

Critical thinking and integration paper

Mutual caring by Frank Lake was a amazing read and I am very glad that it was chosen to critically analyse in this class. Frank Lake was a very famous British psychotherapist who developed many theories of personality that he called clinical theology. In the book Mutual caring we begin to see how mutual care works in different relationships and how this mutual care brings us psychological wellbeing. In the book we can see that Lake finds it extremely important and that mutual caring is essential for human wellness and that it shows our desire for relationship and love, I think that when we look at the word care, a lot of the time we can link this with the desire to be cared for and the desire to love fully. Lake looks at the aspect of mutual caring in three different components, these being empathy, authenticity, and respect. When looking at his definition of mutual care, it is important for us to understand the qualities that make up care and how we can work these together mutually to build a loving relationship. Empathy is something that I think most feel, some feeling empathy in ways that it can hinder there personality and everyday experiences, empathy is being able to understand and share the emotions in which someone is going through, empathy will help to promote sensitivity towards another person and compassion which with the other components, helps to fully evolve care for one another.

Authenticity involves being our true self in our relationships, allowing us to be honest and genuine. This means being vulnerable in our own self and sharing this with another person. Today, vulnerability is hard, it can be easier to put on a front to others to avoid the depths of this vulnerability. However, I think that where there is vulnerability, there is care and communication which adds this sense of authenticity which relationships crave.

And then lastly we have Respect, respect is recognising the worth of others and constantly living up to this sense of worth, never putting them in a place where they are going to

question this sense of self-worth. It allows us to show our kindness and acceptance to other human beings.

Lake believes that mutual caring and the components that make it up is extremely important for our emotional and psychological wellbeing and can also help to build out spiritual wellbeing and promote the growth of this. I think without the sense of mutual caring in our relationships in life, they can never truly be real or successful, for someone who loves to care about others, this was a great read for me as it made me reflect on the things that I am doing right and also allowed me to recognise the areas in my life where I am lacking this sense of mutual caring.

My favourite part in this book would have to be “Beyond therapy” as he talks about the importance of care as the ones who are caring today, may need to be the ones that need to be taken care of tomorrow. It talks about how mutual care always has to work both ways, especially in mutual care groups and that it should not just be someone on the receiving or giving end, but the sense of mutual caring and be able to help one another.

We then begin to see in the book, mutual care that these groups and this mutual care largely helps pregnant mothers and those who have experienced traumatising pregnancies. In the section perinatal echoes, it talks about how reliving the birth can be integration and the subjects can usually recognise the two different components of this. This sense of having the mutual care groups and education can help people to push through and get through these exact experiences.

This book also explores the depth of pastoral care that can be used in different Christian communities and groups and can help people to empathise by educating them on the fixated foetal experiences during early intrauterine development, and drawing attention to the

presence of Christ crucified and risen, with us, for us and in us, as the transforming power able to reconcile all human affliction.

Being completely honest, at times I found this reading a little bit difficult to understand, however after some time of reading and reflection I was able to think hard about the questions for this paper.

I believe that the purpose of this book is to highlight the importance of mutual care in life and particularly in the process and traumas that birth and pregnancy can arise. In life, birth and pregnancy can be seen as something very beautiful, which in most cases it is, however some of these experiences can be very traumatising and difficult to understand, which is where I believe that mutual care comes into play. Being able to mutually care for anyone going through a hard time can be difficult and take some time, however with this care, it can make these experiences so much more bearable to go through. Pastoral care is a very important thing, bringing this sense of mutual care into church groups and communities can allow us as people to be able to not only receive care but also give it out. Obviously we have a number of different resources in today's day and age, we have counsellors which can be an amazing way to receive help but I do not think that anything can compare to the love and care that comes out of mutually caring for someone, this can build some very strong and great relationships. Therefore I believe that the purpose of this book will be to shine a light onto the importance of mutual care and how we can help one another, I think that this book would be great for different groups and communities to read so that they can begin to identify ways in which they are showing mutual care in their groups and then also to be able to identify areas in which there is a lack of mutual care and by reading this book then can look at this and work on this mutual care together.

In Mutual care by Frank Lake, I think that he is trying to accomplish a sense of unity in the world. I always find myself thinking rather deeply into these things as I think that they are so important for our psychological wellbeing. Growing up today as somebody who would actually call themselves an empath, we are hugely lacking a sense of care for one another, trauma has become something very overlooked and care seems to have gone out of the window at times. After reading Mutual Care by Frank Lake, it helped me to recognise the strengths in my own sense of care for others and I would highly recommend everyone to read this book as it helps us to understand care and how we can utilise this. Therefore I believe that the author is trying to highlight the importance of mutual care and the positive implications that it has in our day to day life.

From my point of view, I think that the author is viewing the world as a rather broken place, I think that Frank Lake thinks very deeply into the sense of happiness and how we can build this to become as emotionally well as we can. Frank Lake clearly believes that the world has some way to go in order to achieving this sense of emotional wellness and mutual care and I think that this is actually why he wrote the book. In my opinion, I believe that Frank Lake's views are justifiable, I think that the things that he is talking about and trying to achieve is out of love and care for the world and he only wants to help, although I do not think that he always does this in the most morally correct ways, we can see an example of this in his LSD research. However, at the end of the day, he is trying to better the world and devotes his entire life to researching psychological wellness and how he can teach others, such as teaching others about mutual caring.

I love the question about how we can enter Frank Lake's perspective in order to understand his point of view better. As someone who has a passion for psychology and loves psychology themselves, I find it quite easy to look at different things in life from a psychological perspective. I find myself in almost every single situation in life, looking at it from the

perspective of wanting to help someone and care for them as I think that it is so important to understand that mental wellbeing is just as important as physical wellbeing in life. Therefore I found it fairly easy to look at this book as if I were Frank Lake, I think that he dives deep into what empathy is and how we can empathise with others through different traumatic experiences, I often find myself doing this so I loved reading about how we can collectively do this in a mutual way to generate healthy relationships in life.

To conclude, I believe that Frank Lake's concept of mutual caring emphasises hugely on the sheer importance of emotional connection and empathy in the therapeutic process and then therefore underscores the potential in which we have for deep healing that can be a result of when clients and counsellors are able to create a good relationship of mutual caring and respect.