

Abstract

“For fuck’s sake Jane, what are you doing?”: Bringing our loved ones into the light, and revealing our professional shadows.

In 2019, I began interviewing significant others of psychotherapists in Aotearoa New Zealand as part of my doctoral research. The question I asked was: How does the training and practice of psychotherapy impact the psychotherapist’s significant others? In this talk I will share my findings, and illustrate how nuanced the answer to that question was. I will then invite us to wonder about and discuss, the light and dark of our professional and personal selves as highlighted by those who live alongside us.

Bio



Jane is a psychodynamic psychotherapist working in Tāmaki Makaurau Auckland with individuals, couples and families. She is married to John and has three adult children and one grandchild. She has been learning to tap dance - one of many things that keeps her in touch with her vulnerability!