

THE CRAFT OF PSYCHOTHERAPY: HONING YOUR SKILLS IN CONDUCTING THE “50 MINUTE HOUR”

Do you ever marvel at what it takes to create truly effective clinical/therapeutic hours?

A therapist's challenge is to translate clinical theory into highly intentional, professional level encounters that create the opportunity for growth within the relational dyad of therapist and client.

Across numerous schools of thought, fundamental skills form the basis of therapeutic interventions.

But, how do we hone these practice skills long after our graduate school days?

Next fall, I will offer a 6 session workshop entirely devoted to strengthening the practice skills we rely on every day.

Through demonstration, simulated client-therapist role plays, small group exercises, and group discussion, participants will explore and expand the following capacities:

- to listen below the surface - recognizing multiple facets of truly hearing a client
- to determine when to lead and when to follow - the multiple choice points in therapeutic conversation
- to both support and constructively challenge client defenses
- to intentionally choose open and closed ended questioning
- to select among specific response options in times of client silences
- to effectively “hold” client (and therapist) emotions
- to further develop our constructive “uses of self”

INTENDED PARTICIPANTS

While classroom exercises can be adapted for therapists with varying experience levels, practitioners with several years of postgraduate work may especially benefit from this shared experience with colleagues.

CONTINUING EDUCATION CREDITS

This workshop has been approved by NASW for 12 continuing education credits. Additional CEU approvals are pending.

INSTRUCTOR CREDENTIALS

Suzanne Slater, LICSW, brings over 40 years of clinical experience working with individuals and couples. She is a former adjunct faculty member of The Smith College School for Social Work where she taught the first year practice class and other courses. As counseling director of The Everywoman's Center, Suzanne served as a clinical internship supervisor to several area graduate schools. In her private practice, she has provided case consultation to area therapists. In addition, Suzanne has presented at both national and regional conferences and professional trainings. She is the author of The Lesbian Family Life Cycle and a number of professional articles.

LOGISTICS

This workshop will meet on six consecutive Tuesday evenings, from 6:30 - 8:30 pm. The dates are:

September 17, 2024

September 24, 2024

October 1, 2024

October 8, 2024

October 15, 2024
October 22, 2024

The location is to be determined, but will be in downtown Northampton. This workshop is an entirely in-person experience. Participants are welcome to wear masks but, given public health advisories as of this writing, masks are not required. To ensure abundant instructor-participant interaction, the workshop will be limited to a maximum of 12 participants.

FEE FOR WORKSHOP SERIES

The cost for this workshop is \$250.00.

REGISTRATION PROCESS

Registration will be handled by the instructor. To contact Suzanne:

Email: suzanneslater190@gmail.com
Phone: 413-586-6299. (Office)
413-219-0236 (Cell)