

COURSE:

MA PSYCHOTHERAPEUTIC PRACTICES: HUMANISTIC

MODULE:

RESEARCH & PRACTICE (CLINICAL I AND II)

MODULE NUMBER:

M7X01681

MODULE LEADER:

CATHERINE SLADE

ASSIGNMENT

POWER POINT PRESENTATION

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WHO LOOKS AFTER THE THERAPIST?

THE IMPORTANCE OF SELF-CARE AS A COUNSELLOR OR
PSYCHOTHERAPIST TO PREVENT BURNOUT.

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CONTENT

- Background & Context
- Aims & Objectives
- Timetable
- Proposed Methodology
- Ethical Considerations
- Conclusion
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BACKGROUND

- The term 'burnout' was conceptualised by psychologist and psychiatrist Herbert Freudenberger in 1974.
- Freudenberger suggested measure to prevent burnout for people in emotionally demanding roles. One of his suggestions was staff training and regular supervision.
- When Freudenberger (1980) researched burnout more, he realised that many people who got into helping roles had a desire to change the world; to help others; to make a difference.
- Burnout impacts our physical health as well as our mental health

CONTEXT

- What is self-care?
- Why is self-care important?
- What does self-care mean for a counsellor/psychotherapist?
- Research has shown that good self-care can lead to the brain developing new neural pathways.
- A therapist never knows what issues they may have to deal with in therapy.
- Any client has the potential to trigger a counsellor/psychotherapist.
- Is the trainee counsellor working beyond their training?
- Counsellors can work more creatively if doing ongoing CPD

AIMS & OBJECTIVES

The proposal aims to highlight:

- The pitfalls trainee therapists can face
- Some people have used training as therapist to heal themselves. This can lead to overwork and fractured boundaries.
- The importance of a counsellor knowing themselves
- When should a therapist stop counselling others?
- Average of counsellor in UK is 53
- Why should a counsellor need a personal therapist? When a counsellor then avoids looking at their own personal issues, this can lead to burn out

AIMS & OBJECTIVES 2

- Can a therapist recognize when transference and countertransference enters into therapy?
- Parallel process can play a part in the therapy room.
- If a therapist has the same attachment style as client, they could trigger stuff for the counsellor; the counsellor could become that part the client fears
- During times of stress a person could go back their Primary attachment style.
- An event can catapult them back to original attachment style
- Child part could still be active if counsellors stuff is not dealt with, if they have been any adverse childhood events; the old circuits are still active in our brain.

AIMS & OBJECTIVES 3

- Vicarious trauma, compassion fatigue could lead to burnout and effect a counsellor's ability to counsel others.
- Ten years is about the max before people leave this profession
- How do extend the longevity
- High quality supervision is imperative.
 - They will recognise danger signs of burn out
 - Challenge about self-care strategies
 - They might suggest to refer clients on who are impacting counsellor's mental health
 - Might need to stop practicing while sort out private stuff
 - If issues brought to supervision are more about counsellor than client then it's important to take stuff to personal therapy; especially if client's stuff touches counsellor's unresolved issues

TIMETABLE

Planned Development	Target Date
Research journals on topic	By June 30 th 2021
Extrapolate required information from journals	By July 31 st 2021
Plan dissertation & writing days	By July 31 st 2021
Introduction	By August 31 st 2021
Main Body	Start Sept 2021 until end of January 2022
Conclusion	End of February 2022
Read & edit draft dissertation until satisfied	Through March 2022
Hand in Dissertation	End of March 2022

PROPOSED METHODOLOGY

- Research problem: How to prevent burnout in counsellors and psychotherapists.
- Type of data: Qualitative Literature Review
- Data source: Online library at University of Wales Trinity Saint David, books and online sources
- Method: Reading through literature and extrapolating required information
- Criteria: Information must come from credible sources and journals will be peer reviewed.
- Keywords: Burnout, counselling, psychotherapy, self-care, Freudenberg, transference, countertransference, attachment theory, transactional analysis,

ETHICAL CONSIDERATIONS

- This is a literature review - no major ethical considerations.

Considerations when researching and writing dissertation

- Pace research and writing
- Stick to the timetable
- Don't write every day
- Take breaks when writing
- Allow time from draft to final submission to make changes

CONCLUSION



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