



## The Therapeutic Relationship Facilitator's Practicum

The Facilitator's Practicum is designed as a four-day intensive program to prepare individuals selected by their organizations to facilitate *The Therapeutic Relationship Workshop*. The individual facilitators are chosen within organizations that have decided to license the workshop through Creative Health Care Management.

The Therapeutic Relationship Workshop is developed for health care clinicians to strengthen their ability to be attuned and present with patients and their loved ones facing trauma, serious illness, loss and grief. A therapeutic relationship cultivates emotional safety (a safe haven) and facilitates the individual's capacity to heal. Workshop participants will deepen their knowledge and understanding about how to be in such a relationship within the context of a highly technical, fast-paced, time-constrained, and frequently chaotic health care environment.

Individuals selected as facilitators are expected to possess the following characteristics: <sup>1</sup>

- 1. Must be a health professional** who is recognized among colleagues and within the organization for being emotionally mature and proficient in his/her ability to engage in mindful, therapeutic interactions. Potential facilitators may represent a variety of disciplines: nursing, medicine, counseling, psychology, physical therapy, chaplaincy, social work, etc. Personal qualities need to include:

- emotional accessibility and presence
- openness and curiosity
- a capacity to suspend his/her own agenda and focus on others
- a capacity to listens with attention
- a capacity to suspend judgment and assumptions
- a capacity for reflection and inquiry

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<sup>1</sup> The program is designed to be co-facilitated. Recommend the two facilitators be from different health care disciplines to expand and deepen perspectives and to model interdisciplinary collaboration.



- prior knowledge of—and experience in practicing--therapeutic care

2. **Must have a capacity for Self-awareness, as displayed in his/her ability to** identify his/her own feelings and to interact in a responsive and/or proactive mode rather than a reactive or defensive one.
3. Must have a capacity to **holds others with respect and positive regard.** A successful facilitator will demonstrate a fundamental belief in and value for all people regardless of role, position, education, age, gender, ethnicity or other differences. Respect is conveyed in all interactions.
4. Must demonstrate a creative and hope-filled approach to practice and problem resolution, in partnership with colleagues.
5. Must demonstrate prior **knowledge and experience in health care and group facilitation.** Must display a commitment to supporting growth and development in others, and have proven experience in facilitating groups with following skills and knowledge:
  - Establishes an atmosphere of trust, emotional safety, and openness
  - Listen and validates, clarifies, and reflects
  - Models openness, curiosity, acceptance and collegiality
  - Delivers content with interest and clarity
  - Connects the content, exercises, and theory to practice
  - Is flexible and creative; able to adjust in the moment
  - Guides a dynamic group process to maximize learning and application



### **Practicum Objectives:**

**Upon completion of the four-day Facilitator's Practicum, participants will be able to:**

- ❖ Describe the nature and purpose of the Therapeutic Relationship as it relates to the patient's and family's experience of care.
- ❖ Understand and translate the science, theories, and principles that support Presence through Attunement and the therapeutic practices: Wondering, Following, and Holding.
- ❖ Apply their own experience in examples and stories pertinent to the therapeutic practices and *presence through attunement*, to bring them to life.
- ❖ Facilitate group reflection and dialogue on The Therapeutic Relationship, and link the concepts to practice within their discipline, across disciplines, and in their organization.
- ❖ Describe vision and strategies strengthening and integrating The Therapeutic Relationship throughout their organization
- ❖ Identify personal areas of strength in the facilitator's role and areas for development, coaching, and support.