

Module 2

The Therapeutic Relationship

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FUNDAMENTALS OF PAT

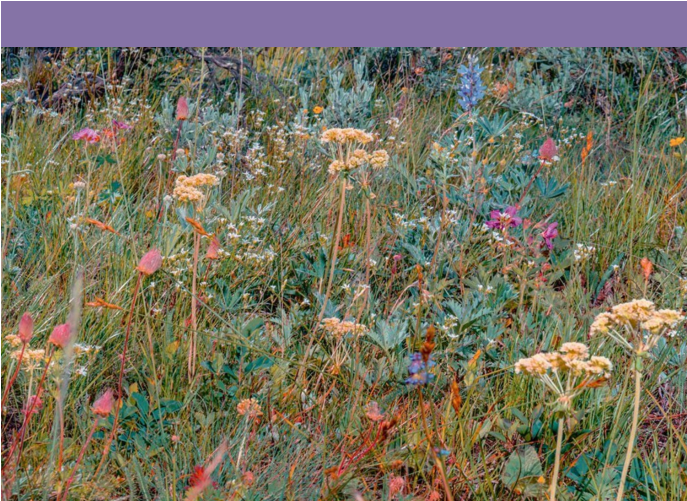


AGENDA

Welcome and agreements	01
Arrival practice in small groups	02
Guided practice: therapeutic stance	03
Discussion: intimacy and boundaries in PAT	04
Attachment styles and the therapeutic relationship	05
Embodied communication	06
Therapeutic ritual: guided breath practices	07
Close	08

Group Agreements

CENTRE



CONFIDENTIALITY



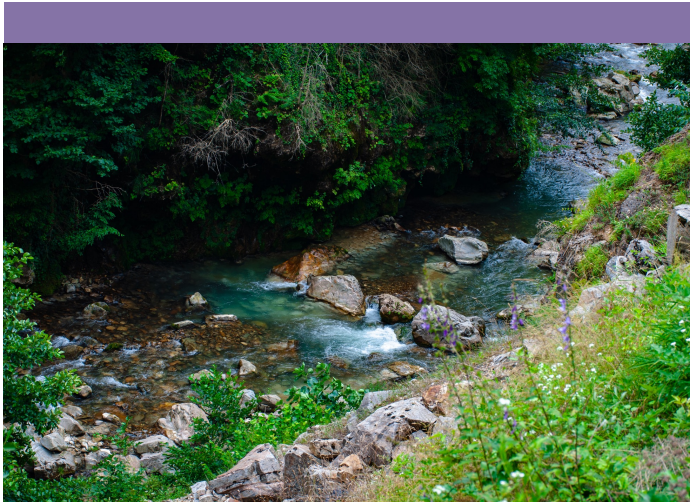
ENGAGEMENT



NON-JUDGMENTAL
LISTENING

Group Agreements

CENTRE



TIMELINESS

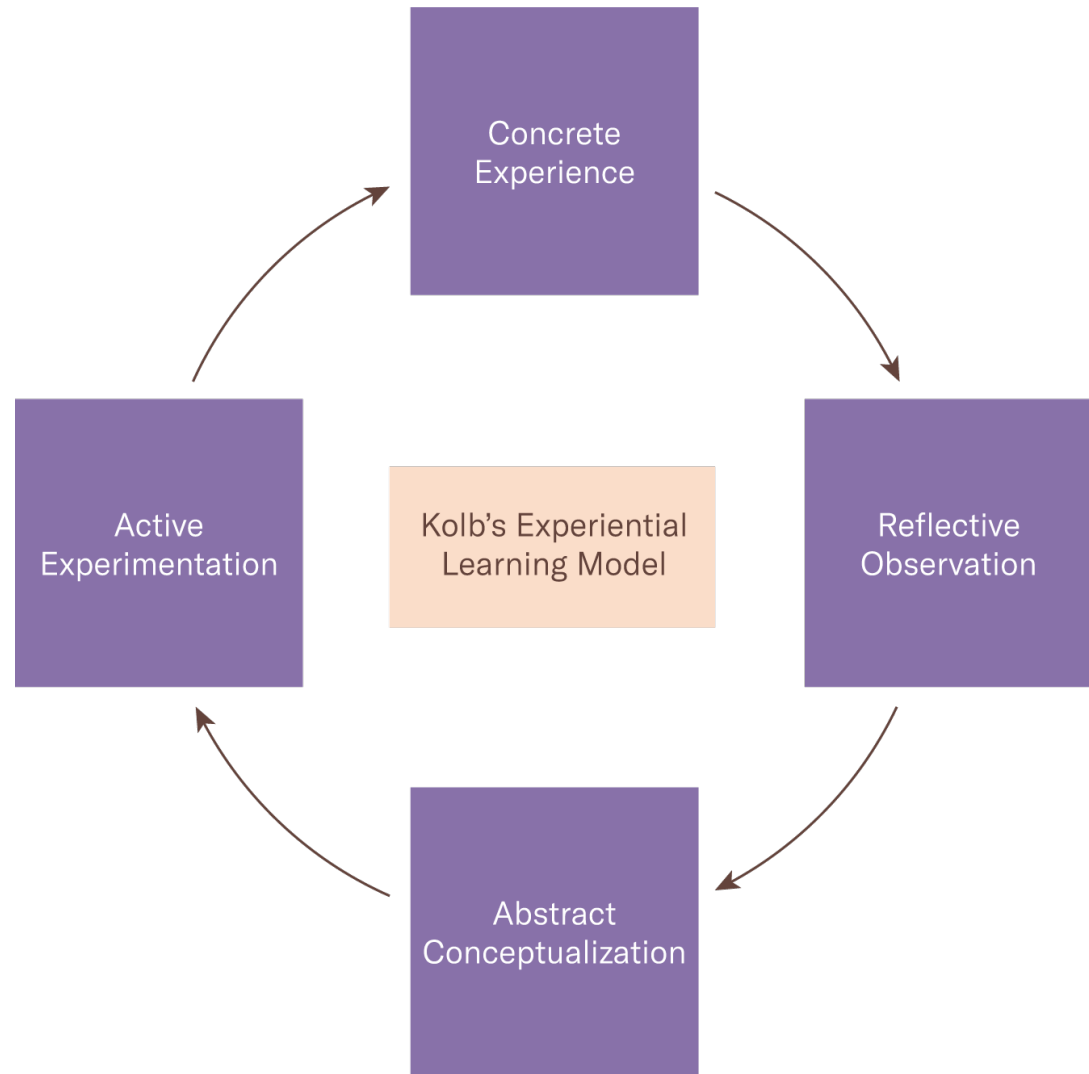


RIGHT TO PASS



EQUITY

KOLB'S CYCLE OF EXPERIENTIAL LEARNING



Inquiry Layers

(can be non-linear)

LAYER 1: NOTICING

What are you noticing?

What did you notice?

*Naming, tracking, and describing
experience*



LAYER 2: DECENTERING

How are you relating to this
experience?

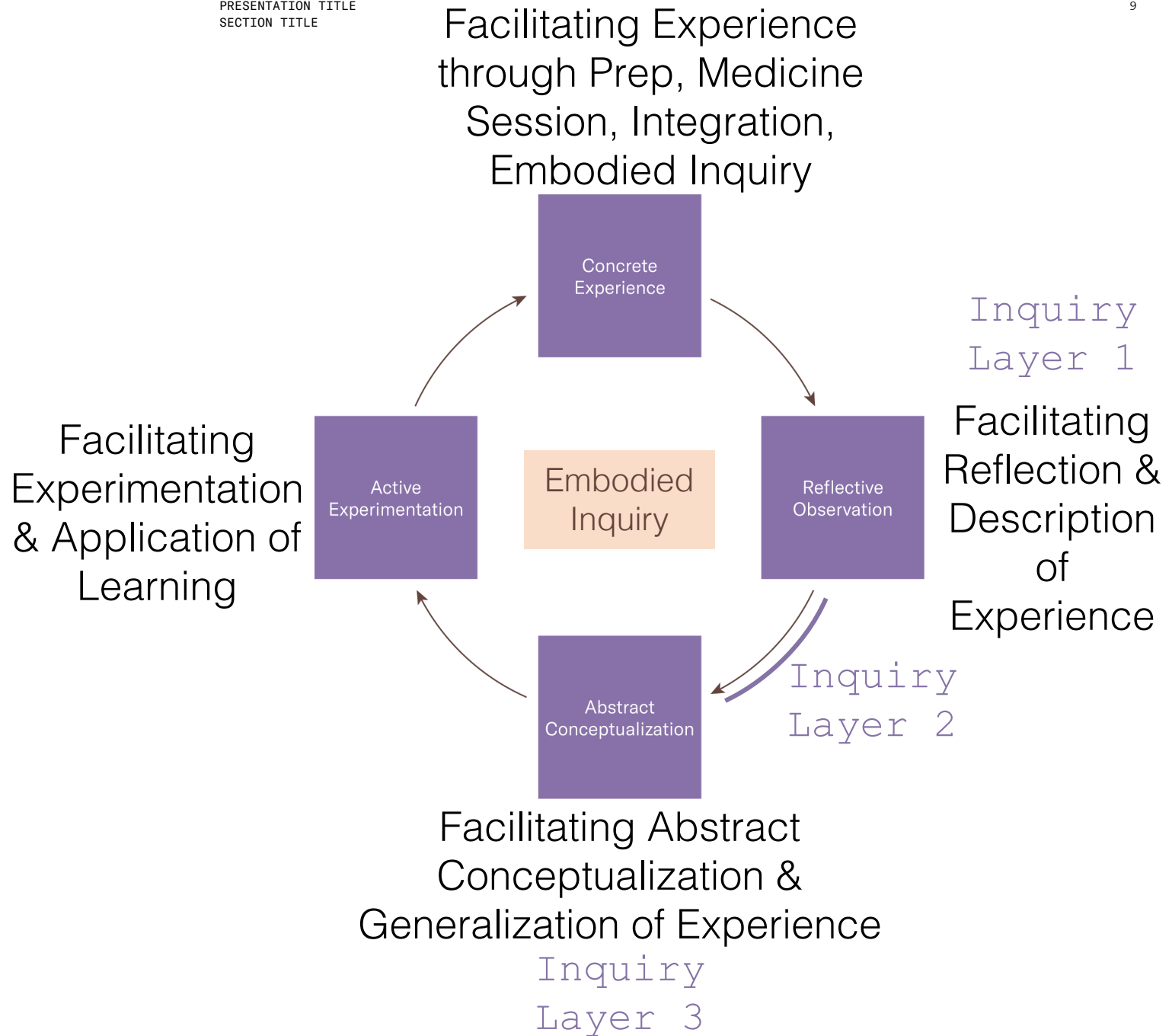
*Shifting perspective, noticing attitude(s),
what experiences inform assessments?*

LAYER 3: INTEGRATING

What does this mean for you and
your wellbeing?

Application of learning

CONSTRUCTING & MAINTAINING THE LEARNING ENVIRONMENT IN PAT



Therapist Embodiment

PRESENCE



- Visible
- Non-verbal/verbal
- Demeanor
- Behaviour
- Body language
- Words
- Tone
- Pace

PRESENT MOMENT ORIENTATION



- Meta-awareness
- Self/other

STEADY ATTENTION



- Self/other-listening
- Curiosity and tracking
- Self as context/process

Therapist Embodiment

OPEN MONITORING



- Awareness
- Receptive
- Witnessing

DISCERNMENT



- Relating to experience
- Skillful responding

ATTITUDINAL FOUNDATIONS



- Patience
- Trust
- Beginner's mind
- Non-judging
- Acceptance
- Non-striving
- Letting go (Kabat-Zinn, 1990/2013)
- Curiosity and compassion (Woods, Rockman, & Collins, 2019)

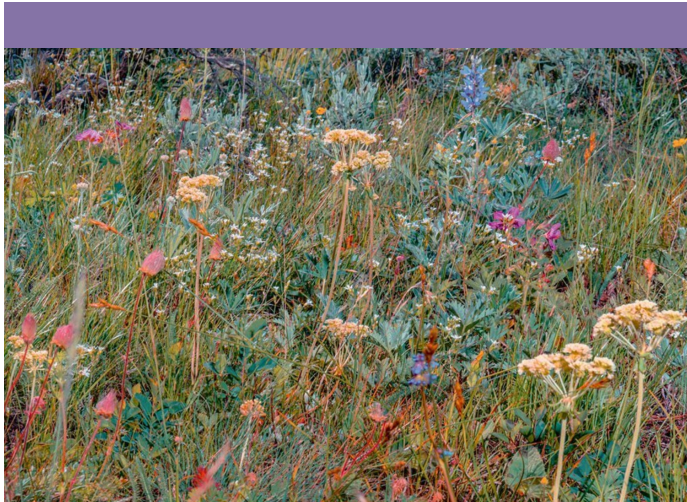
THERAPIST STANCE

Embodiment	Therapist presence, present moment focus, mindfulness attitudes
Inner-directed therapy	Allowing, present moment orientation
Unconditional positive regard	Non-judgment, acceptance
Loving kindness	Compassion, active listening
Presence	Empathetic abiding, focused attending/listening
Self-regulation	Mindful awareness, language, neutral stance

THERAPIST STANCE

Phenomenology	Direct experience, objects, SIBAM
Relationship-centered care	Inquiring, listening, reflecting
Appreciation of suffering	Compassionate witnessing, reflecting
Ethical integrity	Therapist practice, mindful awareness
Bottom-up processing	Inquiry into present moment experience

Insecure Attachment Styles



AVOIDANT



PREOCCUPIED

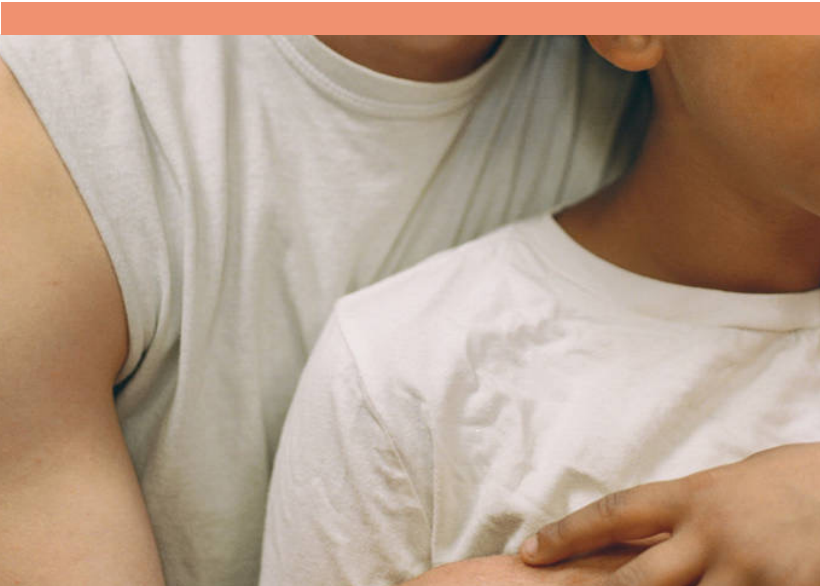


DISORGANIZED

Small Group Exercise

ATTACHMENT AND THE
THERAPEUTIC
RELATIONSHIP

HAPPY, MAD, SAD EXERCISE
One person guides the second person
through 3 different emotions.



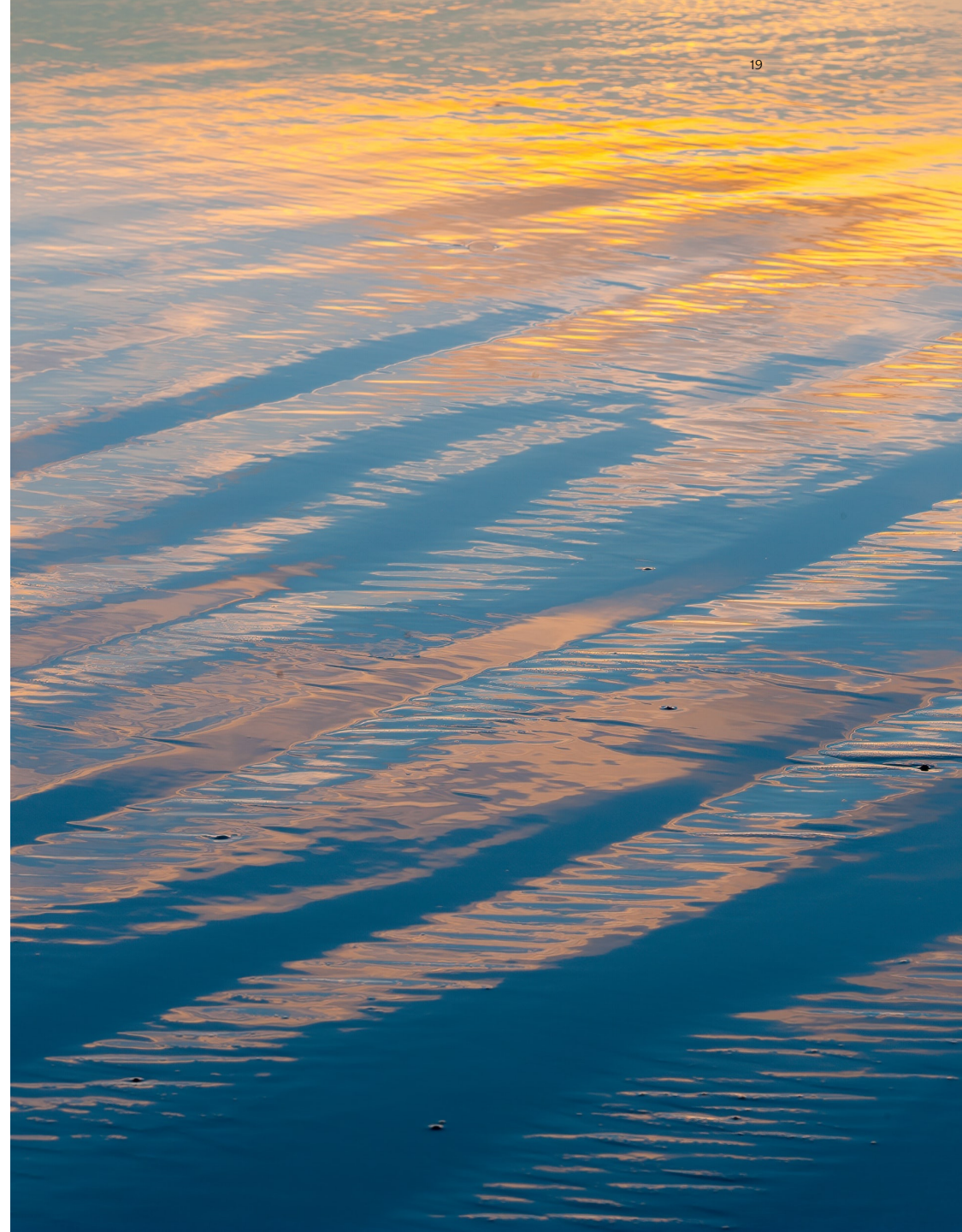
Therapeutic Ritual: Breath Practices

DOWNREGULATING

Box breathing (in for 4, out for 8)

UPREGULATING

Conscious connected breathing



Module 2

- Identify your personal attachment style(s) and assign a percentage to each knowing that these can change in different contexts. For example, you can develop different styles with different caregivers; you can also start developing earned secure attachment but sometimes revert to an insecure style under stress
- Notice a time during the week when an insecure attachment style(s) surfaced relationally. When did you become aware of this (i.e. in the moment, or later upon reflection), how did it impact your interaction, if it did?

Module 2

- In your small group, share your reflections, discuss any insecure attachment style(s), and discuss how are you working on developing greater security (if at all)? How might this be helpful for your self-awareness and growth?

Honouring and Witnessing

