The Therapeutic Use of Self:
Understanding family of origin as a therapeutic and supervisory consultative resource

This experiential and intensive 2 day workshop will provide opportunities for participants to explore the “therapeutic use of self” as therapists, educators and supervisors. Over the two days participants will examine the interplay of personal and professional schema and the role of family of origin within the development of therapeutic alliance and clinical and supervisory practice.

The workshop explores the role of the therapist’s emotional and belief systems within their own family of origin and extends this understanding to how to work more effectively both in therapy and supervision. Experiential work on family of origin is utilised in this workshop as a resource in training, allowing the therapist to differentiate self-schema from professional roles enhancing professional practice.

Initially a theoretical framework will be presented to understand the interplay of self within the therapeutic relationship and a model of self-reflection of family of origin and practice will be introduced. Participants will work in small groups and as a whole group. There will also be an opportunity to be case focused and participants can choose to identify and work on specific therapeutic practice issues. The overall primary aim of the two days is to enable therapists, educators and supervisors to examine the myriad of self and interpersonal factors and processes that impact on therapeutic and/or supervisory relationships. A framework will be provided for integrating aspects of personality structures, belief systems, relational skills and personal experience in the therapeutic and supervisory contexts.

Christine Senediak is a Senior Clinical Psychologist and Family Therapist and is Director of both Clinical Supervision Services and the Sydney Institute of Family Therapy Training. She has extensive experience in clinical practice, supervision and education in family therapy having a Masters in Family Therapy and undergoing training in Australia, Europe and North America.

Andrea Worth is a Senior Social Worker and Family Therapist and has over 20 years working with children, young people and families who present with complex mental health issues. She also has extensive experience in delivering family therapy courses, training and supervision and holds a Diploma in Family Therapy.

Registration details & further information
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