

# Therapy Matters

## *A Workshop Series with Lynn Preston*

In this once-a-month series, we will delve into pivotal dimensions of generative therapeutic process. These workshops are an interweaving of theoretical exploration and experiential demonstrations. They are designed to be accessible and challenging to both beginning and seasoned clinicians.

### **CREATING A JUDGMENT-FREE ZONE:**

#### **Ideals, Values and Truth in Psychotherapy**

*Wednesday, November 19th, 7:30-9:30pm*

"How can I help him when I don't agree with his life" exclaimed one frustrated therapist. Many of us chose this profession because we wanted to do "something good," to heal and help the broken world. Our strong convictions fuel our work. And yet, one of our primary therapeutic values is that of nonjudgmental openness--a belief that we cannot know what is right for our patients and that there is no one universal truth. As Kohut put it, we want to get to the deeper level in our sessions where "agreeing and disagreeing are irrelevant."

How do we navigate the inherent ambiguity of truth while still being firmly rooted in and nourished by our personal ideals? Where do we find our sense of deep commitment to "the good" when our values are in conflict with those of our client's?

Negotiating the need to be "true to ourselves" and at the same time to create and embody a "judgment-free zone" is no simple matter. In this workshop, we will look closely at our taken-for-granted- values and grapple with the complexities and conflicts inherent in the work we do.

Place: 100 W. Houston Street, between LaGuardia & Thompson Streets

Buzzer #2

Fee: \$40

Sponsored by the **EPP**  
**Experiential Psychotherapy Project**

To register contact Lynn Preston at  
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