

**THERAPEUTIC PRESENCE, COUNTERTRANSFERENCE AND
THE THERAPIST'S USE OF SELF IN PSYCHOTHERAPY**
AN EXPERIENTIAL WORKSHOP
WITH ROSS BACKEN AND CHRIS ALLAN

DATE: SATURDAY 26TH MAY 2018
TIME: 9.00 AM – 4.30 PM
**LOCATION: SOUTH COAST PRIVATE HOSPITAL
112 BURELLI ST WOLLONGONG 2500**

Whatever our therapeutic orientation (CBT, ACT, Schema, Psychodynamic, EFT), for most of us therapy involves two individuals sitting in a room experiencing a range of cognitions, emotions, fantasies and needs.

With our more difficult clients we often experience feelings of anxiety, helplessness, frustration, boredom, guilt and shame about our inability to help them change. This workshop focuses on what goes on inside us as therapists when we are in the room with our clients.

We introduce a model, using a schema therapy mode model, to provide a way of looking at ourselves as therapists. We use this model to develop a way of managing our more difficult reactions to our clients, in a mindful and compassionate way. What we would call therapeutic presence. From this base the workshop then begins to look at ways we can use our emotional reactions to the client to not only make sense of what the client in front of you might be experiencing but also to develop a deeper awareness of our own selves as therapists.

While we use a schema model to provide a frame in this workshop, there is no need to have any prior knowledge of schema therapy.

The workshop is highly experiential and focuses on developing the therapist's own sense of self and internal experience. As much as possible we have tried to keep the workshop trans-theoretical with a focus on technique rather than theory.

Chris and Ross are accredited international schema therapy supervisors and as such this provides a primary backdrop to the way that we work. In addition, we draw on influences from Leslie Greenberg (EFT), David Wallin (attachment) and the work of Tansey and Bourke on countertransference.

Martin Allan & Associates

South Coast
Private Hospital



Workshop Enrolment Form

Name

Email.....

Qualifications

Payment and Bank Details

Please make the payment of \$220 (inclusive of GST) to

RWBacken Pty Ltd

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