



Chair-Work and Other Action Methods as Therapy Interventions

Skills training in practical applications for use within any therapeutic approach.

In recent years, Chair-Work and among other active interventions have experienced a revival in their clinical application. These methods have been utilised in a range of current therapies including Acceptance and Commitment Therapy (ACT) and Schema Therapy.

This dynamic workshop offers participants the opportunity to learn how to effectively apply Chair-Work along with several other complementary and powerful methods (based on psychodrama and Gestalt therapy techniques). These methods may be easily adapted into existing practice as interventions with the capacity to enhance the therapeutic work with individuals and with couples.

You will learn when and how to effectively use specific Action Methods including: Empty Chair in its varying forms, Role Reversal, Doubling, and Maximising - the latter being useful for increasing awareness of body language and emotions. You will also learn how to work with client resistances to these approaches.

Ari will introduce each of these with a demonstration of the technique, information on when and how to use them, and then participants in pairs and triads will have the opportunity to practise them in role-play simulations with Ari available for

guidance and consultation. Following each practise session, there will be discussion of 'areas of difficulty', and questions before proceeding to the next technique.

Learning objectives of this training:

1. Develop the skill to know when and how to use Chair-Work effectively.
2. Be familiar with a powerful range of action techniques and to know which and when to apply for maximum therapeutic benefit.
3. Safely practise new techniques in simulations after seeing them demonstrated.
4. Have increased confidence to apply these skills in your own practice.
5. Have added a powerful range of techniques to enhance your therapeutic effectiveness - especially in areas where you may have felt stuck or ineffective.
6. Have participated in a fun, lively, and energetic workshop!

Ari's workshops are usually fun, engaging, and replete with learning opportunities in an environment that encourages and supports new learning.



Ari Badaines, Ph.D. is a clinical psychologist who trained in the United States. In 1980 he obtained a post-doctoral fellowship with the National Institute of Mental Health in Washington, DC where he studied Group Therapy, Family and Couple Therapy. Later, he undertook further training at the Institute for Family Therapy in London. Ari has been a consultant to numerous organisations including Relate in the UK, Richmond Fellowship and Youth-in-Search in Australia. He has taught at various universities in the USA, UK, and Australia. He was twice a keynote speaker for the annual conference of Marriage Guidance Counsellors (now Relationships) in the UK. In 2015, Ari led a two-day

workshop for the Psychological Society of Ireland on 'Action Techniques with Individuals and Couples' which was so positively received that he has been invited back each year since to present on couples and family therapy. He is renowned as an engaging and popular presenter for PDP and for several European organisations. He has been in private practice for over 45 years, and has led workshops in over twenty countries on group therapy, couple and family therapy, and a variety of trainings on individual therapy including Gestalt therapy, Psychodrama, Solution-focused brief therapy, and Action-Methods.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

We'll bring this training to your team at your workplace anywhere in Australia or New Zealand.

We can also deliver to your team by live webcast no matter where you and they are located.

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points for this event.
A certificate of attendance for 6 hours of face-to-face training is issued to all participants.

Morning Session

Includes a short morning tea break.

Introduction to action methods in contrast to 'talking' therapies.
Participants' experience with action methods, their reservations and anticipations about their use.
Introduction to, use of, and demonstration of Chair-Work including 'Empty Chair' and 'Role-Reversal'.
Questions and participants in dyads and triads practising 'Empty Chair' and 'Role-Reversal' in role plays.
Discussion of difficulties and questions answered.

Afternoon Session

Includes a short afternoon tea break.

Introduction and demonstration of Doubling, Maximising and then these in combination with 'Empty Chair' and Role-Reversal to deepen the benefits and potency of Action Methods.
Participants practise followed by Q & A.
Use of doubling to increase awareness and expression of suppressed feelings.
Application to individual and couple work.
Demonstration followed by dyadic practise.
Evaluation and closing.

"This action-packed, skill-expanding workshop will provide practitioners with a powerful set of techniques to enhance therapeutic interventions whilst having some fun along the way."

Dr Ari Badaines

How will you benefit from attending this training?

- Try out innovative methods to enhance your practice style and effectiveness without significantly altering your theoretical/practical approach.
- Become confident in knowing just when and how to apply these techniques with a range of client populations.
- Address your own fears and resistances to incorporating new techniques.

Booking process:

1. Choose face-to-face or online delivery.
2. Request a quotation.
3. Agree upon a date and venue.
4. Finalise booking with payment.
5. Let us make it easy for you!

We include:

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates.

Contact our in-house program director 1300 887 622 or info@PDPseminars.com.au for information, quotation or to have a helpful chat about the needs of your team.

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Social Workers, Mental Health Nurses and Psychiatrists.

Here is what people said about Ari's recent training for PDP:

"Thank you for one of the most valuable learning opportunities I have ever had! Your passion for what you do is inspiring and I'm grateful for the opportunity to have been part of this training."

"Best, most informative workshop so far and just what I needed... Can't wait to put these skills into practice!"

"Ari, I loved it - the work, the group, your management and generosity and humour. Thank you!"

"Absolutely brilliant (What can I say?!) Thank you so much for the privilege Ari."

"I loved the experiential training - please organise more with Ari. I feel he was very much himself and it allows spontaneity and good learning."

"This workshop was such a powerful, engaging experience and the skills that I will take from this will be so helpful in my therapy practice. Wonderful, thank you!"

"A fascinating workshop. Interactive and experiential, Ari had the ability to keep us engaged and interested and explained in a clear way making sure we 'got it' before moving on. I would recommend Ari's training and will do more with him again."