

Ticket:

Welcomed Freedom clients and opened session with the Serenity prayer. As most of the group is new and this is their first group the facilitator decided to review Freud's image of the Human Mind – The Mental Iceberg. Illustrated and discussed the conscious level (thoughts, perceptions), the Subconscious (memories and stored knowledge), and the unconscious level (fears irrational wishes, shame, anger, etc.) lives. Talked about the concept of "shame" as being located in the unconscious level and therefore difficult to describe and deal with. The more one deals with the symptoms of shame, the more awareness comes and one can use thoughts, feelings, and perceptions to manage better. Group members had many questions as we developed these ideas.

Goal:

- Continue looking at the source of shame and how to manage it.
- Continue trying to heal the shame we carry.

very interested in today's group and explanations. Excellent questions.

Freud's View of the Human Mind: The Mental Iceberg

