

Masterclass Presence & Self- compassion in Psychotherapy



INTERNATIONAL
SOCIETY *for*
EMOTION
FOCUSED
THERAPY



VPeP

vereniging
Persoonsgerichte
experiëntiële
Psychotherapie

Masterclass erkend door: International Society for Emotion Focused Therapy en VPeP

Welkom!

Van harte welkom bij de Masterclass Presence & Self-compassion in Psychotherapy.

In dit bestand vind je onder andere:

1. Het draaiboek met informatie over de accreditatie; de werkwijze en de beoordelingscriteria;
2. Het dagprogramma met een overzicht van de voor te bereiden literatuur;
3. Docent informatie;

Wanneer je verhinderd bent voor een cursusdag of een cursus dagdeel verzoeken wij je dit zo snel mogelijk door te geven.

Dit kan per e-mail via info@eftin.nl

Veel succes!

Draaiboek

Masterclass Presence & Self-compassion in Psychotherapy

Data:

16 november 2021

Docent:

dr Shari Geller.

Locatie:

Kloosterhotel Zin, gelegen aan de Boxtelseweg 58 in Vught (5261 NE).



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1. Inleiding

Therapeutic presence (TP) is the foundation for positive therapeutic relationships and effective therapy. Twenty years of research on the art and science of TP has led to a model that provides the groundwork for accessing presence in the moment. TP involves therapists bringing their whole self in the encounter with another by being completely in the moment on multiple levels—physically, emotionally, cognitively, relationally, and spiritually. It is trans-theoretical, as being present optimizes the impact of therapeutic interventions across different therapy approaches.

To be most helpful, therapists need to simultaneously be grounded and present in the moment while attuning to clients' moment-to-moment experience. This activates a neurophysiological experience of safety, supporting clients to engage in optimal and effective therapeutic work. Further it serves to help therapists to remain centered in the face of difficult emotions while offering a therapeutic intervention that is precisely timed to the readiness of their clients. This type of relationship provides a powerful buffer to clients' distress through the co-regulation of affect. The skillful cultivation of presence also helps therapists to sustain a level of vitality, connection, and effectiveness and supports movement towards emotional health and neurophysiological integration for both clients and therapists.

2. Doelgroep en toelatingseisen

GZ-psychologen, psychotherapeuten, psychiaters werkzaam in de GGZ mits je EFT Level I gevolgd hebt.

Voor meer informatie over deze cursus kunt u contact opnemen met Brunhilde Legeland via info@eftin.nl of bekijk ons cursusaanbod op www.eftin.nl.

3. Praktische informatie

3.1 Locatie

De Masterclass vindt plaats bij Kloosterhotel Zin, gelegen aan de Buxtelseweg 58 in Vught. Op hun website (www.kloosterhotelzin.nl) vind je een routebeschrijving.

3.2. Data

16 november 2021

3.3 Docenten (in docenten bijlage meer info)

Dr. Shari Geller

3.4 Accreditatie

Accreditatie wordt aangevraagd bij beroepsverenigingen:

- VPeP
- FGzPt
- NIP
- NVP
- NVvP - in overleg met EFTiN

3.5 Evaluatie van de opleiding

De Masterclass wordt geëvalueerd door middel van een evaluatieformulier.

3.6 Prijs

De prijs van de Masterclass is inclusief uitgebreide lunch, koffie, thee en water.

4. Werkwijze en didactische werkvormen

In this Masterclass we will explore an empirically validated model of TP as a map to build and strengthen the skills of presence with clients. We will also explore the neurophysiological principles to creating safety with therapeutic presence, based on concepts such as co-regulation and neuroception of safety stemming from the polyvagal theory (Geller & Porges, 2014). Evidenced based practices from Dr. Geller's book, 'A Practical Guide for Cultivating Therapeutic Presence', such as mindfulness, musical rhythm, imagery and experiential/creative practices will be incorporated. This workshop will also include a deeper dive into the skills of attuning in the moment to the nuances of clients' experience, through various sensory modalities, to enhance effective therapy. Video tapes and role plays will be incorporated. We will also discuss challenges to TP and how to stay open and engaged when working with challenging clients. There will be a number of take home practice for cultivating presence for your clients, your students, trainees, and for yourself.

In this Masterclass you will learn:

- An empirically validated model of therapeutic presence
- The neurophysiological benefits of therapeutic presence
- How therapeutic presence promotes effective therapy
- How to strengthen your presence in and out of session
- Practices and skills for attuning in the moment with clients
- Take home practices for clients, students, trainees and for yourself

5. Programma:

6. Evaluatie en beoordeling

Certificaten

Na afronding van de Masterclass ontvang je een certificaat van deelname.

7. Literatuur

Aanbevolen Artikelen

8. Docenteninformatie

Shari Geller



Dr. Shari Geller is an author and clinical psychologist registered in the Province of Ontario. She received her M.A. and Ph.D. in Clinical Psychology at York University. She has a private practice in Toronto and Grey County and offers individual, couple's and group therapy. Her expertise is the unique blending of effective modalities, including emotion-focused therapy, mindfulness, experiential approaches and rhythm-based therapy.

In 2012, Shari co-authored (with Dr. Leslie Greenberg) the book **Therapeutic Presence: A Mindful Approach for Effective Therapy**. She has released a companion CD on cultivating presence, with guided practices using the healing power of music and the health benefits of mindfulness. A current training video for **Therapeutic**

Presence with Shari was recently released by American Psychological Association. Scientific articles on therapeutic presence and other publications can be found [here](#).

Shari is the founder and creator of the **Therapeutic Rhythm and Mindfulness** (TRM™) program. **TRM**™ is informed by principles of evidence-based practices such as group drumming, mindfulness, and emotional reflection and expression. She is currently working with a research team to investigate the health benefits of TRM™ for people with cancer.

Shari is on the teaching faculty at York University currently teaching fourth year Counseling Psychology. She is also a part of the teaching faculty at the University of Toronto in the **Applied Mindfulness Meditation** and is adjunct faculty for the **Music and Health Research Collaboratory**. Shari offers international training in **Therapeutic Presence**, and **Therapeutic Rhythm and Mindfulness** (TRM™). She is an invited speaker and facilitator. Shari is also the co-founder of the innovative **Centre for MindBody Health**.

Shari offers workshops to health care professionals and educators such as cultivating presence, mindfulness, and self care for the health care professional. She also offers TRM™ workshops for people with cancer, chronic pain, depression, anxiety, trauma, relationship issues, dying and those experiencing loss and grief. She has taught and facilitated groups internationally at such institutions as UHN Hospitals, Sunnybrook Hospital, University of Toronto, York University, and Wellspring.

Shari is passionate about the potential of each and every person to create a healthier and more optimal life, to strengthen resilience, and to engage in meaningful relationships. Shari's fundamental approach is to be fully present and to create a safe and supportive environment to help facilitate, growth and change. Shari supports both (a) increasing positivity as well as (b) working through emotional difficulties, trauma, and pain. To support her ability to be a helpful presence to others – Shari has a daily personal practice in mindfulness meditation (since 1990), djembe drumming (since 1996), and playing healing sounds on the Hang. She is one of the founding members of Mindfulness Toronto, a community for mindfulness professionals.