

Know how to be a therapist

Seminar with Béatrice Bourau-Glisia

Décodage
EMOTIONNEL des SYMPTÔMES
BBG



An ideal therapist ?

What separates you from the ideal therapist that you imagine?

A therapist has knowledge, and of course a certain competency, but the relationship with a patient implies another dimension: a know-how-to-be. Being a therapist is not a casual profession. A therapist provides health services to others. The relationship in therapy can sometimes impact our own lives, our emotions and difficulties. How can we detect the traps in this relationship and find the right balance?

The therapist's essentials

This seminar allows us to shine light on the "essentials" of the therapist:

- The origin of his role as a therapist.
- The unconscious game in the helping relationship
- His personality, his originality as a therapist.

A question of place...

We will also address the vital importance of the therapist's place with respect to himself and to his patient.

What place do you give the person you are assisting, and what role do you take in this relationship? Do you see yourself as his savior, his confidant, or simply the technician who will fix him ?

Conversely, do you invest the patient with certain expectations in relation to your role ?

Does this privileged relationship enhance your work or make it more stressful?

What is happening in this relationship? The patient's history can disturb you, or effect you in a way that can interfere with your work.

This training will help you :

- Find the unconscious origin other choice to be a therapist.
- Avoid relationship issues (transference, counter-transference, etc.).
- Find the right distance
- Establish a framework of trust.
- Adapt the relationship to the particularities of the patient.



The goal of this seminar is to **add a conscious element to your motivations** for being in a helping relationship, to emphasize your knowledge of how to be a therapist, and consolidate your confidence in your abilities.

This seminar is open to anyone working in a helping relationship.



Béatrice Bourau-Glisia has been a therapist, instructor and international speaker for more than 15 years. In this training seminar she wishes to convey her passion for therapy and analysis and provide participants with the relevant means to become more effective as a therapist..

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