VITALIZING APPROACH TO CAREER COUNSELLING

Life-course conversations on the basis of self-psychological theory and cognitive strategies

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(2) Past-determined

(1) Future-directed

(3) Presentness

Vitalizing Life-conversations
Towards qualified self-determination in one’s career and life-course development

Figure 15.1.: Man as a future directed – past determined presentness

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The Vitalizing Model

Basic Needs and Psychological Oxygen

- Need for Competence
- Need for Autonomy
- Need for Meaning
- Need for Relatedness
- We-ness

PSYCHOLOGICAL OXYGEN
Self-mastering

Self-assertion
PSYCHOLOGICAL OXYGEN
Self-exposition

Task-mastering
PSYCHOLOGICAL OXYGEN
Self-mastering

Life-organization
PSYCHOLOGICAL OXYGEN
Life-opening

Psychological Oxygen

…refers to the vitalizing dimensions of our relationships with other people or aspects in our environments, which we perceive as life-promoting, invigorating or otherwise vitalizing

(Tønnesvang, 2002)
Development of Vitalizing Environments

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SELF-MASTERING:
- Self-regulatory sustainments

TASK-MASTERING:
- Growth layer challenges

Oxygenating reality-corrections

SELF ASSERTION:
- Recognition

SELF-EXPOSITION:
- Affirmation

Mastering
- Se me for who I am
- Give me appropriate challenges
- The Person’s Projects & Strategies?
- Let me belong, as you do
- Show me who or what I can become

Direction
- Frames of Meaning

LIFE-OPENINGS
- Fascination

INTIMACY:
- Closeness

WE-NESS:
- (Group) participation

Self-worth

Belongingness
Development of Vitalizing Environments

SELF-MASTERING:
- Self-regulatory sustainments

TASK-MASTERING:
- Growth layer challenges

SELF ASSERTION:
- Recognition

SELF-EXPOSITION:
- Affirmation

Oxygenating reality-corrections

Mastering
- Way of using talents in learning, activities and work
- Self-view
  - Self-expression
  - Vitality & creativity
- The Person’s Projects & Strategies:
- Ideals, Goals and Values, Self-organizational capacities
- Co-existentiality
  - Belongingness
  - Sameness is difference

Self-worth

Direction
- LIFE-ORGANIZATIONS
  - Frames of Meaning
- LIFE-OPENINGS
  - Fascination

Belongingness

INTIMACY:
- Closeness

WE-NESS:
- (Group) participation

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Surplus- & Deficit-positions

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Optimal development  
*Self in surplus position*

Disturbed development  
*Self in deficit position*

**Acting approach – Flexible Connectedness**

**Re-acting approach - Rigid Connectedness**

**Vitalizing Millieu**  
with ‘good enough’ Psychological Oxygen

**The character of Psychological Oxygen**

**Deprivating Millieu**  
with ‘less than good enough’ Psychological Oxygen

**Four Basic Psychological Needs**

Basic forms of motivational directedness
Potential Deficit Positions

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SELF-MASTERING:
Self-regulating disciplin

TASK-MASTERING:
Growth layer challenges

SELF ASSERTION:
Recognition

SELF-EXPOSITION:
Affirmation

SELF-worth

Mastering

One sided mastering

Mastering breakdown

Omnipotent self-view

Self-extinction

Fanatism

Lack of meaning

Group confluence

Isolation

Belongingness

INTIMACY:
Closeness

WE-NESS:
(Group) participation

LIFE-ORGANIZATIONS

Frames of Meaning

LIFE-OPENINGS

Fascination

Direction

Toxy-genating corrections
The Conversational model

**Current self-view**
How do I see myself in my ___ life?

**Current self-view**
How am I supported and challenged in my ___ life?

**Current self-view**
How do I feel I belong in my ___ life?

**Current self-view**
What is my perception of meaning and future in my ___ life?

**SELF-WORTH**

**Mastering**

**DIRECTION**

**RELATEDNESS**

The Conversational model - Copyright © Jan Tønnesvang, 2012
How do I experience myself in my life?  
What is me in particular?  
How is this expressed in my life?  
How do I avoid to express what is me in particular?  
Is there something that in particular interests me?  
Are there someone that I look up to in my life?  
Are there significant values in my life?  
How do I dream about my future life?  
Are there significant values in my life?  
How do I feel when I see 5 or 10 years from now?
The Conversational model - Copyright © Jan Tønnesvang, 2012
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<thead>
<tr>
<th></th>
<th>Positives</th>
<th>Negatives</th>
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<tr>
<td>Continue as usual</td>
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<tr>
<td>Make a change</td>
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Two-chair-technique in working with life-challenges

© Jan Tønnesvang
Two-chair-technique in *working with life-challenges*

© Jan Tønnesvang

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<td>+ Change</td>
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**Current self-view**

**Desirable self-view**
Techniques used

• Board
• Paper
• Models
Current self-view
How do we see us in our ___ life?

Desirable self-view
How do we feel we belong in our ___ life?

Desirable self-view
How would we wish to belong in our ___ life?

Desirable self-view
How would we wish to perceive meaning and future in our ___ life?

Desirable self-view
How would we wish to be supported and challenged in our ___ life?

Self-worth
Current self-view
How do we see us in our ___ life?

Desirable self-view
How would we like to see us in our ___ life?

First step?

Direction
Current self-view
What is our perception of meaning and future in our ___ life?

Desirable self-view
How would we wish to perceive meaning and future in our ___ life?

First step?

Relatedness
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Cognitive Life-counselling

- A method to support peoples life-course creation
- The future in the now as a take of for change

The Theory + 12 contributions from practitioners, 2012
http://klim.dk/bog/Psykologisk_ilt.htm