

What Did I Never Tell my Therapist?

The Process of Self Development and Self Discovery in Psychotherapeutic Competences Trainings

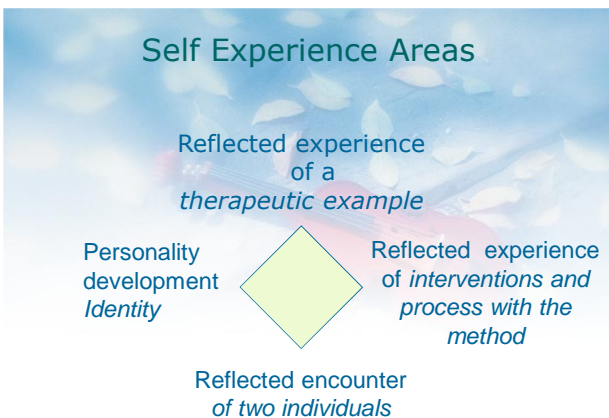
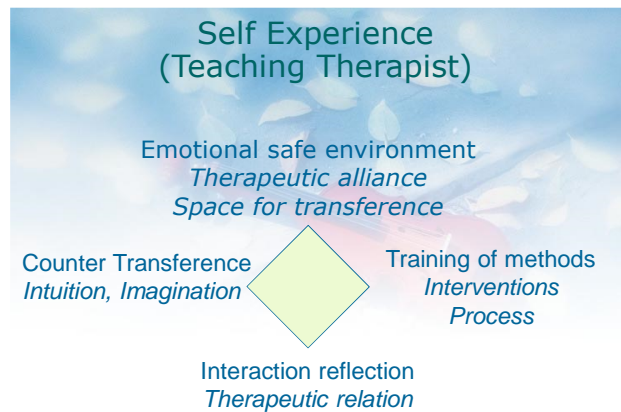
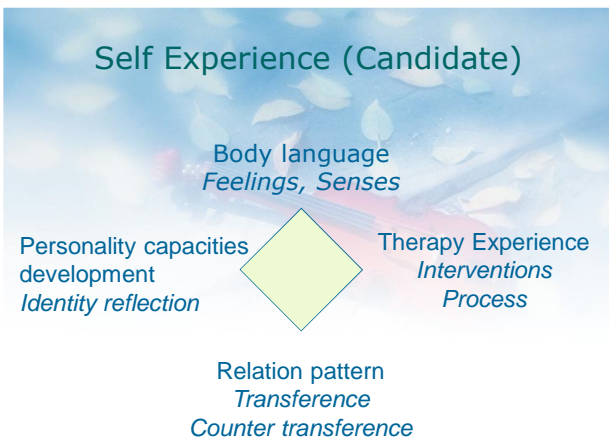
Feelings&Senses
Reflection&Methods
Relation&Alliance
Intuition&Transference

Therapeutic Identity
Interventions Training
Relation and Interaction Reflection
Self Development - Personality

Arno Remmers 2018

Areas of Self Experience

- Reflection of the Self
- Own conflicts and psychodynamic
- Own personality capacities
- Therapeutic competences development



Self Experience: Research (2015)

“The description of the interviewed (therapists) in this study shows a vivid picture how the **competences development in psychotherapy training supported by self experience** happens. Experience and **undergoing theories and methods in self experience stimulates fundamental understanding** and deepens theoretical knowledge. This again **enables methodical and theoretical certainty** and so supports the **development of abilities**. The resulting professional anchoring supports a further thinking as well as an emotional differentiation and **formation of selfconscious professional competences.**“



Self confidence vs. doubt

„Surprisingly [the capacity of] **doubt** in oneself, and not professional self confidence can help to solve interpersonal problems of patients... **to cope with doubt** becomes more important... **self confidence** is only one aspect...”

Nissen-Lie, Monsen, Ulleberg, Ronnestad 2013 in Frank C 2015



Personal competences, style and life perspectives

„The competences orientated results of the qualitative data show the **positive impact of self experience on personal competences**. Self experience is experienced from this perspective **not only for the own profession, but also the own life perspectives**. **Teaching therapy** in this way not only **empowers an own therapeutic**, but also **personal style**.”

Orlinsky et al., 2011; Rake & Paley, 2009; Rizq&Target, 2008



Self Experience: Only „good“?

Still in the 1990s some scientists found that there is **no positive effect on the therapeutic effectiveness** (Beutler, Machado & Allstetter Neufeldt, 1994; Binder, 1993, Laireiter, 2000b), even a **negative effect of the duration of the own therapeutic experience** (Wheeler 1991), and that **therapists without self experience in trainings even had had better results** (Everts 1990 in Lange, 1994)



Self Experience for the well being of therapists

Today some authors describe, that „**The far reaching „experienced“ benefit of self experience is mirrored in the fact, that a big part of practicing therapists even after their professional formation make use of self experience**“ (Norcross et al., 2008; Rizq & Target, 2008), „**between 66 % and 75 %**“ (Macran, Stiles & Smith, 1999)



Goals of Self Experience

- To know the own psychodynamic and biography
- Reflected therapy experience
- Own impression of methods and interventions
- To develop a therapeutic identity

- Psychotherapeutic competences reflection
- Balance of doubt and self confidence
- Balance of straightforwardness and courtesy
- Personality development (capacities, balance)



Teaching therapist interaction in the process - as a model

- Attachment: Acceptance (*Rogers*), capacity orientation, symptom functions
- Differentiation:
 - Clearing by means of therapeutic methods
 - Socio- and psychodynamic, biography
 - Own experience of therapy & transference
- Detachment: To accompany the colleague

Therapeutic relation

- „The sustainability of the treatment process is also ensured by the client **internalizing the therapist as a helpful person** and finding out, which **patterns of conflict solving** of the therapist the client can make her/his own.“

Leichsenring et al. 2005 S. 262, transl. AR

Areas for self development and therapeutic competences

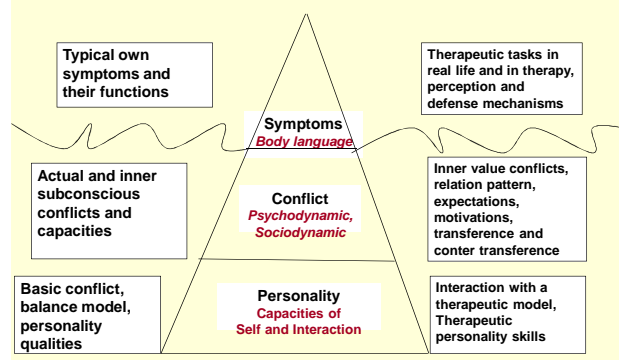
- **Personality** and its specific qualities
- **Interaction pattern** and actual relations
- **Conflict contents, actual, basic & inner conflicts, resources**
- **Symptoms** and **conflict reaction**
- **Tasks** and **contract** for self experience

Five Fingers

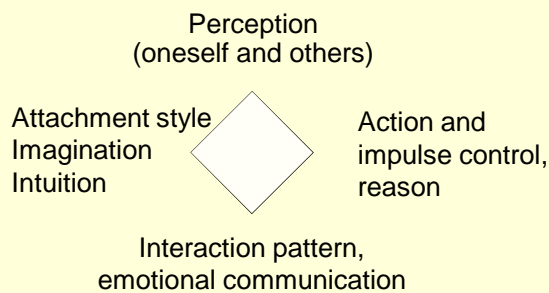
Communication process in self experience

1. **Interactive listening, different points of view**
2. **Clearing and understanding together**
3. **Resources and competences development**
4. **Accompany changes and conflict solving**
5. **Perspectives and realization of goals**

Teaching therapy as a therapy model



Personality qualities in therapy



Self experience in PPT

- Therapeutic relation as a model in the process *Attachment, differentiation, detachment*
- Personal therapy process experience
- Offering constructs for understanding:
 - *Balance model,*
 - *Conflict models AC, BC, IC; Key Conflict*
 - *Modelling dimensions*
- Actual capacities application
- Family concepts and sociodynamic

Group or individual?

■ Individual sessions:

- Biography and basic conflicts
- Partnerships and family,
- Actual capacities and concepts
- Model dimensions, sociogenesis
- Therapy experience reflection
- Individual transference experience
- Therapeutic competences reflection

Group or individual?

■ Group self experience:

- Personality capacities like
 - perception of oneself and the other
 - communication and empathy,
 - affective control and resistance,
 - Attachment, differentiation, detachment
- Social skills
- Constructive conflict solving in groups
- Role identification and identity,
- Therapy model of each other



Literature

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