

Course: Professional Seminar

Co-ordinators: Deane Shapiro, Jr., Ph.D.
Johanna Shapiro, Ph.D.

Units; meetings. This seminar will meet once every two weeks for approximately one and one-half hours, and be offered for one unit each quarter.

Reading requirements. This is not a "reading" seminar, so the only reading may occur if specifically requested by a guest speaker, or if decided upon by the group as a whole as being particularly appropriate to a given topic.

Abstract

This seminar is intended to provide an opportunity to discuss the types of questions not normally explored in other academic classes. Relevant topics may include the following:

1. The therapist as human being.

- 1.1 How to stay "centered" when dealing with the intensely personal problems of individuals every day. Discussion of group member's strategies that have worked, and experiential practice of other possible strategies: including meditation, poetry writing, and "centering" techniques.
- 1.2 What is involved in the healing process? What is the relationship between our personal and professional lives? Do we stop being "healers" once we leave the office? Is there any distinction between the two roles? What is the extent to which personal relationships are developed with clients/patients? What is the extent to which therapeutic relationships are developed with friends/relatives?
- 1.3 Why choose the role of "psychologist"? Exploration of personal reasons involved in choosing to become a member of the helping and healing professions.

2. Psychology and the future. This aspect of the course will involve appropriate guest speakers who are doing research and clinical work on the "cutting" edge of psychology, or who are involved in innovative roles involving the application of professional psychology.

2.1 Possible clinical/research topics:

- The psychology of sex roles: Women, madness, and psychotherapy.
- Meditation, biofeedback, and behavioral self-control: An East--West approach to psychotherapy
- Parapsychology
- Other topics generated by group

Summary of Professional Seminar #1

Week One

1. Discussion of expectations for course
2. Free association exercise to term "professional seminar"
3. Discussion of tentative model for course * student input, feedback
4. Visual fantasy; professional setting, 10 years hence
5. Discussion of questionnaire items; friendship vs. therapeutic relationship
6. Materials handed out; professional seminar questionnaire, k professional questionnaire #1, professional questionnaire #2 (Therapist as Human Being)

Week Two

1. Concept of professional journal explored
2. Professional bulletin board explained
3. Kantor - presentation
4. Discussion; dealing with stress of therapy; centering
5. Assignment; monitoring of centeredness, failure of centeredness while functioning in therapeutic manner
6. Materials handed out; outline of course, Patterson reading (re relationship of therapy to friendship)

Week Three

1. Bodin - presentation
2. group discussion; stresses and pleasures of the profession of psychotherapy; importance of personal ethics in therapy; suicidal clients; humility of therapist
3. Materials handed out; suggested topics for professional journal; explanation of centering assignment

Week Four

1. Leiderman - presentation
2. Group discussion; model of the woman as psychologist
3. Centering techniques
 - a. feedback regarding monitoring
 - b. discussion of terminology/ definition of terms
 - c. coping with failures of centeredness
4. Assignment; prepare questions for discussion next week of relevant issues raised by questionnaires, speakers, own concerns

Week Five

1. Group discussion; evaluation procedures
2. Group discussion; centering vs. authenticity
3. Group discussion; miscellaneous questions
4. Materials handed out; summary of professional seminar, course evaluation forms

Memo from . . .

DR. DEAN SHAPIRO, JR.

Content 5.2 (overall)

5.3 (only 1)

5.1 (only 10)

Instructors J=5.8 (incl. 12)

D=5.8 (incl. 12)

J=6.1 (only 13)

D=6.0 (only 13)

~~Specific content~~ 5=10

~~Overall content~~
~~12, 3, 14~~

students' input (4, 12a)

4, 8

specific content (5, 6, 7, 8, 9, 11)

5.2

insightful/meaningful (2, 3)

4.6

how well filled initial goals

Strengths

- guided fantasy
- emphasis of speakers, questionnaires on therapist as human being
- exposure to professionals
- team bonding
- combination of outside speakers & group discussion
- authenticity of instructors; will progress to share, listen & discuss; openness to ideas of others
- team approach
- opp. to come together as budding professionals, to explore ~~with~~ ^{with} it means to ourselves or our colleagues
- goal of helping ourselves & each other become more prof.

Weaknesses

- ~~no structure~~ ^{time} to relate personal impressions of leaders (speakers)
- ~~exposers~~ ^{professionals}
- excessively controlled;
- little flexibility for genuine group process
- too short
- need to meet every week;
- more dynamic & conversational speakers
- lack of time
- lack of time