Reflexivity and Relational Skills 1
(PSYT803)

Pathways, programmes/specialisations the paper is attached to
Master of Psychotherapy

Am I eligible to enrol in this paper?
This paper is for students who have completed Graduate Diploma in Health Science Psychotherapy pathway.

What is this paper about?
Develops personal and interpersonal competence through participation in facilitated experiential trainings.

What can I expect to learn?
- The student is expected to attend to his or her own processes, including:
  - Participating actively in the development of a healthy group climate.
  - Self-observing and taking responsibility for their own behaviour, with a special focus on their patterns of response and their understanding of the origins of such dynamics.
  - Remain congruently present with the emotional expression of others.
  - Demonstrating a capacity to critically reflect on values regarding differences related to power, ethnicity, gender, sexuality and culture within Aotearoa.
  - Analysing the personal dimensions of culture, ethics, values, belief, religion, spirituality and personal motives and suitability for practicing psychotherapy.

How is this paper taught?
Students will attend the weekly process group, community meeting, and community korero; the annual noho marae; and personal psychotherapy for 40 sessions. Content for all activities will be provided by the students. The role of staff is to guide and facilitate the learning of the students in all activities (though staff will have no involvement in the personal therapy of the student).

The facilitator will assist students to maximise their learning opportunities within the group. This assistance may be in many forms of direct, personal engagement with students and/or by comment on the process and dynamics occurring within the group (ET and community kōrero).

How will I be assessed?
1. Reflection essay (1500 words)
2. Portfolio (2500 words)

Who will be teaching me?
Paper Coordinator: TBA

Fees
Information about paper tuition fee for papers may be found at:
http://www.aut.ac.nz/study-at-aut/fees-scholarships-and-finance/fees/postgraduate-fees

Enrolment and enquiries
Please contact Debra Spinetto for any enquiries about enrolment. Further information about our postgraduate offerings may be found online.