

COU519 Person of the Therapist

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

The “Person-of-the-Therapist” (POTT) is based on the premise that within the therapeutic relationship is a personal process that occurs between therapist and client. The essence of the POTT training model is the idea that therapists are capable of developing an expertise in how they proactively use themselves (signature themes, family-of-origin, personal/ clinical experiences, etc.) in the therapeutic process to enhance the effectiveness of their efforts. The students have to take responsibility not only for their psychological issues but also for their personal biases about morality, values, and philosophy of life. The students’ progress through three stages during the course of their training. In the first class presentation, they look to identify their signature themes. The next two class presentations, they seek to put the signature themes in the context of their clinical work. Focusing on the goals of the POTT training, the instructor(s) help the students to harness these new understandings and behaviours, and their improved self for the betterment of their clinical work.

Topics:

- Person of the Therapist (POTT) Model
- The use of self in therapy
- Examining personal strengths
- Examining person weaknesses
- Utilising past experiences on personal and professional growth
- Impact of family on personal and professional growth
- Personal and professional integration
- Ground rules and ethical consideration
- Group reflection activity 1
- Group reflection activity 2
- Group reflection activity 3
- Group reflection activity 4

Textbooks:

Form M Interpretive Report (Online Assessment) MBTI Step I™ (Form M). Myers Briggs Myers Briggs
ISBN-13: OT-4816

Introduction to Myers-Briggs® Type Booklet 7th Myers Briggs Myers Briggs
ISBN-13: OT-4817

Genograms: Assessment and Intervention 4th Monica McGoldrick, Randy Gerson, and Sueli Petry
W.W. Norton
ISBN-13: 9780393714043

Learning Outcome:

- Appraise personal issues and experiences affecting clinical work, and have a familiarity, comfort with, and command of these issues.
- Modify personal vulnerabilities into clinical assets in therapy.
- Organise knowledge about self in an active and constructive way for counselling work
- Analyse strengths and weaknesses and work through self in the context of one’s clinical work.
- Propose professional and personal development to effectively engage and work with diverse clientele
- Recommend different pathways to apply self therapeutically in a therapist–client relationship.

Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	GROUP BASED ASSIGNMENT 1	40
Overall Examinable Components	ECA	60
Total		100

*The information listed is subject to review and change.