like they do, that is so phoney friendship, I have deep friends, real friendships so I am not interested in that. So I'm not a team player like that but I'm certainly friendly and talk to people, approachable, and people come to me, tell me things and perceptions. They see me privately and tell whatever their story is, marriage or children or whatever. So I am seen as an approachable person.

BB: After all these years if you had a balance sheet with liabilities and assets, which one would weigh more?

M5: Say that again? If I had a balance sheet and liabilities and assets in my life, which one would weigh more? I feel pretty disappointed with things that I would have liked my children's lives to be … I would like my children’s lives to be better than mine used to be. I feel pretty disappointed about that. But I don’t want to be discouraged about it. I think there are a lot of liabilities, not in my professional life, no, in my personal private. I don’t think my children are going as well as I would have liked them to have been. My marriages is certainly not going how I would like it to be going. I feel I feel that all the energy I put into those children, yeah, I feel it hasn't come to fruition. Yeah I do.

BB: Describe your mood as you came for the interview. alert to drowsy

M5: okay go some notable this is the high and strong that mean that means you are feeling weak very quite some nova
Neither am I said quite proud ashamed involved attached excited excited excited some great song closed open open clear confused very clear
In myself do you mean yeah relax was pretty competitive covering my best to be cooperating

BB: Did you physically feel any discomfort as you were to join the interview?

M5: No

BB: who were you with?

M5: Before coming here with a client.

BB: Indicate how you felt about the activity. Challenge of the activity

M5: You mean this research questionnaire?
Go five. your skills in the activity your skills on the activities from not entitled to it very much and I said what's this activity important to research questionnaire yeah just got this interview that we had. well, I was happy to help you so how do I do it to you cheap yep stick my time what's this activity important to others was, it was important to you, yes so very much okay will you succeed in what you were doing? I hope so. Do you wish you had been doing something else were you satisfied with how you were doing? Reasonably. How important was it to your overall goals? I'm gonna put I wanted to help you.

BB: If you had a choice who would you be with?

M5: I'm happy to be with you in this minute.

BB: And what would you be doing?

M5: I think it's okay doing this questionnaire.

BB: Thank you thank you so much.