

SCIL (Social, Communication, Interaction and Learning) Team

# Help Sheet

## 0 – 25 Specialist Teaching And Support Service

### Drawing the Ideal Self- Helen Moran

#### What is 'Drawing the Ideal Self'?

- Drawing the Ideal Self is based upon the theory of Personal Construct Psychology (PCP).
- To find out more about the technique please visit the website:

<https://www.drawingtheidealself.co.uk>

*Sometimes we cannot see the sense in another's behaviour and attitudes so those people are problematic to us. In daily life we would usually describe them as having the problem, rather than the problem being our inability to see 'sense' in what they do.*

*Helen Moran 2020 (Drawing the Ideal Self – Manual page 5*

#### Why?

- Using the ideal self-technique can help pupils to explore their own view of themselves.
- It is a way of trying to discover the 'sense' in the young person's behaviour and attitudes. The emphasis is upon trying to understand a person through understanding the way the person construes him or herself.
- The technique helps pupils to have a say about their own development, both how it has been and how they would like it to proceed.
- This technique uses a child centred piece approach. The targets that are produced will have come from the pupil rather than being given by an adult. The pupil's engagement in the process of addressing problems will increase the likelihood of success.
- It provides a personal measure of self-esteem.

#### You will need:

##### Equipment

- A4 paper x 3
- A black pen
- Step by step instructions

##### Setting

- In a quiet, private place.
- A space where you will get no interruptions.
- Sit beside the child so that you can both access the piece of paper.

SCIL (Social, Communication, Interaction and Learning) Team

# Help Sheet

## 0 – 25 Specialist Teaching And Support Service

### How?

- There are three parts to the task and it will take around an hour. (This is dependent on the child and you can break it down into more than one session if needed):
  1. Exploring the way a person does **not** want to be.
  2. Exploring the person's **ideal** person.
  3. Finally, a rating scale is completed between the two.
- Prior to the session you will need to have read the manual so you have a clear understanding of the technique
- Using the prompt sheet during the session will give you clear explicit instructions on what to do and say
- The manual and prompt sheet can be found following the links below;

[Get your FREE copy of Get your FREE copy of Drawing the Ideal Role Manual \(bookfunnel.com\)](#)

[Get your FREE copy of Drawing the Ideal Self: Prompt Sheet \(bookfunnel.com\)](#)

### Things to note:

- It is important that during the session you are following the language set out in the manual/prompt sheet
- The session needs to be introduced to the pupil prior to the activity taking place
- The pupil will need to give permission for their information to be shared

### What do you do with the Completed task?

- The information gathered could be used as target leading to a discussion about how they could be achieved. A child is more likely to follow THEIR plan rather than one created for them.
- Share with other adults who work with the child (with the child's permission).
- The manual gives examples of how you can write a report using the information.

### Reference / Evidence base – informed by:

Drawing the Ideal-Self: A Personal Construct Psychology technique to explore self-esteem  
Helen Moran  
Chartered Educational and Clinical Psychologist