

NEUTRALITY, SELF DISCLOSURE AND THE THERAPIST'S PLACE IN THE ROOM

Neutrality is often seen these days is an old-fashioned term. In this workshop we want to take a new look at a more modern concept of neutrality and how it applies to our work in the room.

As clinicians we make decisions consciously or unconsciously regarding neutrality. This may reflect our values, theoretical position, our own internal critical supervisor and our own needs and drives that we seek to fulfil in our relationship with our clients.

Freud's admonishment of abstinence, equanimity and anonymity provides a continuum on which we can place ourselves:

- the degree to which we meet consciously or unconsciously meet the client's needs in session (and out of session).
- the degree to which we share aspects of ourselves, our internal world, our emotions and our history with the client
- the degree to which we attend or don't attend to aspects of the client; words tone, cognitions, affect, needs, somatics etc.

This workshop will provide a reflective and experiential space for clinicians to explore where they sit on these continuums as a way of thinking about how they manage themselves and their clients in the room.

The afternoon will be spent looking in more detail at the concept of self-disclosure (anonymity). We outline the research that supports the use of self-disclosure in terms of bettering therapeutic outcomes.

What we self-disclose often reflects both our own attachment style and an attempt to meet our own needs both as a person and as a therapist. We will explore some ways of being more mindfully aware of our needs as they arise in session that may allow to make a more clinically informed decision about self-disclosing .

We will then look at a specifically structured method for delivering self-disclosure and integrating it therapeutically into our work.

LEARNING OUTCOMES

To understand the concept of neutrality within modern psychotherapeutic theories.

To further develop one's own sense of neutrality in terms of the degree to which we meet the client's needs, what we attend and don't attend to in session and what we share about ourselves, our history, our emotions and our internal world with the client.

To be able to use self-disclosure in a clinically useful way to further better outcomes.

ABOUT THE PRESENTER

Chris Allan is a clinical psychologist and psychotherapist in private practice. His focus is on clinical supervision and psychodynamic psychotherapy. He is an internationally accredited schema supervisor and a member of the Association of Relational Psychoanalysis and Psychotherapy. He has supervised over 250 psychologists, psychotherapists and psychiatrists over the past 20 years and has a deep interest in the internal experience of the therapist in the room.

DATE: Saturday 29th June 2019

TIME: 9:00 to 4:30

VENUE: Wollongong Golf Club, Corrimal St, Wollongong

COST: APS members 220.00, non-members 250.00

To enroll please contact Lyn Page on Lyn.Page1@tafensw.edu.au