

THE COMPASSIONATE
AND FLEXIBLE
THERAPIST



RIKKE KJELGAARD

licensed psychologist

ACT trainer





♥ www.rikkekjelgaard.com/slides



AGENDA

THERAPIST TRIGGERS
THERAPIST AVOIDANCE
THERAPIST VALUES
ROLE PLAY



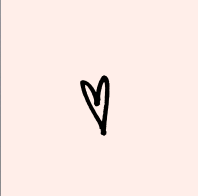
♥ BRINGING OUT THE BAD ASS THERAPIST IN YOU

♥ FLEXIBILITY AND FLUIDITY

♥ ACTING ON YOU THERAPIST VALUES



LEARNING BY DOING



BRAVERY





”

RIKKE KJELGAARD
VERY COOL AND
CONFIDENT WOMAN

”





”

RIKKE KJELGAARD

STUPID AND
INCOMPETENT

”



MY WISH FOR YOU:

ASK QUESTIONS

GIVE YOURSELF PERMISSION TO FEEL

GIVE OTHERS PERMISSION TO FEEL

WHAT HAPPENS IN MONTREAL STAYS IN MONTREAL

I
AM
HERE
FOR
YOU



- WHEN DO YOU FEEL "STUCK" IN THERAPY?
- WHICH ARE YOUR HOT BUTTONS?
- WHICH THOUGHTS AND FEELINGS SHOW UP?
- WHAT DO YOU DO, WHEN THAT HAPPENS?



- Writing on whiteboard
- Taking extensive notes
- Drinking/eating
- Giving homework assignments
- Making contracts
- "The Sales Talk"
- "The Science Talk"
- Blaming clients
- Ruminating on what to do next
- Other...?



- WHAT ARE YOUR THERAPIST VALUES?
- IF YOU WERE ACTING ACCORDING TO YOUR VALUES, WHAT WOULD THAT LOOK LIKE IN THE THERAPY ROOM?
- WHAT WOULD YOU DO LESS OFTEN?
- WHAT WOULD YOU DO MORE OFTEN?
- WHAT WOULD YOU HAVE TO MAKE ROOM FOR IN ORDER TO DO THAT?



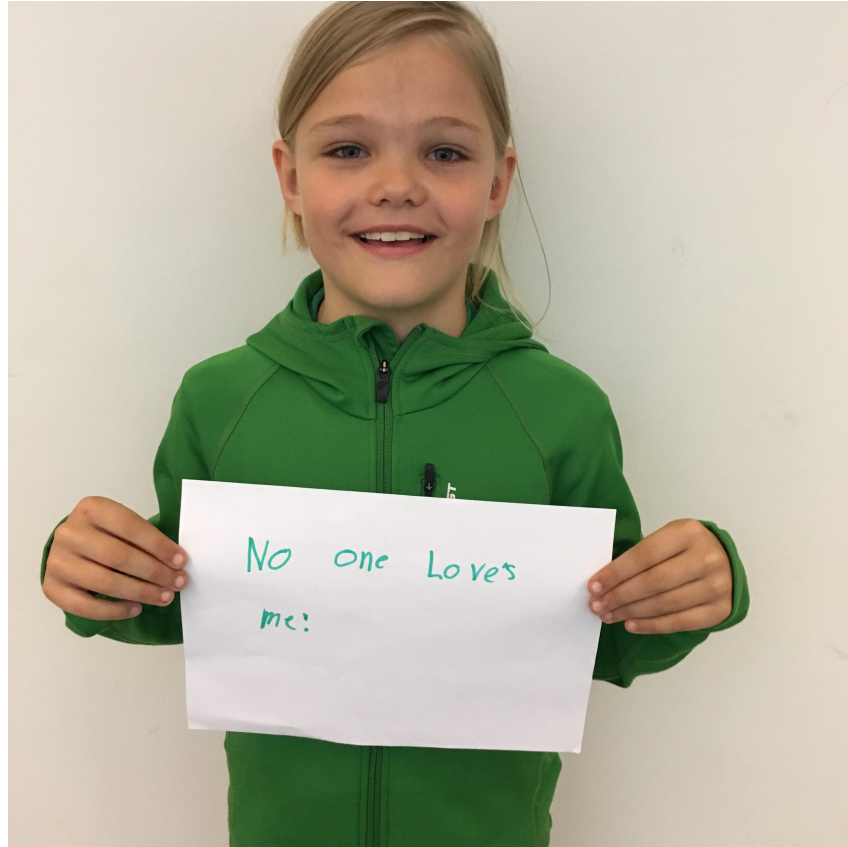


YOUR
TIME
TO
SHINE





WHAT ARE WE TELLING
OURSELVES?



OUR COMMON FATE



THANK YOU 



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