



Calling: Psychotherapists who want to make a better use of self in therapy, and who want to develop effective self-caring practices.

Resourcing the self of the therapist: Intentional Use of Self, and effective self-care.

10-11 March 2025 (9am - 5pm)



Synopsis

This two-day workshop is focused on the self of the therapist in three ways: helping participants make a better use of self in therapy, learn to use their own personal experiences as a resource, and engaging in more effective self-care practices. The premises of the Person of the Therapist Training (POTT) model will be the philosophical foundation for this workshop. Research on coping strategies will inform a better understanding of self-care practices.

Fee

- \$1,308.00/pax with GST (Lunch & Tea-break provided)
- Pending PCF subsidy

 REGISTER NOW

 6431 3935

 peggy@counsel.org.sg



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.



Key Takeaways

- Describe the main concepts and premises of the Person of the Therapist Training (POTT) Model as related to the intentional use of self in therapy.
- Make a more intentional use of their own self as a resource in therapy through better self-knowledge and self-access.
- Develop a more self-caring and self-compassionate attitude by embracing their imperfect humanity.
- Differentiate between avoidance (anxiety-maintaining) and approach (anxiety-reducing) coping strategies in relation to self-care.
- Evaluate their current self-caring practices and develop more effective ways to deal with work-related stress.