

“Me as a psychotherapist”

Handout for WAPP ITS 2020 – Seminar “Our style in interaction...” by Arno Remmers

How can I describe **my personal style**?

- in therapy
- in my private life

How do my clients and colleagues **describe me**?

Which are **my own specific personality capacities**, and how do i use them:

- perception of me and the other:
- controlling myself and the interaction with others:
- emotional communication in interaction:
- keeping and ending a therapeutic relation:

Which are **my specific capabilities to treat** or consult in a healing alliance?

With which of my “channels” I prefer to communicate with my clients: with...

- my **senses** (listening, observing, feeling...):
- my **knowledge**, method or logical understanding:
- “my typical ways” of **interaction**:
- my **intuition**, creativity, spontaneity:

Which specific capacities do my patients expect from me, **who am I for my clients**?

With which **clients** I have **difficulties** to work with?

What is **my uniqueness** in my and the others eyes?