# ORCA Discussion Notes – Spiritual Discussions - Greg Tacher        2020-12-20

Listen Like a Therapist

In their presentation "We Call It the ORCA-Stance," faculty, students, and alumni from the Marriage and Family Therapy program in the School of Psychology, Family, and Community spoke about how they teach future therapists to listen to clients. Based in Christian theology, these are principles anyone can use, says Claudia Grauf-Grounds, director of clinical training and research and professor of marriage and family therapy.

Broad Research Shows Four Factors
Client's Work (40%)
The Relationship (30%)
Hope (15%)
The Model Used (15%)-helps counselor
= The Alliance IS our work! ORCA

Systems thinking vs Lineal thinking.

They use the acronym "ORCA" to remember to approach others with:

1. Openness: You can be impacted by and receive what others give.
    a. Come ready to discover, learn, have an exchange with something from the other
    b. Assumptions, labels, totalizing, taking sides, normalizing.
    c. Grace Place: safety from shame
2. Respect: You can see and respond to another person as a unique and valuable creation of God.
    a. How are they impactful. Do you see their story as true? Are there things that limit you doing so? Prejudices?
    b. Didactic vs Discussion
    c. Counsel vs. Teach
    d. Scaffolding: help them build the right way
    e. Witness to convict/sentence or honor and validate?
3. Curiosity: You can wonder and reflect about others' lives without immediately trying to fix them or solve problems.
    a. Not to fix, or do away with pain, or make problem go away. Opposite of suspicion or conclusions, put those aside, not a goal.
    b. Interest as an Act of Love
    c. Validation: come as we are
    d. Questions over conclusions
4. Accountability: You can take responsibility for the social power within the relationship and take ownership of your behavior.
    a. What I say: how I am says even more. "you are competent vs. you need to learn"
    b. Humility about content: how much can we be sure "what happened"