

We warmly welcome you to join us for

Working From the Inside Out: The Science and Art of Relational Practice

with Dr Annaleise Robertson and Dr Andrew Geeves

Are you feeling stuck in your work with a patient?

Do you feel there is more progress to be made and you've finished the manual?

Do you have strong feelings towards a patient?

Do you want to learn more about how to work *in* the therapeutic relationship?

What? An experiential one-day workshop exploring foundational ways of thinking and working relationally with practical examples

Where? Online via Zoom

Date? Saturday 29th March 2025

Time? 9:00 am - 4:15 pm AEDT (Sydney time) - 6 CPD hours

Cost? \$400

Contact: Numbers are limited so email

drannaleiserobertson@gmail.com to reserve your place

This workshop helps clinicians deepen and strengthen their capacity to work *in* the relationship, especially when therapy gets difficult or is feeling stuck.



Transformative therapy provides the opportunity to experience the inevitable rupture and repair constitutive of human relationships AND to observe, reflect on, and more deeply experience and embrace this process. This impacts both patient and clinician. The potential for growth and destruction contained within each moment of therapy is an intense responsibility to bear together with our patients, often accompanied by feelings of fear, excitement, and overwhelm. At these times, we may fear that something has gone wrong that we have to 'fix' rather than recognising that we have reached an enlivening edge that provides us with an invaluable opportunity to deepen and expand relational experience.

WORKSHOP OUTLINE

- **Key tenets of relational practice**
- **The science of relational practice: an overview of the evidence**
- **The art of relational practice: using the therapeutic relationship**
- **Exploring techniques and clinical examples of:**
 - **how to tune into what is happening for you during session (working from the inside)**
 - **how to use what is happening for you during session to deepen and expand therapy (working from the inside out)**
- **Reflections and key learnings**

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COLLABORATIVE



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DR ANNALEISE ROBERTSON

Annaleise (she/her) is a senior clinical psychologist who has worked within public health and tertiary institutes for over fifteen years. She helps people to incorporate psychodynamic, systemic and relational frameworks in clinical practice, enhancing the richness and depth of the therapeutic experience for both patient and therapist.

DR ANDREW GEEVES

Andrew (he/him) is a clinical psychologist who draws on an integrative, flexible, and psychoanalytic approach to therapy. Alongside Professor Gill Straker and Rachael Burton, he co-produces and co-hosts the 'Three Associating' podcast on relational psychoanalytic supervision.

WE RESPECTFULLY ACKNOWLEDGE THE TRADITIONAL CUSTODIANS AND KNOWLEDGE HOLDERS OF THE LAND ON WHICH WE WORK AND LIVE, AND PAY OUR RESPECTS TO ALL ELDERS PAST AND PRESENT.

WE DONATE 2% OF SIMPLY HUMAN'S INCOME TO THE INDIGENOUS LITERACY FOUNDATION.