

Ahrensburg 2016 ©

# Therapist Cards

I am  
a „disturbance“  
at the right  
time.

**I learn  
to wait  
while  
working.**

My schedule:

**What is the problem?**

**What should be different?**

**How should it be?**

**How do I get there?**

**SCHNEIDER**

*Psychologische Symbolarbeit*

### **Tips for using the cards:**

Pick a card or draw it blind. Put it on the mirror, download it and make it your wallpaper, the desktop, carry it in your wallet, use it as a bookmark. This card can be used as a reminder, to draw your attention, to make you think, to help you make decisions and to check things out.

Wilfried Schneider

**My Schedule:**

**What is the problem?\***

**What should be different?\***

**How shall it be?\***

**How do I get there?**

\*only the client can answer  
the question

Wilfried Schneider

**Who?**  
**What?**  
**When?**  
**Where?**  
**How?**  
**Why?\***

\*The why question could be interpreted to mean that something is wrong in family, a group, team or in relationship. Or to be like that, to think, act, feel, be wrong. Often the why question generates destructive resistance. Think also, if it could be answered, man would not have come to you. Reasons enough not to ask the why question.

Wilfried Schneider

“Woe betide me if I  
draw consequences  
from myself.”

Martin Walser  
“Meßmer’s thoughts“

Wilfried Schneider

What are you doing with the answer?

“But if I cannot find  
anyone, I am still  
wondering if I have  
to.”

Wilfried Schneider

All my evaluations are made from the point of view of my socialization. This makes it clear that it can only be one of infinite number of views. How are opinions, statements, hypotheses to be stated? It usually remains the group, the supervision, education and science. If these are not used, an essential part of quality and responsible action is lost.

Wilfried Schneider

“The idea sits on the nose and what we see, we see through it. We do not even get the idea of taking it off.”

Ludwig Wittgenstein

Wilfried Schneider



I know that my  
perception of  
my opposite  
and its  
reproduction is  
not my opinion  
about it.

Wilfried Schneider

Journalis Barbara Walters wrote about the understanding of roles in Kabul, Afghanistan. She noticed that women usually walk five steps behind their husbands.

Recently, she returned to Kabul and observed that despite the fall of the oppressive Taliban regime, women are still walking behind their husbands. The women seemed content to maintain this old need.

Miss Walters approached one of the women and asked why she was so happy to carry out an old need that the women had once fought for so desperately to be abolished. The Afghan woman looked the journalist deep in her eyes and answered without hesitation: "landmines."

Exact Source is missing, text was mailed to me on 5th of September 2011.

Wilfried Schneider

# **What are my weaknesses?**

It is helpful if I know them!

Wilfried Schneider

Learn to understand the logic of the client's behavior. Then you understand the sentence: "Just because you get something out of it, that is how you act."

If we then assume that the person is familiar with it all his life, he knows about it and has little fear in this context.

The idea of possibly doing something completely different can increase the anxiety level.

Wilfried Schneider

## Attitude

..... and to empathize  
respectfully with the  
"unspeakable" of the other,  
without being frightened,  
neither by nor for the other.

Ina Hinnenthal  
about Wilfried Schneider

Wilfried Schneider

I have a good  
idea and am  
beginning to  
make the client  
fit to that idea?

Wilfried Schneider

How do I  
recognize  
myself?

How do others  
recognize me?

Wilfried Schneider

Moments -  
Nuances.  
What do I perceive  
of it? Nuances.  
Do I get them?  
How important are  
they to me?  
What am I gonna  
do with it?

Wilfried Schneider



Am I working  
with the client  
about starting  
or stopping? Or  
is starting  
already  
stopping?

Wilfried Schneider

It is not about wrong or right in my valuation. But rather that I understand the logic of the client's behavior. If he would be able to do differently right now, he would be doing it. Assuming he would know how else he was gonna go.

Wilfried Schneider

Standing in  
front of a grave.  
What do I say?  
“The person  
died” or “The  
person has  
lived”?

Wilfried Schneider

Work with “what  
the client wants”  
and not “what he  
does not want.”

Wilfried Schneider

How do I deal  
with  
disappointments?

Wilfried Schneider

How do I  
recognize  
orders, how do  
I decide what  
to work with?

Wilfried Schneider

How often do I  
perceive what  
happens  
between the  
lines?

Wilfried Schneider

How do I  
behave when  
I face my  
own  
problems at  
work?

Wilfried Schneider



Do I know my  
preferred  
defense  
mechanisms?

Wilfried Schneider

Learn to  
wait at  
work.

Wilfried Schneider

Some things  
come through  
the back door  
during the  
session. Thus I  
am never just  
focused on one  
thing.

Wilfried Schneider

You are not a missionary and where is written that you have to do good to the client? Missioning is about your own need and not your opposite's need.

Wilfried Schneider

In every  
problem  
there is a  
solution.

Wilfried Schneider

Focus that the one opposite who you are working with has wings. Does it use it - are they broken or are they fine? When does it find out about them? When does it start using them?

Wilfried Schneider

Everyone  
is how he  
is. 100 per  
cent.

Wilfried Schneider

Do what you  
can and what  
you are.

Stop doing  
what you could  
or want to be.

Wilfried Schneider



I am always  
what I do.

I do what I  
am.

Wilfried Schneider

Life oscillates  
between rage  
and  
tenderness  
and the  
longing to live  
one or the  
other moment.

Wilfried Schneider

Theory only makes sense when it can become practice. This means for us, to develop substantially interventions that can be implemented.

Wilfried Schneider

As long the  
therapist talks  
or makes  
suggestions,  
the client does  
not have to do  
anything.

Wilfried Schneider

Therapy is  
useful, when  
talking  
becomes  
doing.

Wilfried Schneider

Many people who  
come to me want  
something to be  
or become  
different.  
But they don't  
want to do  
anything  
differently.

Wilfried Schneider

Do I perceive the  
client's difference  
between adaption  
and change?

Whereof?

Do I want to  
perceive him all the  
time?

Wilfried Schneider

- Get to know the client's most favorite mistake.
- Do you know his plan of happiness?
- A session without humor is like a hollow tooth.

Wilfried Schneider



Hope is about future,  
always starts immediately!  
What happens a second  
ago, you can not change.  
Being responsible but not  
getting stuck with it, keep  
going!

“The walking one pushes  
his way under his feet“ as  
Martin Walser says. This  
affects the therapist and  
the client in the same way.  
Always straight ahead  
upright; even in doubt!

Wilfried Schneider

I work on the healthiness and not on the disease. I am working on the skills and not the undesired skills.

I do not talk and work “about” it, I talk and work “with” it. I say: “Play on the pavement!” and not “Don’t play on the street!”

Wilfried Schneider

I do not care  
what you say or  
announce. I only  
care what you do  
or don't do!

Wilfried Schneider

Dealing with the past has a meaning when it comes to understanding one another in the present.

Only then does the ability to shape the future begin.

Wilfried Schneider

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