



Using Yourself in Therapy

What does 'we are the primary tool of what we do' actually mean?

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The workshop will examine what it means to say that; 'We are the primary tool of what we do'. This statement implies that the work we do as therapists, counsellors, coaches, supervisors, consultants or mentors depends and rests on how we are able to use ourselves in the service of the work. Thus working from a 2-person perspective in which our subjectivity is implicated in the process of the work, we are constantly challenged to remain alert to our own reactions. Situations which may look like mistakes, impasses or ruptures present special possibilities to understand how both participants co-create enactments in order to surface and understand material that maybe out of the awareness or unconscious to both and thus beyond the narrative in the room. The uncertainty and creative potential that lies in this view of the work could well be a central reason that keeps us engaged in the field with its unique opportunity for self expression and within which lies its inherent satisfaction.

In this workshop, I will discuss the usual notions such as 'transference, countertransference and projective identification' from a Relationship Psychology perspective with a particular focus on enactments and making mistakes. The workshop will be a combination of theory and practice illustrated by clinical examples with opportunities for supervision and personal reflection.

Diana Shmukler Phd is former Professor of Applied Psychology (University of the Witwatersrand, Johannesburg, South Africa), currently Visiting Professor of Psychotherapy (University of Middlesex) and visiting Professor of Psychotherapy (University of Derby). She is a Clinical and Research Psychologist (SA Medical and Dental Council), registered Integrative Psychotherapist (UKCP, UKAPI and EAIP), Supervisor and Trainer as well as a Teaching and Supervising member of ITAA (International Transactional Analysis Association). She teaches on various adult Psychotherapy training programmes including the Integrative Child Arts Therapy course in Islington, London. She is a core tutor on the Doctoral Programme in Integrative Psychotherapy at Metanoia, London. In addition she teaches at the Centrum vir Besigheid and Management in Utrecht, The Netherlands.

She consults in the United Kingdom, South Africa, Australia and Europe. She has published numerous articles as well as book chapters and a book on Brief Therapy with Couples.