

Exploring the intersection of Psychotherapy and PAR

Mário Lourenço - MEd., Registered Psychotherapist

- In PAR like Psychotherapy the clarity of rights and responsibilities assigned to everyone within the process plays a crucial role. This defined structure not only fosters a sense of safety but also encourages clients to engage more fully without the fear of undermining the work being done. When everyone understands their roles, it reduces the potential for sabotage and allows for more profound challenges to be presented.
- Distinctions between the field in the PAR project, and the realm of psychotherapy practice.

The conditions of the field in PAR
influencing (in) ACTION:

Attitude towards gender equality
Court mandated
Threshold passed (record)
Intention abuse (Power & Control)
Others if peers/family were on their side
No compliance no longer cares about legal consequences

The conditions of the field in psychotherapy
influencing ACTION:

Attitude towards gender equality
Commitment
Therapeutic alliance
Incentive to change
Open to try something new
Need something different

Reflecting on rights and responsibilities [3 thoughts (there's many more!)]

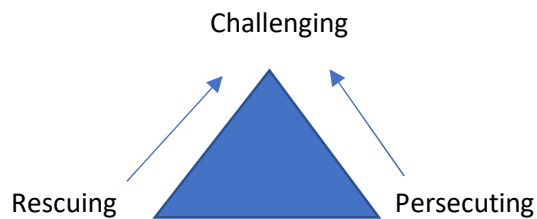
PAR

- PAR can terminate/put on hold/suspend client
- Defines Agenda based on principles of accountability/responsibility, etc.
- Emphasis on challenging

Psychotherapy Practice

- >> Client can terminate with treatment
- >> Agenda is fluid/ongoing and defined collaboratively with client. Process oriented
- >> Balancing Support VS Challenge

PAR and Psychotherapy can be different in their underlying structure and approaches. While approaches can differ significantly there can be psychotherapeutic methodologies and techniques that can be transferred into the PAR framework.



1# Activity

Role play (the nightmare client)

- **Accountability** in PAR work: some considerations and steps
 1. Acknowledging wrongdoing
 2. Acceptance of responsibility
 3. Expression of remorse
 4. Commitment that the abuse will not occur again in the future
 5. Client awareness of the impact of the abuse on the victim's
- Remorse is the solution Not guilt

2# Activity

Role play (the interview with the victim)