



For therapists, psychologists, psychiatrists and helping professionals

Training - Development - Supervision - Research

www.idet.paris

Innovative training at the heart of the therapeutic intervention

THERAPEUTIC ALLIANCE

For all therapists regardless of their experience



**Key factor in the success
of a therapy**

**Best predictor of
of success**

Master a complex yet operational concept!

The therapeutic alliance is in fact a question that arises in a singular way with each of our patients. It is also a transversal notion that concerns all therapeutic modalities.

Our seminar is based on a certain number of essential and common elements stemming from research in psychotherapy. These elements will be illustrated by clinical vignettes and experiential work.

Aims

- Getting concrete guidelines for your first sessions
- Becoming aware of the three dimensions of the alliance
- Detect and repair alliance ruptures
- Use the main results of the research

TECHNICAL SHEET

Organization of the training

- Face-to-face
- 4 days: 2 sessions of 2 days - To be adjusted

Detailed objectives

- To understand the clinical relevance of the therapeutic alliance concept
- To know how to be attentive to the three dimensions of the alliance
- To have concrete reference points to establish a good alliance from the very first sessions
- To know how to detect and repair alliance ruptures
- To approach the clinical use of the main results of research in psychotherapy

Pedagogical means

- Theoretical-clinical and experiential training in small groups
- Clinical work based on real cases brought by the participants
- Video illustrations
- Learning through experience and observation (supervised practicums, didactic sequences, video), role playing and times of sharing

Our trainings are built around taking into account the specific needs and resources of the participants, which encourages their self-training. They offer a safe environment, in small groups, rich in resources

Compatibility with EAGT training standards

This seminar is compatible with topics 2, 8 and 12 (Theory of Gestalt Therapy -The Gestalt therapist in the therapeutic relationship - Research in Gestalt) of the EAGT training standards and as such can be included in the minimum 600 hours of theoretical courses.

Program

Session 1: ALLIANCE	Session 2: RUPTURES AND REPAIRS
<ul style="list-style-type: none">- Origin and history of the concept- The three components of the alliance- Some research findings- Work on implementing the alliance	<ul style="list-style-type: none">- Types of alliance ruptures- Identifying ruptures- How to intervene- Repairing alliance ruptures



THE TRAINERS

Florence Belasco et Vincent Béja - Founders of IDeT

Over 25 years of experience in psychotherapy and Gestalt therapy

Florence and Vincent develop a unique perspective on the **processes of change** in psychotherapy.

Through their **writings**, their **training institute** and their **commitment to research** in humanistic psychotherapy within the international Gestalt community, they develop a **relational vision of therapy** that places the **therapist's affective resonances** at the heart of the change process.