



"There are no contests
in the art of peace.
Defeat means to defeat the
mind of contention that we
harbour within"
– M. Ueshiba

THE ART OF CONFRONTATION

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An art is developed through practice

- 1 -

Think of your most recent preoccupation

- 2 -

Formulate it as a question and write it in chat box

- 3 -

Dig into the subject



Habit creates competence

Unconscious
incompetence



Conscious
incompetence



Conscious
competence



Unconscious
competence

Competencies? Confrontation?



Views of philosophical practice?

PHILOSOPHICAL

CONSULTATIONS

Main reported outcomes:

- enjoyment of conflict
- increase in collaboration
- novelty of perspectives
- reduction of defensiveness
- mobility and options
- increase in intimacy
- strengthened capacity to have a reasonable talk
- abilities to conceptualise
- increased listening skill
- increased reality check



Diverse experiences in philo-consultations



Real therapy!

No way!!
Traumatic!

Oh...
Ehm...

Hmm!
Nice!

I saw what you
did there!

The **art** of confrontation in Philo-Practice

- Facilitate client's thinking.
- Let the client formulate.
- Co-examine evidence in the discourse & common sense.
- Distancing & distinguishing.
- See emotional obstacles.
- Readiness to consider ideas.
- Playful & leisurely climate.
- Make elegant use of irony.
- Be wondering, not smartly.
- Improvising & questioning.



Some main difficulties

Preocc. with survival & reproduction

Resistances: contact vs. threats

Shame & humiliation

Self-image: construct

Beliefs as anxiolytics

Reactivity to stressors

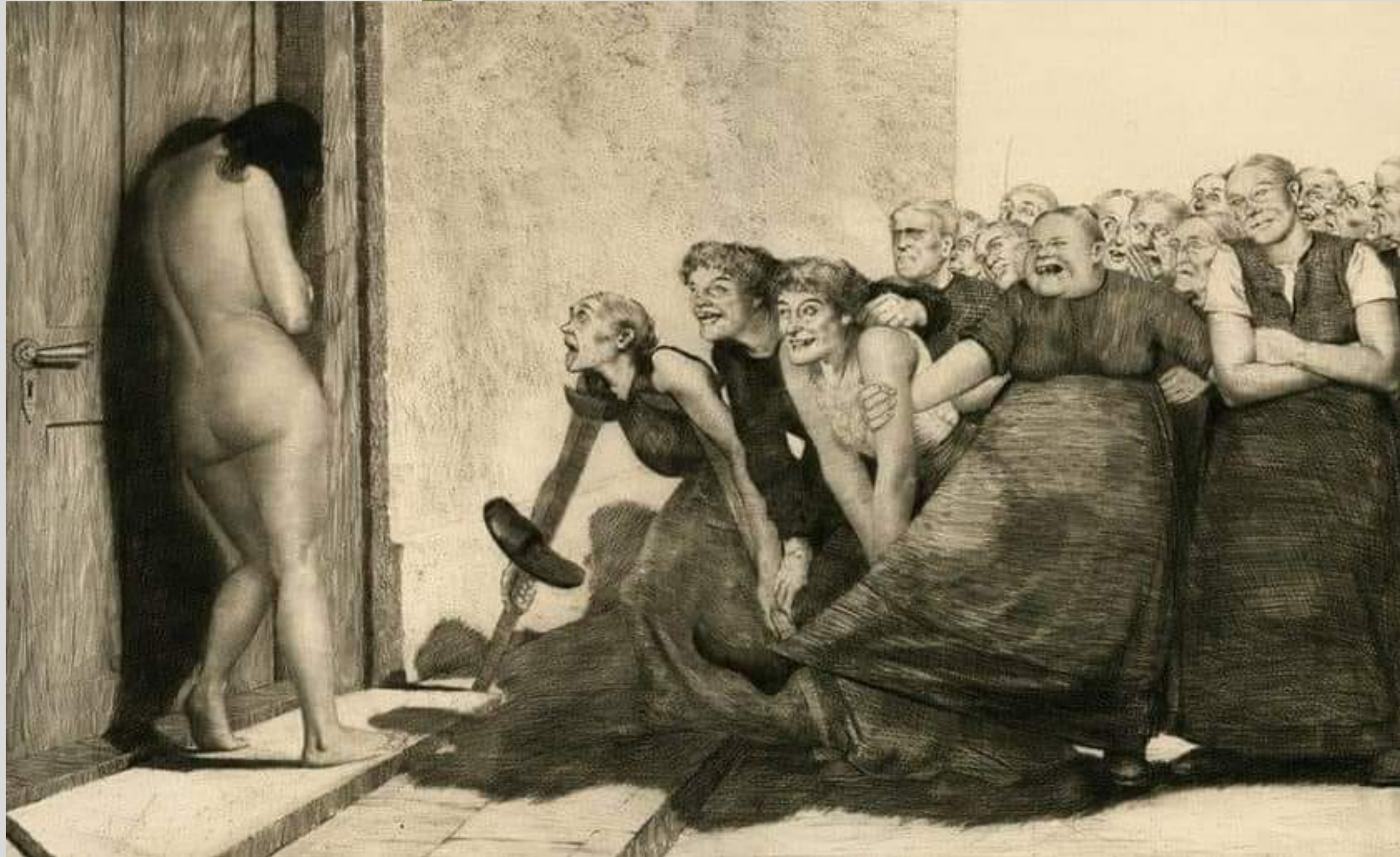
Laziness & greediness

Fear of mistaking

Ambition for results

Power struggle in talk

Blind self-sabotage





DISCUSSIONS

- 1 – Formulate your question and write it in the chat box
- 2 – Examine question: make assumptions about its author
- 3 – Check assumptions: conceptualise its problems
- 4 – Compare with other philosophical views