

A reflection on my experiences in the role of Assistant Psychologist through the lens of Personal Construct Psychology

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ABSTRACT: The author describes how using Personal Construct Psychology (PCP) has helped her reflect on how she made sense of her first Assistant Psychologist role, inspiring hope and building her confidence along the way.

KEY WORDS: personal construct theory, assistant psychologist, critical psychology

“...if we contemplate a person crossing a bridge (a lay construction) then we may equally construe her as a ‘series of moments of force about a point (engineer’s construing), as ‘a poor credit risk’ (banker’s construing), as ‘a mass of whirling electrons about nuclei (physicist’s construing), as ‘a soul in peril of mortal sin’ (theological construing), or as ‘good looking’ (any man or woman’s construing). We do not have to assume that she is really any of these. We can accept that they are all constructions which have some explanatory value and predictive utility, depending on the network of constructs from which they stem.” (Bannister, 1989)

Personal Construct Psychology (PCP) is a psychological perspective that was introduced to me by my clinical supervisor at the time of writing. It is a theory concerned with how people make sense of the world through their own unique ‘lenses’ (Bannister & Fransella, 1989). Kelly (1955) hypothesised that