

COU578 Special Topics in Systemic Therapy: Person-of-the-Therapist (POTT)

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: the training philosophy
- The POTT programme: step-by-step
- Journaling in POTT
- Looking at the POTT process
- About the facilitators
- Integrating POTT in your setting: applications and modifications
- POTT principles across mental health disciplines
- Supervision in the POTT model
- Common factors of change in individual and couple therapy
- Spirituality of the therapist / clients
- Applying psycho-spirituality in therapy

Textbooks:

Henri J M Henri: The Wounded Healer 1979 Image
ISBN-13: 9780385148030

Aponte, H. J.: Bread & spirit: Therapy with the new poor: Diversity of race, culture, and values 1994
W. W. Norton
ISBN-13: 9780393701760

Harry J. Aponte and Karni Kissi: The Person of the Therapist Training Model: Mastering the Use of Self (2016) 2016 Version Taylor & Francis (Routledge)
 ISBN-13: 9781317514770

Learning Outcome:

- Examine the central assumptions and basic components of POTT training model.
- Appraise personal issues (signature themes) affecting clinical work, and have a familiarity, comfort with, and command of these issues.
- Assess how to turn one’s personal vulnerabilities into clinical assets in therapy.
- Organise what the student knows about her/himself in an active, constructive way, so as to assess, set goals, and intervene with clients in the clinical moment and throughout the clinical process.
- Identify and analyse one’s signature themes, confront the issues, and learn to see and work with and through oneself in the context of one’s clinical work.
- Prepare the student for the role of the therapist to become a more effective clinician, both in how he or she engages a client in a therapeutic relationship, and how he or she employs the technical tools of therapy.
- Develop the ability to actively and purposefully choose how to apply self therapeutically in a therapist–client relationship.

Assessment Strategies (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	30
	GROUP BASED ASSIGNMENT 1	20
Overall Examinable Components	ECA	50
Total		100