

# THE USE OF SELF

***The Person of the Therapist***

*Approach to the Use of Self*

*Working with the Disadvantaged*

# TODAY'S THERAPY

## Greater Personal Therapist Involvement

1. **Face to Face & Personal:** With the Poor, greater challenge to relationship because of *distrust* in clients, and *differences* between therapist & client in ethnicity, spirituality, and life circumstances
2. **Greater Social Complexity:** With the Poor, the greater disruption of family & community structure calls for greater therapist activity in building structure
3. **Greater Challenge to Spirituality:** With the Poor, despair challenges our ability to speak to *Possibility & Purpose, the propellants of motivation*
4. **Greater Need for Use of Self:** More active, More responsible

# IDENTIFY WITH YOUR CLIENT

- 1. Identify: Greater challenge with greater gaps in emotional distance**
  - a. Identify through your common humanity
  - b. Identify through your own woundedness & struggles
  - c. Place yourself in your client's unique life experience— in mind (understanding)
  - d. Connect to your client through your heart (caring)
  - e. Allow yourself to be touched by your client

# DIFFERENTIATE FROM YOUR CLIENT

## 2. Differentiate from the client while still connected, respecting client's *freedom*

- a. Relate to your client's differences as to a new language through which the common humanity and uniqueness of experience are expressed
- b. Make room in yourself for your client's freedom to differ and be different
- c. Negotiate the differences relating to your goals
- d. Be grounded in your own identity & spirituality

# Therapy is an Experience, Not a Conversation

3. Personally engage the **entire person** of the client: the beautiful & ugly, good & bad, strong & weak
4. Work within **your and their personal experience** of the therapeutic relationship, in the moment
5. Work with & within **the personal experience of the family** in the session, in the moment

# OBJECTIVES

6. Relate to their *immediate* worry and pain
7. See it in the context of the ecosystem: the individual, the family, & the community
8. Identify the core underlying wound & brokenness, & work it in all contexts
9. Address change in their present reality
10. Aim for a palpable change in the “now,” and build on it from session to session

# Build on the Client's Strengths

- ◆ The power of the **free will** to choose good or bad
  - Find the *point of power* to exercise that choice
  - Give space for choice & support the good
- ◆ The power of **cultural & spiritual resources**
  - Work with the *values* relating to the issues
  - Work with the *spiritual* practices & community
- ◆ The power of **family & social resources**
  - Work with the *family*, building structure & resolving conflict
  - Work the social network related to the issues

# PREPARE YOURSELF

## Training the Person of the Therapist

- **Know Yourself:** Your history, culture, issues
- **Access Yourself:** Your emotions, values, & triggers in the present
- **Master Yourself:** To relate, assess & intervene
- **Commit to Your Personal Journey:** Of self acceptance and personal growth



# TRAINING & SUPERVISION

## Target Population: The Poor

- **TRAINING**

- ✧ Personal exploration & support in group
- ✧ Identify your “Signature Theme”
- ✧ Search your story – emotional, cultural & spiritual – you in family & community contexts
- ✧ Ground yourself in your personal journey
- ✧ Work to integrate the personal with the professional in your identity as a therapist

# SUPERVISION

- Prioritize the case over training the person of the therapist
- Oversee the supervisee's use of self vis-à-vis forming relationships, assessing & intervening
- Foster change in the supervisee in direct relation to facilitating the therapeutic process
- Remember the person of the supervisor

# TO SUM UP

1. Be personally present with your clients
2. Connect to the common humanity, even as you relate to them through their uniqueness
3. Engage actively with them in the full context of their world – family & community
4. Stay on their core woundedness even as you work with their strengths in the “now”
5. Remain grounded in your own journey