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• Explores relational depth in a wider theoretical context: for example, in relation to dialogue, presence, mutuality and the transpersonal. • Considers important professional issues, such as how relational depth can be assessed and its value in personal development and supervision contexts.

Relational Depth: New Perspectives and Developments ...

In the literature, relational depth is described most succinctly as "a state of profound contact and engagement between two people, in which each person is fully real with the Other, and able to understand and value the Other's experience at a high level." (Mearns & Cooper 2005).

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Relational Depth Quotes by Rosanne Knox

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'Relational depth' Research, theory and practice developed in Knox, R., Murphy, D., Wiggins, S., & Cooper, M. (Eds.). (2013). Relational depth: New perspectives and developments. Basingstoke: Palgrave. Definition of Relational Depth contact and engagement 'A state of profound between two people in which each person is fully real with the Other,

Working at 'Relational depth' Relational Depth

Relational depth : new perspectives and developments. BF636.6 .R45 2013. Encyclopedia of counseling : master review and tutorial for the national counselor examination, state counseling exams, and the counselor preparation comprehensive examination. Rosenthal, Howard, 1952-

This wide-ranging text explores how relational depth is experienced by therapists and clients, how it can best be conceptualized and key messages derived from the latest research. Bringing together inspiring case studies and practical strategies, this is an essential text for counseling trainees and practitioners wanting to work at relational depth.

Eagerly awaited by many counsellors and psychotherapists, this new edition includes an updated preface, new content on recent research and new developments and debates around relational depth, and new case studies. This groundbreaking text goes to the very heart of the therapeutic meeting between therapist and client. Focusing on the concept of 'relational depth', the authors describe a form of encounter in which therapist and client experience profound feelings of contact and engagement with each other, and in which the client has an opportunity to explore whatever is experienced as most fundamental to her or his existence. The book has helped thousands of trainees and practitioners understand how to facilitate a relationally-deep encounter, identify the personal 'blocks' that may be encountered along the way, and consider new therapeutic concepts - such as 'holistic listening' - that help them to meet their clients at this level. This classic text remains a source of fresh thinking and stimulating ideas about the therapeutic encounter which is relevant to trainees and practitioners of all orientations.

Intersectionality and Relational Psychoanalysis: New Perspectives on Race, Gender, and Sexuality examines the links between race, gender, and sexuality through the dual perspectives of relational psychoanalysis and the theory of intersectionality. This anthology discusses the ways in which clinicians and patients inadvertently reproduce experiences of privilege and marginalization in the consulting room. Focusing particularly on the experiences of immigrants, women of color, sex workers, and LGBTQ individuals, the contributing authors explore how similarities and differences between the patient's and analyst's gender, race, and sexual orientation can be acknowledged, challenged, and negotiated. Combining intersectional theory with relational psychoanalytic thought, the authors introduce a number of thought-provoking clinical vignettes to suggest how adopting an intersectional approach can help us navigate the space between pathology and difference in psychotherapy. By bringing together these new psychoanalytically-informed perspectives on clinical work with minority and marginalized individuals, Intersectionality and Relational Psychoanalysis makes an important contribution to psychoanalysis, psychology, and social work.

How did psychoanalysis come to define itself as being different from psychotherapy? How have racism, homophobia, misogyny and anti-Semitism converged in the creation of psychotherapy and psychoanalysis? Is psychoanalysis psychotherapy? Is psychoanalysis a "Jewish science"? Inspired by the progressive and humanistic origins of psychoanalysis, Lewis Aron and Karen Starr pursue Freud's call for psychoanalysis to be a "psychotherapy for the people." They present a cultural history focusing on how psychoanalysis has always defined itself in relation to an "other." At first, that other was hypnosis and suggestion; later it was psychotherapy. The authors trace a series of binary oppositions, each defined hierarchically, which have plagued the history of psychoanalysis. Tracing reverberations of racism, anti-Semitism, misogyny, and homophobia, they show that psychoanalysis, associated with phallic masculinity, penetration, heterosexuality, autonomy, and culture, was defined in opposition to suggestion and psychotherapy, which were seen as promoting dependence, feminine passivity, and relationality. Aron and Starr deconstruct these dichotomies, leading the way for a return to Freud's progressive vision, in which psychoanalysis, defined broadly and flexibly, is revitalized for a new era. A Psychotherapy for the People will be of interest to psychotherapists, psychoanalysts, clinical psychologists, psychiatrists--and their patients--and to those studying feminism, cultural studies and Judaism.

Bodies in Treatment is a challenging volume that brings into conceptual focus an "unspoken dimension" of clinical work - the body and nonverbal communication - that has long occupied the shadowy realm of tacit knowledge. By bringing visceral, sensory, and imagistic modes of emotional processing to the forefront, Editor Frances Sommer Anderson and the contributors to this original collection expand the domain of psychodynamic engagement. Working at the leading edge of psychoanalytic theory and practice, and in the forefront of the integrative psychotherapy movement, Anderson has created a collaborative project that stimulates interdisciplinary dialogue on the developmental neurobiology of attachment, the micro-processing of interchanges between the infant and caregiver, the neuroscience of emotional processing and trauma, body-focused talking treatments for trauma, and research in cognitive science. Enlightened by experiencing body-based treatments for thirty years, Anderson reflects on the powerful impact of these interventions, recounting attempts to integrate her somatically-informed discoveries into the "talking" frame. Reaching further, her contributors present richly informative accounts of how experiences in body-based modalities can be creatively integrated into a psychoanalytic framework of treatment. Readers are introduced to specialized modalities, such as craniosacral therapy and polarity therapy, as well as to the adjunctive use of yoga, the effectiveness of which can be grounded neurophysiologically. Somatic interventions are discussed in terms of the extent to which they can promote depth-psychological change outside the psychoanalytic consulting room as well as how they can enrich the relational process in psychodynamic treatment. The final sections of Bodies in Treatment explore the range of ways in which patients' and therapists' bodies engage, sustain, and contain the dynamics of treatment.

Gender as Soft Assembly weaves together insights from different disciplinary domains to open up new vistas of clinical understanding of what it means to inhabit, to perform, and to be, gendered. Opposing the traditional notion of development as the linear unfolding of predictable stages, Adrienne Harris argues that children become gendered in multiply configured contexts. And she proffers new developmental models to capture the fluid, constructed, and creative experiences of becoming and being gendered. According to Harris, these models, and the images to which they give rise, articulate not only with contemporary relational psychoanalysis but also with recent research into the origins of mentalization and symbolization. In urging us to think of gender as co-constructed in a variety of relational contexts, Harris enlarges her psychoanalytic sensibility with the insights of attachment theory, linguistics, queer theory, and feminist criticism. Nor is she inattentive to the impact of history and culture on gender meanings. Special consideration is given to chaos theory, which Harris positions at the cutting edge of developmental psychology and uses to generate new perspectives and new images for comprehending and working clinically with gender.

Drawing on research in the fields of cognitive and developmental psychology, attachment, trauma, and neuroscience, as well as 20 years in forensic and private practice, Paul Renn deftly illustrates the ways in which this research may be used to inform an integrated empirical/hermeneutic model of clinical practice. He suggests that silent, invisible processes derived from the past maintain non-optimal ways of experiencing and relating in the present, and that a neuroscience understanding of the dynamic nature of memories, and of the way in which the implicit and explicit memory systems operate and interact, is salient to a concomitant understanding of trauma, personality development, and therapeutic action. Specifically, Renn argues that an intersubjective psychodynamic model can use the power of an emotionally meaningful therapeutic relationship to gradually facilitate both relational and neurological changes in patients with trauma histories. Taken as a whole, these themes reflect a paradigmatic shift in psychoanalytic thinking about clinical work and the process of change.

From the origins of Carl Rogers' person-centred approach to the cutting-edge developments of therapy today, The Person-Centred Counselling and Psychotherapy Handbook charts the journey of an ambitious vision to its successful reality. In this book, Lago and Charura bring together history, theory, research and practice to deliver a complete and unique perspective on the person-centred approach. Key topics include: •The groundbreaking journey of PCA's early decades, spearheaded by Carl Rogers •Developments and extensions of the original theory and practice •The influence of PCA in developing new therapies and practice •The frontier of contemporary PCA, and therapists' work with client groups of difference and diversity With its broad view that explores the origins, variations and applications of PCA, The Person-Centred Counselling and Psychotherapy Handbook gives a comprehensive overview of the knowledge required and the issues faced by practitioners, making it an important resource for the seasoned and training practitioner alike.

This is an accessible and user friendly guide to the theory and practice of relational counselling and psychotherapy. It offers a meta-theoretical framework for the integration of the three most popular counselling and psychotherapy modalities: humanistic, psychodynamic and Cognitive-behavioural including mindfulness and compassion based approaches This exciting new text: - outlines the history of integration in the field of psychotherapy and counselling - clarifies the nature of psychotherapeutic integration - defines different models of integration - provides a clear and rich discussion of what it means to work relationally - outlines a coherent and flexible framework for practice, in terms of theory as well as technique - demonstrates how this framework can be successfully utilised both in brief and long term therapy for a wide range of client issues and problems - provides a detailed guide to working with the Relational-Integrative Model (RIM) for a range of professional issues, including ethics, research, supervision, therapist self-care and personal development Brimming with vivid case examples, mind-maps and therapeutic dialogue, this invaluable book will help develop the theoretical knowledge and skills base of students, trainers and practitioners alike.

In this book, the authors focus on the importance of relationship in psychotherapy. Relationships between people form the basis of our daily lives. We require this contact with others, the sense of respect and value it produces, the relational needs it fulfills. As we face the inevitable traumas of life, large and small, our ability to make full contact with others is often disrupted. As this reduction in contact increases, relational needs go unfulfilled, producing psychological dysfunction. Beyond Empathy offers therapists a methodology for assisting people in rediscovering their ability to maintain genuine, contactful relationships and thus, better psychological health. The authors describe an integrative psychotherapy approach that they have developed and now teach at the Institute for Integrative Psychotherapy in New York City. It draws from Rogers' client-centered therapy, Berne's transactional analysis, Perls' Gestalt therapy, Kohut's self psychology, and the work of British object-relations theorists. Written in a conversational style, the book introduces the theory behind the approach while using real life interchanges between therapists and clients to illustrate the concepts it presents. The second part of the book details the application of this method in therapy work and provides almost complete transcripts from seven therapy sessions. These include examples of psychotherapeutic regression, working with a parental introject, couples psychotherapy, and more. The open writing style of this book makes it accessible to both beginners and seasoned practitioners within the field of mental health. This versatile approach to therapy promises to be effective across a wide range of therapeutic situations, making this a valuable book for both students and practicing clinicians throughout the spectrum of mental healthcare providers.

