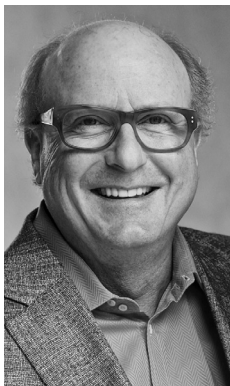


Disruption & Harmony



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I can be disruptive at times, not to be confused with combative or antagonistic. Disruption is not a bad thing as long as all participants appreciate this approach and do not feel threatened. At its best, disruptive conversation is meant to stimulate new ideas, or at least to move ahead in an unpredictable, exploratory way. Effective personal counseling and psychotherapy usually entail some measure of disruption in the service of growth and relief. Individual tolerance for disruption varies by temperament, circumstance and subject. When that tolerance is exceeded, some form of

protective resistance or antagonism is likely to be deployed.

The point of constructive disruption is usually to arrive at some new steady state. On arrival at that state, the emphasis should shift from disruption to harmony. The point now is to reinforce what we have achieved and to harmonize its elements, not to proceed any further. At its best, harmonious conversation is meant to reiterate, confirm and solidify new ideas by means of support, reinforcement and praise. Effective personal counseling and psychotherapy usually entail some measure of harmonious conversation in the service of growth and relief. Harmonious conversation is generally not intended to be dynamic, so individual tolerance for harmony varies by temperament, circumstance and subject. When that tolerance is exceeded, some form of protective disruption or antagonism is likely to be deployed. It is useful and sometimes essential to be aware of whether you are operating in disruptive or harmonious mode, and which mode your interlocutors are operating in. Trust me. Call me.

Concise Personal Counseling

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