

TEACHING AND PSYCHOTHERAPY: ONE IN THE SAME

Abstract

Teaching and psychotherapy are specialized art forms and the skills necessary to be successful in both formats are very similar. There are specific aspects about which one must become aware to insure excellence in each modality. Both students and clients need to grow intellectually and emotionally. This paper outlines four critical factors that the professor and therapist must be aware in order to be successful. 1). The classroom and therapy office are both sanctuaries. Mindfulness must be emphasized. 2). In both modalities, interpersonal relationships are paramount. 3). Egos must be suppressed and both students and clients need to be open to new information and possibilities especially when they contradict long held beliefs. 4). Power imbalance must be controlled and handled appropriately for learning to occur in both modalities.