

Calling: Clinical supervisors, supervisors-in-training, therapists who want to familiarize with the POTT model, therapists who want to enhance their use of self in therapy.

Using the Person of the Therapist Training Model (POTT) in Clinical Supervision: Resourcing Supervisors

Key Takeaways

- Identify and describe the main concepts and premises of the Person of the Therapist Training (POTT) Model.
- Use the main tools of the POTT model in supervision to enhance the supervisees' use of self in therapy
- Integrate the POTT model with the preferred therapeutic models or theories in the clinical work of supervisors/supervisees
- Consider the ethical implications of using the POTT model in supervision
- Enhance their purposeful use of self in their role as supervisors.

Synopsis

The Person of the Therapist Training (POTT) model, developed by Dr. Harry J. Aponte in the 1980s, helps clinicians enhance their therapeutic effectiveness by utilizing different aspects of their personhood. It emphasizes self-awareness and purposefully using personal resources to better serve clients.

At its core is the concept of the signature theme, which refers to the lifelong struggles, pains, losses, and traumas that shape our lives. By focusing on these themes, POTT helps trainees connect with their own humanity, enabling them to better connect with their clients.

Dr. Aponte has developed specific assignments and tools to help trainees identify and understand their signature themes, which are particularly useful in supervision. In this workshop, participants will learn the premises of POTT, how to apply them in supervision, and use specific POTT instruments to promote a more humanistic and compassionate view of clients.

A b o u t t h e t r a i n e r

Dr. Alba Niño is a licensed marriage and family therapist in the U.S. and an AAMFT-approved clinical supervisor. She is an Associate Professor at Alliant International University and received her Ph.D. from Drexel University, where she co-taught the POTT class with Dr. Harry Aponte.

Dr. Niño has researched the professional gains of POTT, its effects on therapeutic relationships, and its connection to self-care. She has published and presented her findings widely and trained clinicians and professors in POTT.

Certified in Attachment Based Family Therapy (ABFT) and trained in EMDR and EFT, Dr. Niño's work also focuses on cross-cultural therapeutic relationships, post-traumatic growth, family functioning, MFT models, and trauma-informed care.

