

## CPD FOR THERAPISTS

# Therapeutic Errors and Psychotherapeutic Presence With Dr Ruth Birkebaek

Saturday, 12<sup>th</sup> February 2022, 1000-1630

**HYBRID EVENT**, i.e. in-person as well as online (subject to Government guidelines)

**Venue for in-person: Bramham Therapy, 6A London Road, Marlborough SN8 1PH**

### Introduction

How is it that we sometimes fail a client even when we are so carefully trying not to? We may even reproduce a real failure in the therapy which is very close to the experience of client's own childhood trauma. During this workshop Dr Birkebaek will speak about small and subtle mistakes made by the therapist as a result of misattunement, which can lead to ruptures in the therapeutic relationship. As therapists are infallible, therapeutic errors are inevitable, and clients will use these errors to reinforce their self-protective life script system. We will discuss the significance of therapist responsibility taking as a way to disrupt client's old patterns.



Through lecture, case-vignettes, and clinical discussions, this workshop will focus on the significance of an involved therapeutic relationship while emphasising the in-depth methods of a psychotherapy that integrates client's affect, cognition, physiology and behaviour. This workshop will be useful to psychotherapists, counsellors and psychologists.

At this workshop participants will:

- Learn how to create a healing therapeutic relationship through the reparation of inevitable therapeutic errors
- Master the four-stage model for therapeutic rupture resolution
- Understand the significance of psychotherapeutic presence to recognise the early signs of rupture
- Be able to use therapeutic errors to establish or deepen the client's internal and external contact

**Ruth Birkebaek** is an Integrative Psychotherapist, having trained for 5 years with Richard Erskine. Additionally Ruth has trained in Psychosomatic Medicine, Jung Therapy and Transactional Analysis. Ruth started her career in Brazil in 1989 as a Plastic Surgeon. After graduating from medical school she became interested in the impact of the mind on the development of physical illness. She now works full time as a psychotherapist and supervisor in private practice in London, and delivers training in Relational Integrative Psychotherapy. Ruth is a UKCP registered Psychotherapist, a Certified Integrative Psychotherapy Trainer & Supervisor (CIPTS) by the IIPA (International Integrative Psychotherapy Association) and a Certified Transactional Analyst - Provisional Trainer & Supervisor (PTSTA).

**Open to psychological therapists (including trainees) from all modalities and health professionals**

*N.B. places limited to 8 for in-person attendance*

**Fee for in-person attendance: early bird before 12th January 2022: £105, or after £115 to include refreshments and a light lunch (parking not included)**

**Fee for online attendance: early bird before 12th January 2022: £85; or after £95**

**CPD certificates supplied. TO BOOK: <https://www.bramhamtherapy.co.uk/events/>**

**Contact: [events@bramhamtherapy.co.uk](mailto:events@bramhamtherapy.co.uk) or 07599 369566**

*Each delegate is responsible for self-care should material at our professional events trigger difficult feelings*

