



Dana
Mitrovic



**Principal Clinical
Psychologist &
Clinical Director**

With more than a decade of experience in public mental health, private practice, clinical supervision and training, Dana specialises in working with adults dealing with trauma, complex PTSD, attachment disorders, and personality disorders, aiming to guide them in discovering their true potential and life directions through individualised conceptualisation and treatment approaches that prioritise personal growth over pathology.

HEALING RELATIONS

Understanding yourself to maximise the healing power of the therapeutic relationship

www.exclusivewellbeing.com.au/workshops

OBJECTIVES

This intensive 3-day workshop will centre on profound self-reflection within essential personal aspects, such as values and schemas. These reflections will be combined with functional behavioural analysis to formulate effective treatment plans for your clients. To foster healing relationships, it is crucial to cultivate self-awareness and grasp how to leverage the therapeutic connection to facilitate significant transformation.

DESCRIPTION

In our work with clients, we often encounter complex and intricate webs of clinical issues, especially when early childhood trauma or attachment failures are involved. We may grapple with the choice of which therapy approach to use and why some methods seem ineffective. Amidst the focus on problem-oriented interactions, we sometimes overlook a crucial lesson from our training: "It is the relationship that helps" (Yalom). Regardless of the presenting diagnosis, we must remember that our clients are individuals first, and establishing a therapeutic relationship is paramount. Each client's situation is unique, with a multitude of factors, such as early experiences, attachment styles, temperaments, and personality traits, influencing their symptoms. Traditional diagnostic systems and manualized treatments often fail to fully account for the individuality of the person we are working with.

At the core of our clients' needs is the genuine feeling of being understood and connected with. This workshop doesn't focus on a specific therapeutic modality or rigid approach; instead, it emphasizes revisiting the essence of psychotherapy, where understanding and relating to the client take precedence. A vital step in comprehending our clients is understanding ourselves first. Cultivating self-awareness enables us to recognize the emotions and thoughts evoked within us during sessions, influencing our responses and reactions. It empowers us to distinguish between personal histories that shape our inner worlds and those intricacies that emerge within the unique therapist-client relationship. With a deeper understanding of ourselves, we can craft more informed and effective behavioural responses, optimizing treatment outcomes for our clients. This workshop draws from years of research and practice in the field of complex trauma and attachment failures, integrating various approaches such as Acceptance and Commitment Therapy, Schema Therapy, Functional Analytic Psychotherapy, Psychodynamic Therapy, Gestalt Therapy, Person-Centered Therapy, and Existential Psychotherapy.

AT A GLANCE

DAY 1: Getting to know yourself

DAY 2: Getting to know your relationship with your client

DAY 3: Finding the right interventions for this relationship

DATES

To be announced for 2024

LOCATION

**UOW Innovation Centre,
Wollongong**

COST

3-Day package including catering
\$1,125 (Interest Free Payment Plans Available)

CPD

21 hours



Act quickly to reserve your spot in this transformative workshop for your clinical practice, as places are limited.

**Enquiries
Phone
Register your place**

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**EARLYBIRD
registrations**