



## CPD FOR THERAPISTS

### How to be a Bad Therapist: Deconstructing the ‘rules’ of our profession, reimagining how to work with integrity and creativity

With Allison Priestman

Saturday, 18th March 2023, 1000-1600

Live ONLINE-only event with full interaction and participation

#### Introduction

Are the injunctions that we are taught on our trainings fit for practice? How do we sift through the ‘rules’ of the Therapy World to ensure that we are not working from fear or defensiveness?

On this workshop we hope:-

*“to bring some fresh air into the discourse about what makes a good or bad therapist and to offer some redefinitions of therapy. We suggest that therapy isn’t an expert knowledge system, open to being standardised and manualised, but is more akin to local, indigenous, embodied and relational forms of knowledge.... We are interested in questioning who sets the rules? Are the rules and expectations of how to be a good therapist the most helpful ones? In the search for high standards and protection of the client, has something been lost?”*

From *How to be a Bad Therapist*, by Nick Totton and Allison Priestman 2021.

Therapy can be a messy, awkward and unknowable process, and we therefore wish to explore how we can best prepare ourselves for the reality of working in a demanding and unpredictable profession. Allison Priestman will offer a relational model of working, exploring how to embrace our embodied responses to our clients, as an integral part of the therapeutic process. This will be an interactive and experiential, day-long workshop. Practitioners will be supported to work with integrity and creativity through group discussion, experiential exercises and supervision space. This workshop has grown out of both the *How to be a bad therapist* webinar series and the book, that Allison co-led and then co-wrote with Nick Totton. <http://homepages.3-c.coop/erthworks/nick.htm>



*Growing into your shape,  
rather than being moulded*

#### **Attention will be given to:**

- How to question rather than be cowed by our internalised therapy police.
- How to utilise our embodied responses to our clients.
- Supporting courageous self reflection, for those times when we need to act contrary to the dictates of ‘Therapy World’.
- Creating a community of practitioners on the workshop.
- Offering thoughtful alternative models and definitions of therapy.
- Encouraging you, if you wish, to step into being a ‘bad’ therapist.

**Allison Priestman** has been working as an Embodied-Relational Therapist for over 20 years and as a trainer for almost fifteen. She is a member of the Embodied-Relational Therapy training team and has worked extensively with Nick Totton. She is a professional member of the European Association for Body Psychotherapy and the UKAHP. Allison has a particular interest in the meeting place between relational, embodied and wild ways of working, and is continually being woken up, challenged and nourished by her contact with clients, supervisees and trainees. At this time of climate, diversity and equality crises, she is interested in being part of a collective understanding of their interwoven causes; being part of a collective search for a way forward. To watch one of her short informative teaching videos <https://youtube.com/channel/UCU8iXsolV8v59ULcGLx01Pg>

For more information on her work: <https://www.allisonpriestman.org/>

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

**Fee:** early bird before 18th February 2023: £95, or after £105

**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*