

## On becoming a psychotherapist

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As a psychotherapist, if you can do effective psychotherapy with a hangover then you know you have gotten there. Why would I say such a thing, not that I would ever do such a thing. My somewhat oblique comment is meant to indicate the art of doing psychotherapy purely from the Little Professor ego state. With very little Adult ego state involved. When one is hung-over much less Adult processing takes place.

If one can do pieces of work just from Little Professor then in my view you have the art of psychotherapy in your bones. When this happens you stop being a psychotherapist with clients and can become a person with clients. As we know the Little Professor ego state is the intuitive part of ourselves. It is the Adult thinking in the Child ego state, so it is less systematic and sequential but more creative and intuitive.



The child within each of us does not remain silent for long

When first learning counselling one uses a lot of Adult because that allows one to learn the basic techniques and how to apply them in counselling. The price one pays for that is a lack of flexibility, lack of intuitive judgements and the counsellor as a person is hidden more.

The main advantage of an Adult ego state in counselling is it is a good safety net. If one ever feels like they are getting lost or is unsure of what to do next then Adult thinking will come up with an answer and a direction.

To do a piece of work from pure Little Professor is a difficult thing to achieve because we have been repeatedly trained to use the Adult, but more so because to give up that safety net is a disconcerting thing. One is flying by the seat of their pants as a psychotherapist and that takes a good deal of trust in self personally and their abilities as a psychotherapist.



Group psychotherapy is a fascinating place to observe human behaviour. It is unique place for human interaction.

The advantage of this is that one can make insightful therapeutic jumps that an Adult psychotherapy process cannot achieve. Also it requires the therapist to be himself rather than a person who is a psychotherapist. This will have the most impact on the client as they will feel that they have made a real connection in the therapeutic process.

It seems ironic that the most therapeutic thing a psychotherapist can do is stop being a psychotherapist, stop thinking Adult, be self and respond spontaneously to the client. Just to be human is the hardest thing to do! This person has integrated the psychotherapist into their overall personality. So when doing psychotherapy they are just being themselves.