

# Valuing Clinical Insights

## The power of 'Experiential Wisdom' for therapists

A workshop for Counsellors, Therapists and Psychologists

**Insights and 'aha' moments in counselling conversations often provide transformational moments for our clients. Sadly, clinicians rarely pause to reflect on the powerful role of their passing comments and wise remarks in prompting therapeutic change.**

How often do our clients say something like "when you said '...' I knew what was holding me back". At that moment something changed profoundly for them.

The metaphors and simple truths that we trade so casually in our therapeutic conversations are always derived from our personal experience. Family mottos, wise sayings from our mentors, lines from a favourite song, and simple anecdotes from previous clients can all prove extremely useful in prompting transformational change. Often we are sharing simple clinical truths. At other times, we are sharing received wisdom or wisdom derived from personal experience.

Every clinician carries a rich personal and professional catalogue of wisdom ... wisdom that should be harnessed and delivered carefully for maximum therapeutic effect.

### **This workshop invites participants to:**

1. Reflect on their personal and professional wisdom about specific clinical issues and life in general
2. Develop a greater awareness of the power of asking good, thought-provoking questions in therapy
3. Generate a personal catalogue of key clinical insights to share with clients, as appropriate.

This workshop explores the role of the therapist's *experiential wisdom* as an important adjunct to *evidence-based practice*. Clinical wisdom is a significant complementary skill to our formal academic training. It requires us to pause and reflect upon what gifts we can bring to our sessions from our personal learnings in life so far.

A range of simple exercises is provided during the workshop to help participants access their professional 'insights', and there will be plenty of opportunity to share ideas. A workshop handbook is provided.

This is a fun, energising workshop, in which we learn to compliment 'evidence based' practice with a healthy awareness of the value of sharing simple clinical truths.

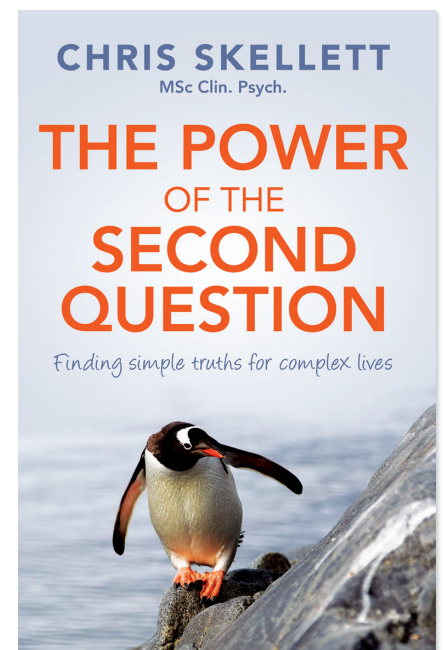
**In short, participants learn to become 'wiser' in the delivery of their clinical work.**



### Presenter **Chris Skellett**

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Chris has 35 years of experience working as a clinical psychologist and executive coach. In recent years he has written two highly acclaimed personal development books promoting the value of 'self-evident truths' in therapy.



**The Power Of The Second Question** reviews the role of asking good questions to promote increased self-awareness. available from **www.exislepublishing.com** or direct from Chris.

For more information  
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Workshops tailored to specific groups on request.