

### **Intro to Therapeutic Alliance Part 1 (overview)**

As this topic can cover such a huge area I wanted to give you more of an idea of what I will cover...it's basically any relationship-centred topics, and the things you never dared to ask ;-o), plus:

- The evidence that supports why this area is the most important thing we do, and the need to constantly update our mastery of it
- Us first/ self-care – how to stay at our best without getting stressed, and having a plan in place for when we wobble (and we all do, it's called being human)
- Understanding how past trauma affects how people relate, and how we can help them feel safe so healing can begin (and as up to 80% of our clients have past trauma this is BIG).
- Dealing with people we find difficult

*Feel free to ask me any questions you have, or things you want covered - it's all about what helps you most.*

### **Intro to Therapeutic Alliance Part 2 (Self-care)**

Our job can be tough and self care not only benefits our clients, it helps us enjoy our job more too. In this part 2 we will explore the topic more in depth, including what self-care involves (and it's not just relaxing or switching off!) plus:

- Identify when we are at our best and how to stay there/ our warning signs we are not at our best, and what we do add stress to ourselves
- Set a prevention, and an emergency plan
- Good boundaries and dealing with clients pain/ 'compassion fatigue'
- Anything else you want to discuss, eg when clients trigger our unresolved issues...

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### **Intro to Therapeutic Alliance Part 3 (Dealing with people we find difficult)**

There will always be some people we find it easier to deal with than others, in all areas of life, but in our work not only can that cause us added stress it also affects the quality of the care our clients receive. This session will help us learn how to recognise and improve our ability to manage all clients, and will include:

- Understanding why people react as they do (including how trauma influences), and how we can help them be more balanced
- Awareness of how we react (and why), warning signs we are not balanced and how we can recover quicker
- 4 main types of defensive behaviour discussed in more depth, and practical tips to deal with
- Building therapeutic alliance with people who do not want to be in treatment
- Anything else around this topic you wish to discuss...

*Feel free to ask me any questions you have, or things you want covered - it's all about what helps you most.*