

Hour to Empower Workshops 2025 - Therapeutic Relationships

Key Focus: Monthly workshops addressing different facets of therapeutic relationships

Fri 7th February; Sympathy and Empathy - What is the Difference?

Learning Outcomes: Differentiate between sympathy and empathy in therapeutic relationships.

Apply empathy-focused techniques to enhance client engagement.

Content: Definitions and differences between sympathy and empathy.

The impact of each on client-provider rapport and therapeutic outcomes.

Activities: Case Study Analysis

Discuss scenarios demonstrating sympathy versus empathy.

Practice shifting from sympathy to empathy in a controlled setting.

Wed 5th March; Building Trust in Therapeutic Relationships

Learning Outcomes: Identify key components of trust within therapeutic settings.

Demonstrate trust-building strategies tailored to diverse client needs.

Content: Principles of trust (eg consistency, authenticity, reliability).

Barriers to trust and methods for overcoming them.

Activities: Identify challenges and solutions for building trust

Role-play exercises focusing on trust building.

Tues 8th April; Active Listening Skills

Learning Outcomes: Understand the principles and techniques of active listening.

Implement active listening strategies in therapeutic conversations.

Content: Elements of active listening (eg reflective listening, clarifying, summarising).

How active listening supports therapeutic relationships.

Activities: Evaluate listening skills in recorded therapy sessions

Mon 5th May; Transference and Countertransference

Learning Outcomes: Recognise transference and countertransference in therapeutic relationships.

Develop strategies to manage these dynamics effectively.

Content: Definitions and examples of transference and countertransference.

Techniques for maintaining professional boundaries.

Activities: Explore real-world examples

Identify personal triggers and develop strategies to address them.

Thurs 5th June; Cultivating Empathy and Compassion

Learning Outcomes: Understand the role of empathy and compassion in client-centred care.

Develop techniques to cultivate and maintain compassion in practice.

Content: The neuroscience of empathy and compassion.

Practical ways to prevent compassion fatigue.

Activities: Guided Visualisation - Foster empathy by imagining client perspectives.

Self-Assessment: Evaluate personal compassion levels and create action plans.

Fri 4th July; Conflict Resolution

- Learning Outcomes:** Identify sources of conflict in therapeutic relationships.
Apply conflict resolution strategies to maintain therapeutic rapport.
- Content:** Common causes of conflict and their impact on therapy.
Techniques such as active listening, de-escalation and mediation.
- Activities:** Practice resolving conflicts in small groups
Debrief and Feedback: Reflect on experiences and key takeaways.

Wed 6th August; Deciphering Types of Teams

- Learning Outcomes:** Understand the roles and dynamics of different health teams in therapy.
Collaborate effectively with team members to support client outcomes.
- Content:** Types of teams (eg multidisciplinary, interdisciplinary, transdisciplinary).
Communication and coordination strategies.
- Activities:** Case Study Analysis: Explore team dynamics in action
Solve a therapeutic challenge as part of a simulated team.

Tues 7th October; Harnessing Nonverbal Communication

- Learning Outcomes:** Identify the role of nonverbal communication in therapeutic relationships.
Use nonverbal cues effectively to enhance communication.
- Content:** Types of nonverbal communication (eg body language, tone, facial expression).
Misinterpretations and cultural considerations.
- Activities:** Video Examples: Analyse nonverbal communication in therapy sessions
Practice aligning verbal and nonverbal messages.

Mon 3rd November; The Role of Cultural Competency

- Learning Outcomes:** Recognise the importance of cultural competency in therapeutic relationships.
Apply culturally sensitive approaches to client interactions.
- Content:** Concepts of cultural humility and its role in therapy.
Strategies for overcoming cultural barriers.
- Activities:** Share cultural challenges in therapeutic contexts
Practice culturally competent responses.

Thurs 4th December; Strengths-Based Approaches in Relationships

- Learning Outcomes:** Understand the principles of strengths-based approaches in therapy.
Implement strengths-based strategies to empower clients.
- Content:** Key principles; focusing on abilities, resources and potential.
Benefits of a strengths-based approach for clients and providers.
- Activities:** Identify and map strengths in mock client scenarios
Reflect on integrating strengths-based approaches into practice.

INVESTMENT

Members:	\$40.00
Non-members:	\$60.00
ARTA Students:	\$30.00

**Book for this whole series of Hour to Empower workshops and get one free - contact the office on
02 9887 2111 or enquiries@recreationaltherapy.au
Bookings can be made through the website on www.recreationaltherapy.au**