

Safe and Effective Use of Self

An Experiential Training Program for Psychotherapists

With Sandra Finkelman M.A.

This dynamic and engaging program is based on the teachings of Virginia Satir, co-editor of “The Use of Self in Therapy” (first ed.), and one of the most influential therapists to date. Her integrated model encompasses the best of current practice. Sandra Finkelman trained intensively with Satir.

Intended For:

- Therapists who plan to register with the CRPO and need to fulfill the requirement of 30 hours of training in the safe and effective use of self as a therapist.
- Any therapist or helping professional seeking to gain a deeper self and interpersonal awareness.
- Anyone interested in an introduction to the Satir Model and the metaphoric methods of this pioneering master systems therapist.

Program Outline:

Our process will be interactive, deeply mindful, and fun!

Through structured experiential exercises, discussion and self reflection, we will explore:

- subjective context – beliefs, family history, cultural lenses, personal rules
- congruent verbal and non-verbal communication
- ingredients of an interaction – unpacking the automatic
- coping under stress and self care
- projections, preconceptions, prejudices, triggers
- power dynamics, self disclosure and boundaries
- making contact, use of self, personal style

Duration: 30 hours, (4 full days 10 am-6 pm)

- **Fall 2014 option** – Sat. Nov. 1, Sun. Nov. 2, Sun. Nov. 9, Sat. Nov. 15
- **Winter/Spring 2015 option** – dates TBA – sign up now for priority waiting list!

Location: Central Toronto

Fees: \$625; \$595 early bird (by Oct. 20th for Fall 2014 program); inquire for payment details

Space is limited – Register early by phone or email to guarantee your spot!
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Sandra Finkelman, M.A. is a psychotherapist and consultant with over 30 years of experience working with individuals, couples, families, and groups. An experienced and dynamic facilitator, she offers workshops and training on interpersonal communication, personal growth, and the Satir Model. Her particular area of expertise is in developing experiential workshops geared to promoting and enhancing self and interpersonal awareness.

Feedback from past participants:

“We all started motivated to obtain the 30 hours and we ended up loving the experience. It was amazing.” “Sandra is an extremely skilled facilitator and teacher.” “The exercises were new ways for me to see myself, my approach, my perspective. I learned a lot.” “Thoughtful and thought provoking. I left enriched, encouraged and empowered.” “Transformative.” “A really excellent workshop.”