

# THE THERAPY RELATIONSHIP:

Cutting edge or cliché in today's psychotherapy and counselling?



PsychOz Publications presents

**Andrew Samuels**

## **SYDNEY**

Friday 8th & Saturday 9th April 2011

Vibe Hotel, North Sydney

## **MELBOURNE**

Friday 15th & Saturday 16th April 2011

Oaks On Market, Melbourne

**9.00 am to 5.00 pm**

## **TRAINING DESCRIPTION**

A two-day workshop to explore and challenge what we take for granted in our work as therapists.

Most psychotherapists and counsellors would say that their work is 'relational' in some way, though people mean very different things. But the therapy relationship is so central to thinking about client work that, recently in Britain, a serious proposal was made in Britain for a promotional campaign to raise the profile of psychotherapy and counselling under the slogan 'It's the Relationship, Stupid!'

At the same time, critiques of 'the relational turn' in therapy have also arisen. It's argued that this can lead to the depth aspects of the work being downgraded and to the rise of a whole set of moralistic rules about relationships in general and the therapy relationship in particular.

Moreover, as clients bring relationship difficulties to therapy more often than any other problem, the workshop will move on from the therapy relationship to other personal relationships, culminating in an exploration of the more-than-personal dimensions of spiritual and political relations.

In this challenging and informative workshop, Andrew will look in turn at where the stress on the therapy relationship has become a restrictive cliché, where it is still at the healing cutting edge of clinical thinking – and at where it is both cutting edge and cliché.

### **Learning Objectives:**

- Engage critically with diverse approaches to the therapy relationship.
- Understand how the therapy relationship is embedded in social and cultural processes.
- Appreciate the role of aggression within the therapy relationship.
- Understand how economic factors including money affect the dynamics of the therapy relationship.
- Apply the ideas conveyed in the training in clinical practice in counselling and psychotherapy.

## **DAY ONE MORNING**

- Has the focus on the therapy relationship turned our work into a form of interpersonal communication 'science', eliminating the experience of solitude and depth aspects of working with the inner world and the soul?
- Are some therapists too conventional and moralistic in their attitudes to their clients' sexual experimentation and promiscuity – condemning sex when it takes place outside of a recognisable relational structure?

## **DAY ONE AFTERNOON**

- Is the relationship with God/soul/spirit an essential part of any therapy, or just something for a 'religious' or 'mystical' few?
- What is the relational shadow of spiritual and soulful approaches to life?
- Why is religious fundamentalism so attractive to those 'inside' and so fascinating to those 'outside'?

## **DAY TWO MORNING**

- What role does money, finance and the economy play in all relationships, including the therapy relationship?
- What is the role of aggression in relationships, including the therapy relationship?
- Why are therapists often so aggressive to each other?

## **DAY TWO AFTERNOON**

- How do social, political and cultural attitudes to therapy 'out there' in society affect the capacity of therapists to think independently regarding the therapy relationship going on in the room?
- What is the relevance of our ideas about the therapy relationship for other relationships in the world: parents and children, women and men, women and women, men and men, citizen and state, and between different nations, ethnicities and socio-economic classes?

