

# LOVE, RELATIONSHIPS AND HEARTACHES: a challenge to therapeutic interventions

A two-day training, May/June 2010  
BRISBANE, SYDNEY, MELBOURNE, PERTH

## EFFECTIVE AND SUCCESSFUL PRIVATE PRACTICE

A one-day training, May/June 2010  
BRISBANE, SYDNEY, MELBOURNE, PERTH

9.00 am to 5.00 pm each day

## ABOUT PAUL GIBNEY Ph.D.

**PAUL GIBNEY Ph.D.** is a psychotherapist and family therapist in private practice in Brisbane. Paul graduated in Social Work from the University of Queensland in 1980 and gained a doctorate from the same institution in 1993. From 1995 to 2005, he had a senior lectureship in the Social Work Department at the University of Queensland, where he taught advanced case work, family therapy theory and practice, and advanced skills in interpersonal helping. Paul, over the last seven years, has consulted extensively to government and non-government organizations in the areas of staff supervision, child protection, residential care, youth and adult mental health, and complex case supervisions.

Paul has lectured and presented workshops throughout Australia and New Zealand. His 2003 text *'The Pragmatics of Therapeutic Practice'* is a set text in five Masters of Counselling Courses in Australia and he is the author of over 20 academic papers.



Trainings with  
**Paul Gibney Ph.D.**

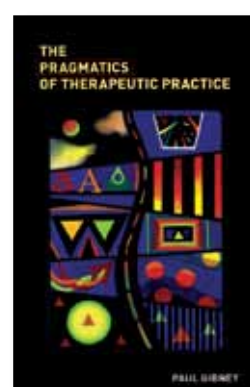
## 'THIS THERAPEUTIC LIFE':

### Soul, vocation and profession

A three-day retreat, August 20th–22nd, 2010  
(limited to 30 participants)

Sea Temple Resort and Spa  
PALM COVE, Far North Queensland

In *'The Pragmatics of Therapeutic Practice'*, Paul identifies ten essential dynamics at work in the development of the therapeutic domain within which therapist and client devise a therapeutic way of being. This structure provides the lens through which to explore the fundamentals of what occurs in the consulting room from the first session through to the last. Refusing to be limited by any one approach, Gibney demonstrates how to preserve and enrich the practitioners most valuable asset – an inquiring and compassionate mind.



## LOVE, RELATIONSHIPS AND HEARTACHES: a challenge to therapeutic interventions (14 hours PD/APS Counselling points)

**BRISBANE** Thurs 6 & Fri 7th May 2010, Eagle Street Conference Centre  
**SYDNEY** Thurs 13 & Fri 14th May 2010, Vibe Hotel, North Sydney  
**MELBOURNE** Thurs 27 & Fri 28th May 2010, Oaks on Market  
**PERTH** Thurs 3 & Fri 4th June 2010, Citigate Perth

The Jungian psychotherapist, Thomas Moore, once noted that the majority of problems for which people present to psychotherapy are the problems of love. And yet, it is rare that the psychotherapeutic literature deals explicitly with the common, messy and sad romantic conundrums that clients seek to discuss with their therapists.

Marital therapy texts often deal with how to improve relationships and often presume that this is the intent of both presenting parties. Problems in sexuality and mate selection are often traced seamlessly to developmental difficulties and are solved in the therapeutic relationship. The ending of relationships is often discussed with a grief and loss template as a source of reference for the therapist.

This current training aims to discuss and provide a therapeutic framework for working with those uncomfortable and perplexing problems that fall outside of the elegant discussions of textbooks, but which so often make up larger tracks of therapeutic practice, such as:

- *'How do I find a partner when I've never had one?'*
- *'How do you leave him or her?'*
- *'Can you help me to leave him or her?'*
- *'Should I continue with this affair and what does this affair mean?'*
- *'Is this as good as it gets? We are both unhappy but it is all we know.'*
- *'He or she is awful and I want to leave. But I don't think I will get anyone else and I'm not sure if it'd be better anyway.'*
- *'I should leave except for the kids. Do you think I should go?'*
- *'Should I want to have more or less sex than this and what is the whole love/sex business about?'*
- *'He or she has left me. I want him or her back.'*
- *'He or she has left me. I am a failure. I want to kill myself.'*

### Teaching and Learning Strategies

These utterances are written as such because they are commonly said by real people in therapy and because in the immediacy of an utterance we see them as they are; pivotal, defining issues in the emotional, existential lived experiences of human beings. These 'problems' are not easily summarized into glib academic titles because they are so intensely personal and meaningfully vulnerable to those who experience them i.e. so intensely human.

### DAY ONE MORNING

- The Relational Domain – how it appears in clinical practice.
- The Bell-Shaped Curve – from regular dilemmas to challenging idiosyncracies.
- Existentialism and ethics.
- Favoured descriptions – the words we use.

### DAY ONE AFTERNOON

- Problems of finding a partner.
- The difficulties of long-term relationships.
- Is this good enough?
- Philosophical discussions in therapeutic practice.

In seeking to provide such clients with psychological assistance and emotional guidance, therapists are often challenged in two critical ways. The complexity of romantic-relational difficulties often demands that the therapist access a number of therapeutic modalities to adequately understand, and to help to deal with, the presenting problems. Second, due to the idiosyncratic and yet universal 'humanness' of the difficulties, the therapist is often challenged to define her or his own position on these issues and to question her or his own taken-for-granted assumptions about the nature of relationship, sexuality, love and the meaning that these difficulties have in the development of an individual's life.

### Learning objectives

- To review the images of love and relationship in the psychotherapeutic literature.
- To outline a number of common relational problems that are brought to psychotherapists and to outline successful approaches to their resolution.
- To consider the formation/development/deepening cycle of human relationships in relation to the formation/ development/ disillusionment/ leaving cycles of human relationships, and to articulate critical junctures for interventions in those cycles.
- To outline how a psychoanalytically informed approach can assist a client to examine how any one relationship (success or failure) can illustrate inner relational patterns, and, how a systematically informed approach that utilizes the current relational matrix can assist in a change of internal patterning.
- To assist attendees—through the presentation of a number of provocative dilemmas—to reflect upon their own taken-for-granted assumptions about love, sexuality, and relationships, and to consider how they may assist or hinder successful therapeutic outcomes.
- To consider the uncomfortable counter-transference reactions that can occur in the therapist when dealing with a heart-broken other.
- To consider effective therapeutic language for dealing with relational dilemmas and to consider how metaphoric capacity can be used to expand a client's perspective and meaning through increased rhetorical competence.

### DAY TWO MORNING

- The 51st, 52nd and 53rd ways to leave a lover.
- The triangulated therapist – therapy for differing agendas.
- Tortured ways of maintaining and/or leaving relationships.
- Therapeutic risks and/or the therapist at risk.

### DAY TWO AFTERNOON

- 'Can love last?' Discussing the eternal question.
- Cycles of sexuality, love, disillusionment and renewal (through the systemic lens of stability/change).
- Relational ethics and Paul Tillich's ultimate concerns.
- The therapist as 'Implicated Philosopher': towards adult relational development.

# EFFECTIVE AND SUCCESSFUL PRIVATE PRACTICE (7 hours PD/APS Counselling points)

BRISBANE Sat 8th May, 2010, Eagle Street Conference Centre  
 SYDNEY Sat 15th May, 2010, Vibe Hotel, North Sydney  
 MELBOURNE Sat 29th May, 2010, Oaks on Market  
 PERTH Sat 5th June, 2010, Citigate Perth

Many therapists, regardless of their profession-of-origin, aspire to have a successful private practice. Even with the most appropriate qualifications, and the benefit of government and health benefit rebates, success is not assured and many practitioners find they never transcend the 'part-time private practice/ part-time agency or government job' arrangement.

This training is the 'Everything You've Ever Wanted to Know About Having an Effective and Successful Private Practice but had No-one to Ask' format of professional mentoring.

The success of a private practitioner depends on the interaction between their therapeutic framework (which has to be sound, varied and flexible), their capacity to dialogue with the client and their needs over time, and the personality of the therapist. This workshop raises and articulates these issues in a manner that will optimize the participant's capacity to develop a successful context for an effective private therapeutic practice.

## Pre-requisites:

Participants should possess:

- an under-graduate degree in a helping profession and at least five years of experience in a public practice setting.
- or a Masters degree or Doctorate in a helping profession and at least two years of experience in a public practice setting.

## Learning Objectives:

- To introduce participants to the key aspects of a successful private practice in the helping professions.
- To introduce the concept of professional effectiveness and the conditions for its optimization.
- To explore what clients want, how change occurs and what therapy is about: and it 'ain't what they taught ya at uni or the institute'.
- To consider the therapeutic framework of the practitioner and to outline how to articulate your own practice framework.

- To outline a number of problematic scenarios for the private practitioner: how to identify, avoid, and deal with them.
- To consider the personality of the therapist and how it contributes to the success of the therapeutic enterprise.
- To format your personal strengths and interests into a private practice that may be uniquely successful for you.

## MORNING

- Private Practice: What is private? What is practice?
- Conceptualising therapy conducted privately.
- What do clients want, how does change happen, and how does the therapist contribute at the time and over time?
- Why 'models of therapy' often fail in private practice.
- The Therapist's 'practice framework'.
- How to use a 'practice framework' to increase effectiveness.
- Supervision and risk.
- The Therapist's own therapy.
- Managing workload, burnout and acceptable risk.

## AFTERNOON

- Who really presents to private therapy? A tentative taxonomy.
- Michael Balint's counter offer: negotiating therapeutic parameters.
- The dynamic of time in private practice.
- Discontinuities, finishing, and not finishing.
- The nitty-gritty: fees, client base, parameters.
- Reports and paperwork: the issues.
- Marketing: What is it? Does it work? (and some pretty unusual and frank answers).
- Rebates: 'do not necessarily believe what they tell you'.

# 'THIS THERAPEUTIC LIFE': soul, vocation and profession (three-day retreat)

(15 hours PD/APS Counselling points)

Psychoanalysis has been known as 'the impossible profession'. Social work has been referred to as 'the unloved profession'. And, in between these extremes, every form of professional psychology, counselling and helping has struggled to define its essential image and value, and its place amongst the traditional professions.

Jungian psychology has pictured therapists as being informed by the archetypes of physician and priest/priestess: a mix between a healing science and a spiritual attention to human life. Existential therapists often refer to the therapist's task as an interface between science and art.

Despite its demands, failures and unpopular press, the therapeutic profession tends to capture practitioners in a unique way that defines them. Perhaps the conundrum of the therapeutic profession is that, more than a profession, it becomes a way of being for the therapist – by practising therapy, the therapist becomes her or him self.

This retreat will provide a reflective space to explore the meaning of being a therapist and of living a therapeutic life. Complimented by the peaceful tropical paradise of Palm Cove, North Queensland, the retreat will promote

dialogue and reflection on the therapeutic life and images of that life as seen through the lens of the Jungian concept of 'soul', the concept of 'vocation' (calling), and the concept of 'profession'. Dr. Gibney will lead discussions around therapeutic issues. There will be time for relaxation, guided reflections, solitude and shared meals. Some topics for reflection:

- Our most difficult clients and our undeveloped aspects of self: the therapeutic shadow.
- The spirituality of the therapist: therapy as values in action.
- The exhausted therapist and other injuries.
- Internal dialogues to refresh the self.
- On developing a safe community.
- Exploring the concept of sustained and sustainable motivation.
- Personal and professional selves: reasons for starting, reasons for continuing.



For more details and registration see [www.psychotherapy.com.au](http://www.psychotherapy.com.au)

## TAX INVOICE/REG FORM

ABN: 73 083 230 380 Prices include GST  
 Morning and afternoon teas and lunch provided.

Please register me for:

Love, Relationships and Heartaches

Melbourne  Sydney  Brisbane  Perth

EARLY BIRD REGISTRATION \*

A\$425 each  A\$405 Subscriber rate \*\*

REGULAR REGISTRATION

A\$475 each  A\$455 Subscriber rate \*\*

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EARLY BIRD REGISTRATION \*

A\$230 each  A\$215 Subscriber rate \*\*

REGULAR REGISTRATION

A\$255 each  A\$240 Subscriber rate \*\*

\* Must be received at our office NO LATER than 5 pm EST Thurs 1/4/2010. If received after this date REGULAR RATES apply.

\*\* Individual subscribers to *Psychotherapy in Australia* journal.

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**ACCEPTANCE OF TERMS AND CONDITIONS**  
 I have read, understand and accept the Terms and Conditions of Registration advised on the reverse of this form.

## FURTHER ENQUIRIES

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## PROFESSIONAL DEVELOPMENT POINTS

All events have **APS Endorsement** (see each training description). **Certificates of Attendance** detailing hours of training will be made available for collection in person mid-afternoon on the final day of the training. Delegates from other professional associations can use the Certificate for PD requirements.

## TERMS AND CONDITIONS

### ONE-DAY REGISTRATIONS

One-day registrations may be available two weeks prior to the event at \$275.00. It is NOT possible for two people to share a two-day registration.

### CANCELLATION POLICY AND DISCLAIMER

Refunds less a \$50.00 administration fee are given for cancellations received in writing via email, mail or fax. Cancellations must be received at our office by the following times:

Brisbane: 5.00 pm EST Thursday 22nd April 2010.

Sydney: 5.00 pm EST Thursday 29th April 2010.

Melbourne: 5.00 pm EST Thursday 13th May 2010.

Perth: 5.00 pm EST Thursday 20th May 2010.

See website for Cancellation details for 'This Therapeutic Life'.

Refunds will not be accepted after these times, regardless of personal circumstances. **Cancellation policy is final and not negotiable.** PsychOz Publications regrets the difficult personal circumstances that prevent people attending including medical conditions, emergencies, severe weather or transport difficulties, however the logistics of event management prevents PsychOz Publications from assuming responsibility for these contingencies.

### TRANSFER OF REGISTRATIONS TO ANOTHER PERSON

Registrations are transferable **IN FULL** to another person on notification to PsychOz Publications. Where a delegate can only attend for part of a training, transfer of the remainder of the registration to another person is NOT possible.