

Self Experience in Teaching Therapy

To become a competent Positive Psychotherapist one needs not only theoretical knowledge, training in role play situations, treatment of patients under continuing supervision, but first of all a profound self experience.

Self experience in psychotherapeutic training of candidates typically contains three aspects:

- Reflection of the own capacities, biography and psychodynamics in a structured teaching therapy, starting with a first interview, concerning basic, actual and inner conflicts, recognition of the own personality characteristics and resources, and reflection of the therapeutic process itself
- Accompanying and reflection of the basic capacities and own basic conflicts of the candidate showing up while working with patients
- Reflection of experiences coming up within the curriculum of seminars, concerning the own relations, biography and psychodynamic structures, concerning the own psychotherapeutic identification and consequences for the four areas of personal life

Self experience uses the same methods of psychotherapy within teaching therapy that the psychotherapist later on will use for the own patients. Teaching therapy means also – and this is what usually differentiates it from the kind of therapy with patients – to reflect the process itself. Looking back to a session teaching therapists will explain how and why therapeutic technics had been used. Transference and counter transference contents that arise in the teaching therapist and the candidate will be cleared. More than it is usually used in therapy with patients, books of the therapeutic method itself are used for self reflecting literal work. Also the process of self experience is documented by the candidate.

Self experience uses individual teaching therapy and group sessions. In Wiesbaden Academy for Psychotherapy WIAP, Germany usually 30 hours of individual teaching therapy and 90 hours of group sessions are part of the training. In individual sessions biographic aspects and basic conflicts, partnership and family, actual capacities and model dimensions are in the foreground. In group therapy mainly the personality structure basic capacities of perception of self and the other, communication and empathy, role identification and identity, affective control and resistance, social skills as well as constructive conflict solving are trained.

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