

Psychotherapists' fears during supervision

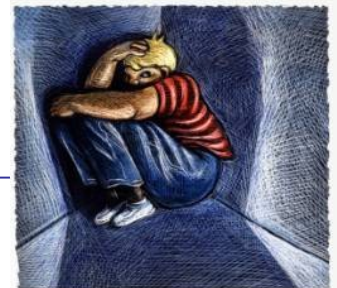
Gabriela HUM, Mihaela BOUTIERE
(Romania)



What is FEAR

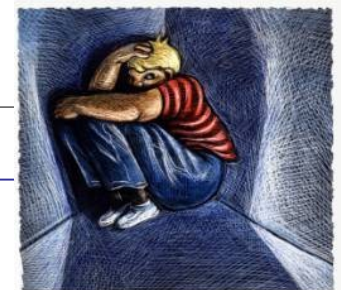
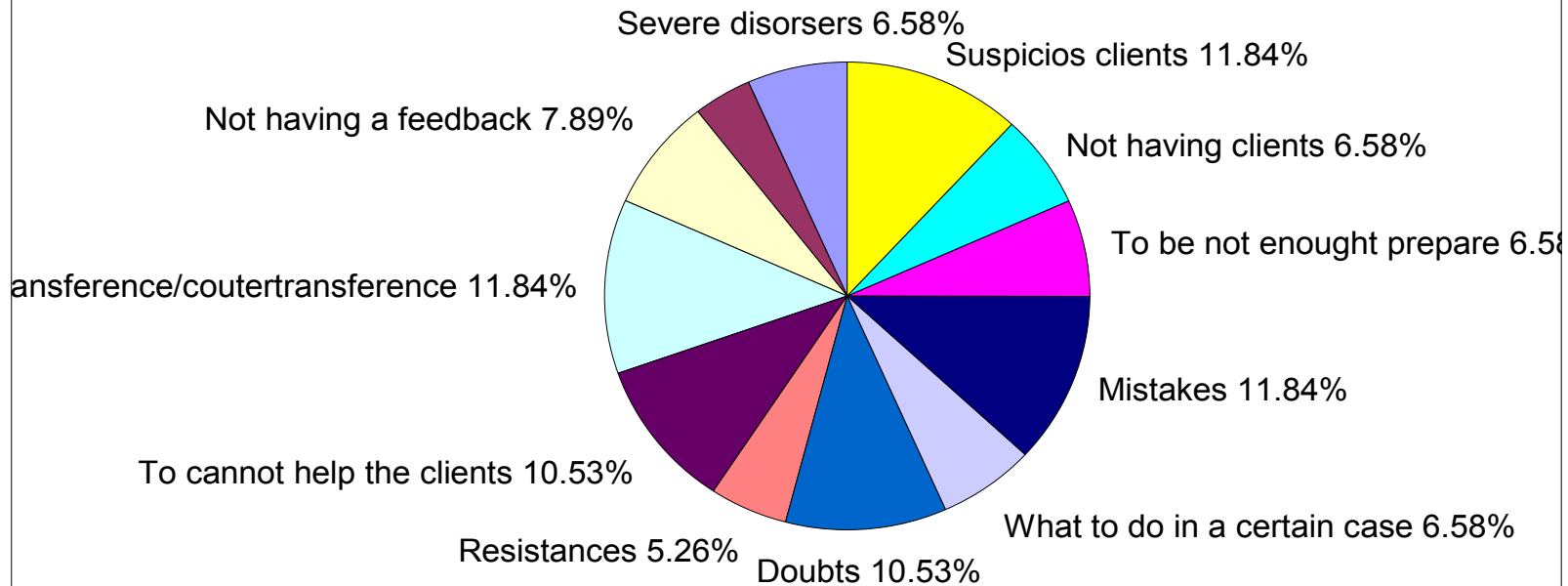
Definition

Fear is an emotion experienced in anticipation of some specific pain or danger (usually accompanied by a desire to flee or fight).



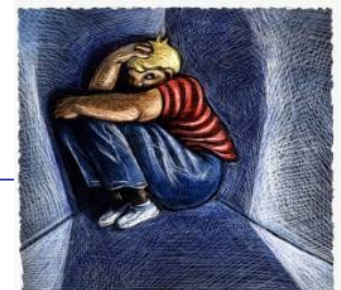
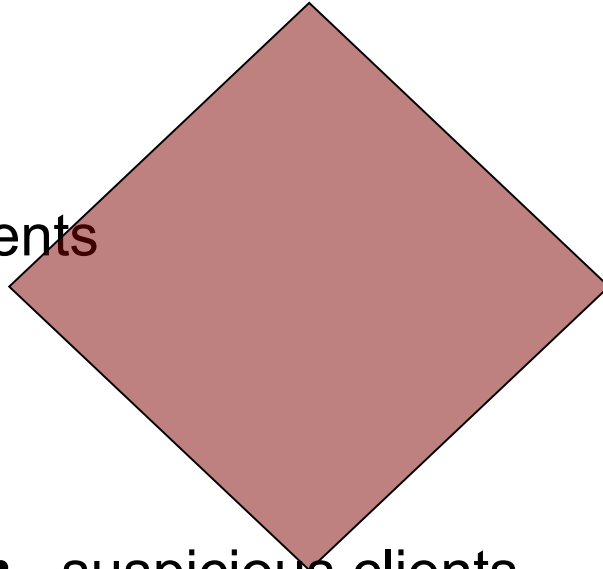
Fears in Romanian psychotherapists

Fears in Romanian students in psychotherapy



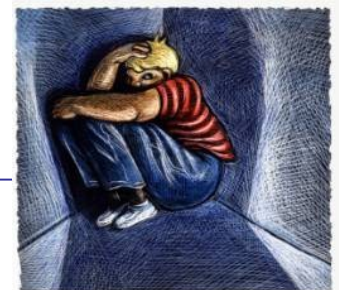
Disposal on the 4th areas model

- severe disorders
- not having clients
- doubts
- suspicious clients
- resistance
- transference/countertransference
- not having a feedback
- not to be enough prepared
- mistakes
- what to do in a certain case
- cannot help a client



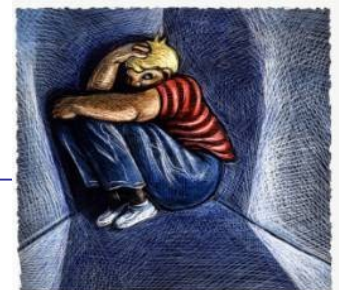
How to deal with fears – techniques (1/3)

- Fears awareness
 - Relaxation techniques
 - Inner exploration
 - Drawing techniques



How to deal with fears – techniques (2/3)

- Fears decreasing
 - Relaxation techniques and guided imagery
 - Drawing techniques
 - Social atom
 - Psychodrama techniques
 - Fears ventilation



How to deal with fears – techniques (3/3)

- Resources oriented techniques
 - Relaxation techniques and guided imagery
 - Drawing techniques
 - Hypnosis
 - Future projection (solved fears)
 - Psychodrama techniques

