

The Drama Triangle and the Four Agreements – Helping Maintain Professional Detachment in the Consultation

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The Seat of Power

- Every profession is a conspiracy against the laity, said George Bernard Shaw in 'The Doctor's Dilemma'

The Consultation

Two people approach a consultation, both independent adults.

However, the expert knowledge lies with the professional.

The layman (the patient), through ignorance or fear/anxiety, may give away his power of autonomy.

This power must be handed back at the end, to ensure a tidy ending

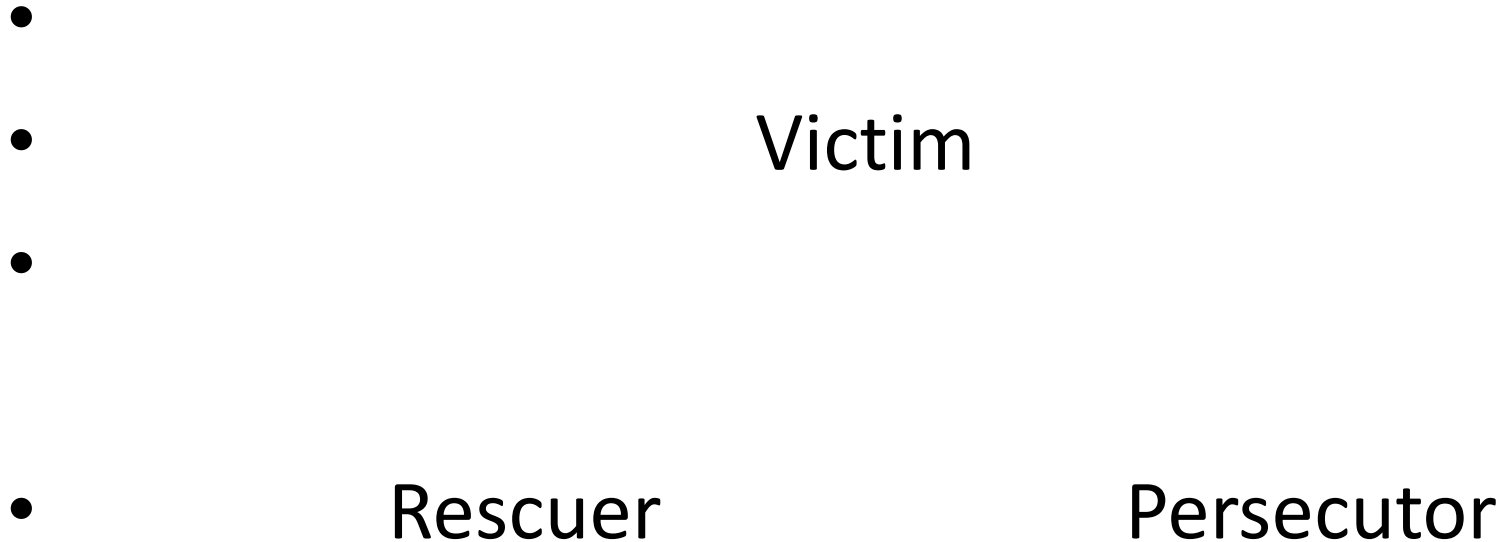
Transactional Analysis

- | | |
|----------|--------|
| • Parent | Parent |
| • Adult | Adult |
| • Child | Child |

The Drama Triangle

- 3 roles – 1 Child and two Parents
- The Child can give away their power - to a parent, and can play Victim, playing the script “If you help me / save me / protect me, I will give you my power”.
- The Parent takes the power and becomes Rescuer “If you give me your power, I will protect and help you”

The Drama Triangle



The Drama Triangle

- Win – win?
- Win – lose?
- Lose – win?
- Lose – lose?

Exercise

- In pairs, please study the scenarios
- One person play physician role, the other the patient role
- Five minutes to 'consult'
- Then we will discuss

The Four Agreements

- Be Impeccable with Your Word
- Take Nothing Personally
- Make No Assumptions
- Always Do Your Best

The Drama Triangle

- References
- **Karpman, S. (1968). Fairy tales and script drama analysis. Transactional Analysis Bulletin, 7(26), 39-43**
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- Edwards, Gill. Conscious Medicine, Piatkus 2010, pp130-133
- The Four Agreements, Don Miguel Ruiz, Amber-Allen Publishing

Thankyou for your participation!