

**EA Webinar:**

Embodying the Inner Dialogue: an intervention for Self-Worth

**Presenter:** Rochelle Chapman, MA, RCC, Trainer for EA Canada

Rochelle Chapman has an MA in Counselling Psychology and completed a thesis about the use of metaphor in counselling. In her downtown Vancouver private practice, she enjoys working with individuals and couples and supervising practicum students. She also leads seminars for EA Canada in Vancouver and Alberta. As a trainer, Rochelle's passion is teaching and modelling phenomenology and dialoguing with others who are inspired by the existential life.

**Description of the webinar:**

This webinar will introduce the "parts work" intervention, applying it within the EA approach and the themes of FM3, with the purpose of making the inner dialogue more concrete and accessible. This intervention will be taught as an enactment of the dialogue within one's inner relationship with self, focusing in particular on having a concrete tool to address low or damaged self-worth in our clients.

\*This will be a highly participatory and experiential webinar and is limited to EA trainees who are currently enrolled in or have completed their Basic Certificate/Counselling Diploma. My hope is that it will offer an opportunity to connect you with the broader EA community and even across provinces!

**Structure of the webinar:**

(1) The concept and steps of the intervention will be introduced: the client takes a third person perspective towards themselves—they visualize themselves in a situation (e.g., a painful experience where they judged themselves harshly) and enact an imagined conversation with themselves in that situation, with support from the therapist.

(2) The presenter will demonstrate the intervention with a volunteer, pre-selected "client." The presenter and client will debrief this experience, including comments/questions from the attendees.

(3) After the lunch break, all participants will have the opportunity to practice the intervention in groups of 2 or 3. To conclude, the experience will be debriefed as a group to see what has been learned. We will also reflect as a group on how this intervention integrates with EA theory, such as phenomenology and the theory of the person, self-distancing, and self-worth.

Date: Saturday, Oct 30<sup>th</sup>, 2021

Time: 9:30am – 2:30pm PST (one hour lunch break 11:30am – 12:30pm)

Cost: \$120 professionals/\$100 full-time students

For more info or to register:

send e-transfer to Rochelle Chapman: [rchapman@existentialanalysis.ca](mailto:rchapman@existentialanalysis.ca), 604-813-1270