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Institute
Contextual
Approach



Receiving through giving: A case study of exoneration.

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The question of how I give and to whom cannot exist without consideration of what I receive and from whom. One of the gifts of Contextual Theory is the recognition that giving and receiving are deeply embedded in one another. When I genuinely give to another, I also receive merit and become more deeply human. When I receive from another with gratitude, I confirm them in their personhood. Life is stymied when the dynamic flow of giving and receiving between members of a family across generations is blocked. The binding pattern of mistrust and hurt is broken as the therapist opens the possibility of relational vitality through new pathways of receiving through giving in relationship.

This will be demonstrated through video clips of Jenna exonerating her deceased mother. Finding words to say her childhood pain opens space to ethically imagine the life her mother lived and the meaning of mother's context. Moving beyond a static notion of her mother's failures and her own impotence, Jenna states she feels she "met" her mother for the first time. Post session, Jenna exhibited new freedom and vitality of life in her current relationships affecting them in positive ways. The presentation calls us to consider our own legacy of giving and receiving and the ways we invite clients to claim new options between the members of their family.

This is how trust is generated, laying a foundation for the next generation that flows into the future. The future upon which the world is built.