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

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Group Agreements

CENTRE







CONFIDENTIALITY

ENGAGEMENT

NON-JUDGMENTAL LISTENING

Group Agreements

TIMELINESS

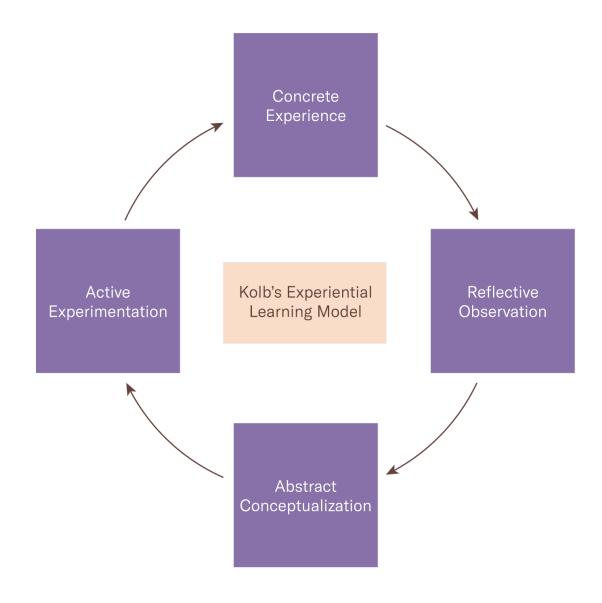
CENTRE

EQUITY



RIGHT TO PASS

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?

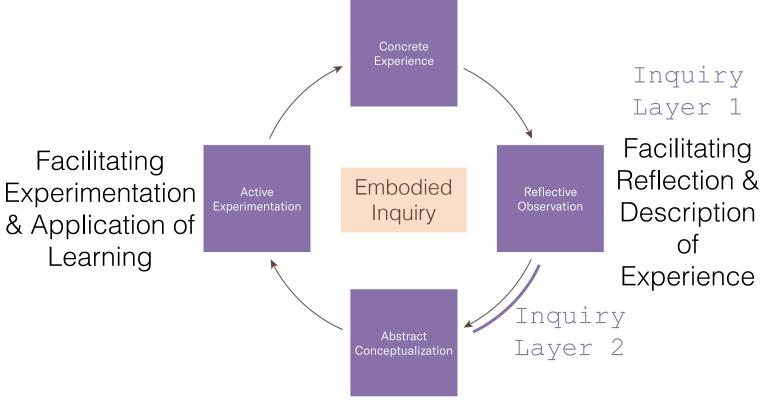
LAYER 3: INTEGRATING

What does this mean for you and your wellbeing?

Application of learning



Facilitating Experience through Prep, Medicine Session, Integration, Embodied Inquiry



Facilitating Abstract
Conceptualization &
Generalization of Experience

Inquiry
Layer 3

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

NUMINUS

PRESENTATION TITLE

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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)

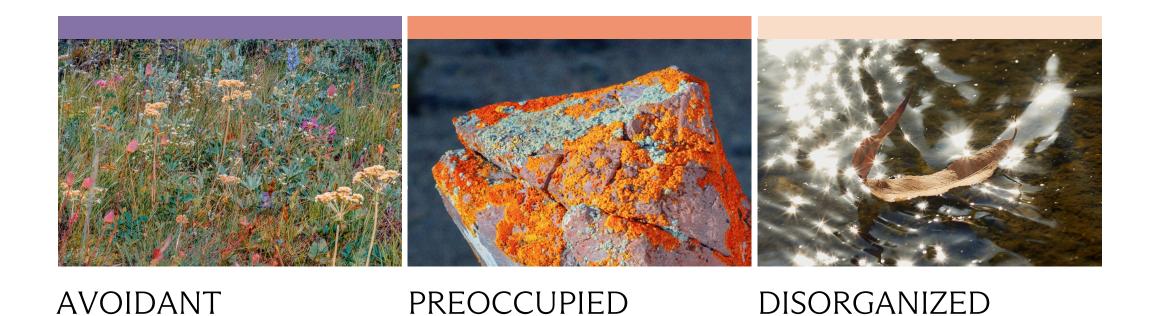
THERAPIST STANCE

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



SECURE ATTACHMENT

(ADULT ATTACHMENTS - COMFORTABLE)

Positive Thoughts of Self Positive Thoughts of Others

- High Self Esteem
- Able to set appropriate boundaries
- Accepting
- Able to be vulnerable
- Creates meaningful relationships
- Comfortable with intimacy
- Learning
- Parent to child: aligned and attuned
- As an adult: empathetic, responsive, engaged and responsible
- "I am worth of love" and "I am capable of getting love and support I need"
- "Others are willing and able to love me"

AMBIVALENT ATTACHMENT

(ADULT ATTACHMENTS - PREOCCUPIED)

Negative Thoughts of Self Positive Thoughts of Others

- Low Self Esteem
- Overly concerned about others thoughts
- Clingy
- Seek validation & approval
- Wants excess intimacy
- Grasping
- Parent to child: inconsistent
- As an adult: controlling, blaming, erratic, unpredictable
- "I am not worthy of love" and "I am not capable of getting the love I need without being angry and clingy"
- "Others are capable of meeting my needs but might not do so because of my flaws."

AVOIDANT ATTACHMENT

(ADULT ATTACHMENTS - DISMISSIVE)

Positive Thoughts of Self Negative Thoughts of Others

- High Self Esteem
- Independent
- Doesn't show emotions readily
- Uncomfortable with intimacy
- Avoids closeness
- Blaming
- Parent to child: unavailable or rejecting
- As an adult: distant, critical, rigid, intolerant, frustrated
- "I am worth of love" and "I am capable of getting love and support I need"
- "Others are either unwilling or incapable of loving me." and "Others are not trustworthy; they are unreliable when it comes to meeting my needs."

DISORGANIZED ATTACHMENT

(ADULT ATTACHMENTS - FEARFUL)

Negative Thoughts of Self Negative Thoughts of Others

- Low Self Esteem
- Dependent
- See self as helpless
- Fearful of intimacy
- Expects to be hurt
- Ruminating
- Parent to child: ignored
- As an adult: chaotic, explosive, abusive, untrusting
- "I am not worthy of love" and "I am not capable of getting the love I need without being angry and clingy."
- "Others are unable to meet my needs." and
 "Others are not trustworthy or reliable." and
 "Others are abusive, and I deserve it."

dance High

Small Group Exercise





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

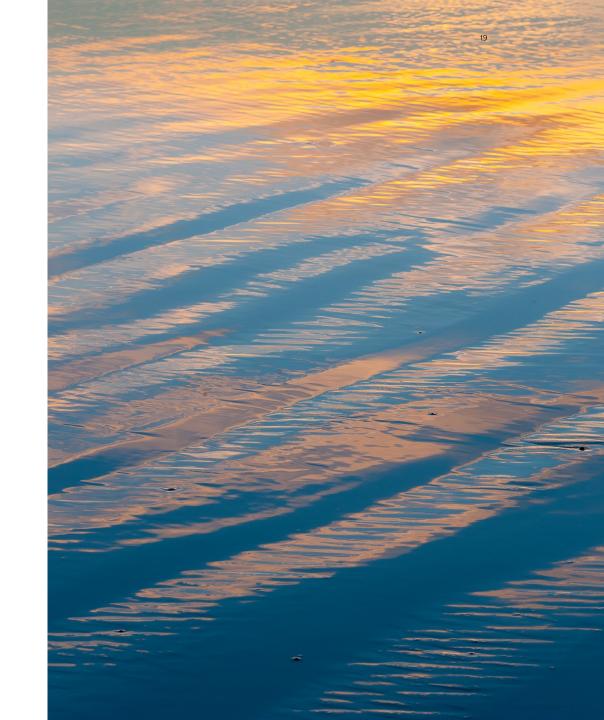
Therapeutic Ritual: Breath Practices

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

