

## How to Create the Possibility Sphere

Sabine Löffler, Dipl.-Psych.

Workshop (optional)

Saturday, 28 September 2019, 4:00 p.m. – 5:30 p.m.

As we know from various research works, the most important factor of successful therapy is the quality of the therapeutic relationship. Al Pessó invented the term "possibility sphere" (PS) to describe the attitude and atmosphere within a therapeutic framework that makes healing possible, or to say it with his words: "an empty space that invites the client to bring out the portions of the self that have been in hiding and never before consciously known, named, validated, and internalized into the ego". This makes PS probably to the central tool of a successful structure. At the same time there exists hardly any literature or teaching material in PBSP to learn how to "switch it on" as Al suggested. We have to turn to other authors to find a guideline for the creation of the PS. In our PBSP-related work we are trying to find ways to teach the creation of the possibility sphere to therapists, for our clients but also for ourselves.

The goal of this workshop is to offer exercises to get in contact with our own possibility sphere.

**Sabine Löffler, Dipl.-Psych. (DE)**



Sabine Löffler is a family therapist, and an internationally certified PBSP therapist and supervisor. Training in Ego-State-Therapy, Ressource-Therapy. Many years of experience in psychiatric counselling, private practice as psychotherapist (one-to-one and groups) and supervisor.

Having translated Al Pessó simultaneously during his trainings in Munich, she is very connected to PBSP but stays openminded for any therapeutic method that enlargens the possibility sphere. She led workshops about PBSP at various conferences.