Qualities of Therapist

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| Qty | Id | Desc | Name |
| 19:16 understanding - realisation, talking about it (Courage to be transparent, congruence with self and with supervisor) Recognising the power imbalance, fear of authority figures or no respect if the authority figures are not congruent. Being given the space to process, personal therapy to understand what is happening with authority figures, and dispelling the fears. Needed to be congruent with supervisor about issues with authority and fear of being judged, seek personal therapy | And understanding that, and once I managed to book the time with my uni supervisor, and then we talk(ed) about it and then I realised my relationship, how my relationship with authority, is that, you know,  I would despise people who claim(ed) to be (in) authority, but they don't act like one, but when there is an authority and when I highly respect them, I find that I'm afraid. And going through that hurdle when processing it, put me back in the space of going back to sort of go through some personal therapy work with how come I'm having that relationship with an authority figure. And it makes me even more open after I managed to process it because  I no longer feel like I need to be afraid. | Therapist Shame Qualities of therapist | p. 6 Pam |
| Compassion  Being human  Rmpathy  Don’t lose sight the client is human | I'm confident. But I'm really compassionate. And I'm very human, I don't lose sight that this is somebody else that's really human and I think one thing that stuck with me about Rogers is really prizing somebody | Qualities of therapist in dealing with shame | Tracy p.7 |
| Be gentle with prizing | she really struggles with that, of me  prizing her,  you know, because she's never been prized. She's never been valued. So I've gone a bit gentler with that. But I want her to have that positive experience as well | How to help client when they find it difficult          Qualities of therapist | Tracy p.7 |
| Self care | I've done a lot of work on myself | Qualities of therapist | Tracy p.11 |
| Self care | I do look after myself a lot | Qualities of therapist | Tracy p.11 |
| Self-care | retreat probably 4-5 six times in the year and it's really deep processing work, not necessarily counsellors | Qualities of therapist | Tracy p.11 |
| Willing to work on self, be vulnerable | to be able to sit in a group,  if I trust , to be able to cry openly. It's a massive comparison. Do you know what mean, I can do it now. And I say again, I have to be in a safe space to do that, but I can do it now | Qualities of therapist | Tracy p.11 |
| resilience | very little, sort of phases me | Qualities of therapist | Tracy p.11 |
| Not getting embarrassed | there probably was a little bit of embarrassment | Qualities of therapist | Tracy p.11 |
| 36:42   Experience 'some therapists could very quickly be in deep water and not sure how to deal with it and not sure how to work with it'. p.15 | 'some therapists could very quickly be in deep water and not sure how to deal with it and not sure how to work with it' | Qualities of Therapist | Tracy p.15 |
| 00:22:18 Blocks - If you do not understand or work through your own shame as a therapist, there’s a potential to: Block it out Not identify or over-identify with the client’s shame It could cause trauma, upset, sadness, embarrassment.  This could be vented in PT, or repressed if it was too difficult to face          22:56 PT Importance of having personal therapy to deal with personal shame triggers or vulnerability - reflexivity | I think it's important because if I wasn't in touch with my own experiences of shame,  I could potentially block that out, and if it came up with a client then it could be something that I either didn't identify with or maybe over identified with, if it was something that a client was experiencing, and I'd perhaps had a similar experience and not worked through it, then it could cause me to experience maybe trauma or upset or sadness or embarrassment. Which I might either. give vent to, if I was having my own private therapy, or try to... press down and repress if it was something that I wasn't comfortable to maybe admit to, or think about, or work through. So, ... I think that it's really important for therapist to be either having their own personal therapy, or have had, and have access to personal therapy, so that if any issues come up, ...which trigger a reaction around, shame, that people. And … go through that and process that themselves. | Blocks - Importance of understanding own shame                       Blocks - Importance of understanding own shame Qualities of therapist | p. 13 Kate                          p.13 |
| 23:29 Supervision – to ensure congruence    Supervision– to ensure congruence     Self awareness    To feel okay in the sessions  To avoid feeling your own discomfort in the counselling room | And of course if it's client work, then it may be something that comes up in supervision. 00:23:38 Kate Maybe something we need to talk to a supervisor about... But I definitely think it's important for therapists to... 00:23:47 Kate ...be very open and aware of their own responses, thoughts, feelings, 00:23:55 Kate past experiences and to have some level of ‘okayness’ about that. Otherwise I think it could easily come up ... 00:24:04 Kate ...to ...cause you discomfort in the sessions. | Importance of understanding own shame – qualities of therapist | p.13 Kate |
| 00:25:34 Good Practice -  Supervision is a legal and ethical requirement It’s important to be congruent with supervisor about our own feelings relating to the client, our triggers, potential issues around ruptures with the therapeutic alliance | Just that, legally, we obviously have to have supervision every month, but I think that ...if a person is triggered either by client, and then it brings up some stuff for the therapist, then I think It's important to work through that process in supervision ...and talk about How, what the client talks about, triggers a response in the therapist, and then the therapist is able to process that with a supervisor, in terms of how perhaps that might cause some sort of rupture within the therapeutic alliance, and how the therapist might be supported by the supervisor to think of ways ...of how to deal with that with the client.. | Qualities of therapist Importance of understanding own shame - | p.15 Kate |
| 00:26:49 Supervision – being congruent with the supervisor Being open to constructive criticism and learning Being vulnerable Trusting and congruent relationship with supervisor | Uhm, not that long ago and I guess I was a bit ashamed of my responses ….and behaviour within that session. It was a session I'd taped, and I'd had the client’s permission to tape and...obviously sharing supervision if needed, and I did share part of the tape with my supervisor in terms of my own performance and said, you know, I really don't think I did this very well and it was quite a humbling process because my supervisor basically agreed. And said yeah,... I mean very politely. But yeah, I don't think you did that very well either. And but I had to be open to hear that feedback and then look at what I could do differently next time. But if I hadn't have been...if I hadn't had felt that my supervisor was someone I trusted well enough to to do that with and to make myself vulnerable in that way, then that growth wouldn't have occurred because ...through playing the tape and through listening to her feedback, I was able to think very clearly about what I would do differently next time, I guess if somebody feels that they can't take stuff to their supervisor because it makes them look...potentially like a bad therapist, ... they won't make as much personal progress, as if they're able to kind of be open and honest about that. So ...that's to do with the relationship, I guess between the person and their supervisor... | Qualities of therapist | p.15-16 Kate |
| 00:42:03 Ethics – ‘own it’ Take responsibility for when we have been triggered or made mistakes in a session, and admit it to your supervisor because we have a duty towards our clients | when we...as a therapist, if we experience shame, in terms of maybe something we've done in a session that hasn't been good 00:42:15 Kate I think just to be open enough to talk to a supervisor about that. It does mean making yourself vulnerable and in exposing yourself really, for you know, because you know we're all part of a regulatory body, and I suppose you know we're all prone to, or there could be the potential for the supervisor 00:42:34 Kate to say, well, actually, you know …that's dreadful. Let you know. Let's go and talk …to your governing body about that. 00:42:41 Kate Not that I think many supervisors would do that unless it was kind of an illegal. But you know, we're all potentially making ourselves vulnerable by sharing stuff that might have come up for us. 00:42:53 Kate With regards to our own behavioural performance, but I think that being able to own that and share it is important. 00:43:05 Kate Yeah, and I suppose just for people to know, that shame is basically an important human emotion that everybody feels, because I think quite often.... it's something that people tend to want to keep secret or …to feel that they're... the only one that might be experiencing this. 00:43:25 Kate But just for people to know that actually it's a 00:43:28 Kate ...we all have something that we're ashamed of. 00:43:31 Kate There can't be anybody 00:43:33 Kate that that has nothing that they're ashamed of in their life. And... maybe even telling a crime that might be helpful. 00:43:43 Kate Uhm so. So yeah, I think I think it's important …to kind of own it. | Qualities of therapist How to work with shame/keys/antidotes | p. 24 Kate |
| 00:43:53 Important to have personal therapy – in the past present or future. Also important to explore any shame in PT that arises in client work – reflexive | I do really believe it's important for all therapists and counsellors to have lots of personal therapy to either have had therapy, be in therapy or be open to having it in the future, and certainly if anything comes up whereby you know this touches a nerve for them, then I think it's really important for them …to explore that in their in their own therapy. | Qualities of therapist – have personal therapy How to work with shame – therapeutic keys/antidotes | p. 25 Kate |
| 00:45:00 Acknowledging shame acknowledges we are human. We make ourselves humble and vulnerable | I suppose if we admit that we feel ashamed of something, we're admitting that we're human and we're making ourselves humble and vulnerable, and taking ourselves down to kind of stripping ourselves bare. But actually…as I said before, there's something that we probably all feel ashamed of and I think by acknowledging it is  part of our acknowledging that we're human | Qualities of therapist – how to deal with shame | p.26 Kate |
| 00:03:34 Person-centred Focus on the relationship Building trust Building the relationship – these values that underpin work – more important than technique or theory Not being the expert – being equal I-Thou – way of being Breaking down the barriers – shame of coming to counselling | But it's definitely since I've qualified, I am more person-centred and very much about the relationship and the building trust and the building relationship and having those values … that underpins my work. So, without that, and there is no way, even in brief- 00:04:09 Anna  therapy, the, that, that needs to be present. That is the most important thing to me, than technique and theory.  00:04:18 Anna  And so it's a very down to Earth approach where I've I I'm showing value. I'm showing respect and I'm very... 00:04:27 Anna  like not. .. 00:04:29 Anna  I think about disclosure and I think yeah, I'm not. I don't go into a therapy session thinking about going to tell you about myself maybe 'cause that would be inappropriate.  00:04:38 Anna  And I always stop myself and would think is this going to benefit the client? But when I say disclosure, I am very open to saying that you know, …I've felt anxiety in my life.  00:04:49 Anna  Before or … I feel vulnerable sometimes, or that you know….putting that across that I'm a human being. I think it's also important, … and I feel that that has really helped.  00:05:02 Anna  And in their approach and it's helped with that. It does help with shame because it's helped with that, being equal and trying to be equal and not the expert …and that, because… I know that  somebody can come into counselling and almost shamed that they're needing to come for counselling. And shamed that they’ve been 00:05:22 Anna  in a school, you know, sent to counselling.  00:05:26 Anna  And who's going to know about this? And …so I need to get across straight away that any, anybody can come for counselling, and I've had to counsel them before, and I feel it's a really worthwhile experience. So yeah, I think …it's. It's mainly about the person-centred, and I think that really helps.  00:05:44 Anna  with this,…with understanding this | How to work with shame Qualities of therapist | p.2- 3 Anna |
| 06:13 Not an expert Always learning from client and experiences Personal health issues have made them recognising their own humanity | I'm never going to be an expert and I'll never want to be an expert, you know, erm I'm always learning and I'm learning from the client and I'm learning from my experience from me own personal experience. .. I'm flawed. You know, … I'm imperfect. | Qualities of therapist | p.3 Anna |
| 00:14:04  p.7 - congruence about own shame and remember you would not do this job if you were perfect   be congruent, let go of perfectionism and recognise your humanity | Yeah, let's shout it. We've all got it, I 00:14:07 Anna  have it. …It's a bit like 00:14:10 Anna  if you had a  00:14:10 Anna  support group and he said, ‘Hi,  00:14:13 Anna  I'm Anna, I've got shame.’ 00:14:15 Anna  You know, I have shame in my life...  00:14:18 Anna  …So the peace and the…  00:14:22 Anna  It's …almost like letting go, of that perfectionism and thinking…I’m an imperfect human being, and I probably wouldn't do what I do …if I wasn't.  00:14:33 Anna  Or … get the success I have  00:14:35 Anna  got,  00:14:37 Anna  …with clients in the past …and that doesn't mean I'm complacent because obviously … not every client could be a success story, and you know, and …it doesn't work for one reason or another and that's taken to supervision | Qualities of therapist               Working with shame - | p. 7 Anna |
| 00:18:51 Congruence is needed in the work, otherwise it could block the therapeutic process if the client feels ashamed within the process. The client could put the therapist on a pedestal. The therapist could blame the client if progress is inhibited. It’s important to continually check the client is OK with the work and work on the relationship. | So I think that pops up a lot in work where the person, again, they start to get,  00:18:56 Anna  the shame is within our work together. There's not just them putting me on a pedestal, and thinking I'm the expert, and I have this expectation on them, and they're not working hard enough, or they're not reaching where they need to be, so it's a continuous relationship and checking in, 00:19:15 Anna  that that they're OK with the work, and that they want to continue with the work and that are they having any fears about  00:19:21 Anna  the work. Is there anything they're worried about, …so it's having those open conversations. Otherwise, if it's not talked about openly, somebody might… 00:19:33 Anna  make mistakes or things, never… 00:19:38 Anna  …go to… 00:19:39 Anna  …plan, but you might have a young person… 00:19:41 Anna  or somebody who disengages.  00:19:44 Anna  And you're left wondering, and you've never really worked out what went on there, so it's being alert to it, and it's being…able to be very open and…that they can say…from the 00:19:56 Anna  off . | How to work with shame  Qualities of therapist | p. 9 Anna |
| 00:20:27   way of being - I - thou, being warm, smile, friendly, gentle, relationship, being curious  UPR, | it's having a skill to be, I'm not here on this pedestal, that is judging, and, … I had one young person in the school once that said that 00:20:36 Anna  is not what I expected.  00:20:38 Anna  I expected you to have this this form and this clipboard and, and tick, ‘ Oh yeah, depression, exactly got this’…  00:20:48 Anna  And I was like, ‘No, …not at all.’  00:20:50 Anna  You know they 00:20:51 Anna  amused me, so like you know, I'm like, ‘Oh so you thought something like that, that's interesting you know, …  00:21:00 Anna  smiling and being able to be appropriate, animated, where that person is very sad and you're in that moment with that person, but also in the beginning, that warmth, 00:21:10 Anna  You might not get that if you're on the phone, so obviously it's with tone of voice, isn't it? And being gentle. 00:21:16 Anna  But I don’t know if it relates, but it is … like I keep going, ‘relationship, relationship. Relationship’.  00:21:23 Anna  It's …there all the time, but it's bringing it back, and if that person’s stuck and then they're ashamed of being stuck. | Qualities of therapist   Working with shame - | p. 9 Anna |
| 21:31 Congruence in questioning own approach for blocks- humility Consult supervisor – be congruent | You know, I'm still asking myself. Well, there could be something I'm not doing here or there could be my approach here that's causing this stuckness, and that's where, I mean supervision, 00:21:42 Anna  You'll probably agree 00:21:43 Anna  with me. It's just absolutely amazing. And I've had three good supervisors where 00:21:50 Anna  …they're just great, …on being congruent, and I don't. It's not challenging. I know Carl Rogers says no, he never challenged.  00:21:59 Anna  It's not about challenging, it's about being congruent 00:22:03 Anna  …in the moment.  00:22:04 Anna  But checking out how that felt for them, 00:22:07 Anna  to say that. | Qualities of therapist  Working with shame | p. 10 Anna |