



For therapists, psychologists, psychiatrists and students with a clinic

Training – Development – Supervision – Research

[www.idet.paris](http://www.idet.paris)

Workshop abroad on request

**Innovative training at the heart of the therapeutic intervention**

## **THERAPEUTIC ALLIANCE**



**Key factor in the success  
of a therapy**

**Best predictor of  
of success**

***Master a complex yet operational concept!***

The therapeutic alliance is in fact a question that arises in a singular way with each of our patients. It is also a transversal notion that concerns all therapeutic modalities.

Our seminar is based on a certain number of essential and common elements stemming from research in psychotherapy. These elements will be illustrated by clinical vignettes and experiential work.

### **Aims**

- **Getting concrete guidelines for your first sessions**
- **Becoming aware of the three dimensions of the alliance**
- **Detect and repair alliance ruptures**
- **Use the main results of the research**

## TECHNICAL SHEET

### Organization of the training

- Face-to-face
- 4 days: 2 sessions of 2 days / or 3 consecutive days / To be adjusted

### Pedagogical means

- Theoretical-clinical and experiential training in small groups
- Clinical work based on real cases brought by the participants
- Video illustrations
- Learning through experience and observation (supervised practicums, didactic sequences, video), role playing and times of sharing

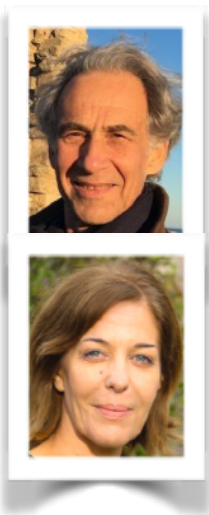
*Our trainings are built around taking into account the specific needs and resources of the participants, which encourages their self-training. They offer a safe environment, in small groups, rich in resources*

### Compatibility with EAGT training standards

*This seminar is compatible with at least topics 2, 8 and 12 (Theory of Gestalt Therapy -The Gestalt therapist in the therapeutic relationship - Research in Gestalt) of the EAGT training standards and as such can be included in the minimum 600 hours of theoretical courses.*

### Program

Session 1: ALLIANCE	Session 2: RUPTURES AND REPAIRS
<ul style="list-style-type: none"><li>- Origin and history of the concept</li><li>- The three components of the alliance</li><li>- Some research findings</li><li>- Work on implementing the alliance</li></ul>	<ul style="list-style-type: none"><li>- Types of alliance ruptures</li><li>- Identifying ruptures</li><li>- How to intervene</li><li>- Repairing alliance ruptures</li></ul>



## THE TRAINERS

### Florence Belasco et Vincent Béja - Founders of IDeT

*Over 25 years of experience in psychotherapy and Gestalt therapy*

Florence and Vincent develop a unique perspective on the **processes of change** in psychotherapy.

Through their **writings**, their **training institute** and their **commitment to research** in humanistic psychotherapy within the international Gestalt community, they develop a **relational vision of therapy** that places the **therapist's affective resonances** at the heart of the change process.



« Ways and means of the phenomenological attitude in a field perspective » - *British Gestalt Journal* 2020, Vol. 29, No. 2, 33–39

« The Secret Longing: A Relational Compass in a Field Perspective » - *Gestalt Review*, 2022, Vol. 26, No. 1

