

Jacob Campbell, Ph.D. LICSW
Heritage University

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RELATIONAL THEORY

Week 09 for SOWK 581

AGENDA

- The third space and relational theory in general
- Self-disclosure
- Teaching mindfulness

MIDCOURSE FEEDBACK



● Need to Complete
● Completed



Relational theory and practice is a postmodern psychodynamic perspective that calls for active engagement between client and clinician. The therapeutic relationship is an interactive, alive process— **empathic, authentic, and mutually growth enhancing.**

— *Cooper and Granucci Lesser, 2022, p. 132*

**underline and bold added*

(Cooper & Granucci Lesser, 2022)

THE THIRD SPACE

Client

Clinician

The interactional field created when the subjectivities of the therapist and the client come together. The entire range of racial, sociocultural, and political identities become topics for therapeutic conversation.

(Cooper & Granucci Lesser, 2022)

THERAPEUTIC TRIPARTITE AWARENESS

Allows a patient to remain
emotionally present with
difficult feelings.

SELF

Clinician

FLOW OF RELATIONSHIP

Client

OTHER

Mindful practitioners listen deeply,
attentively, and empathically.

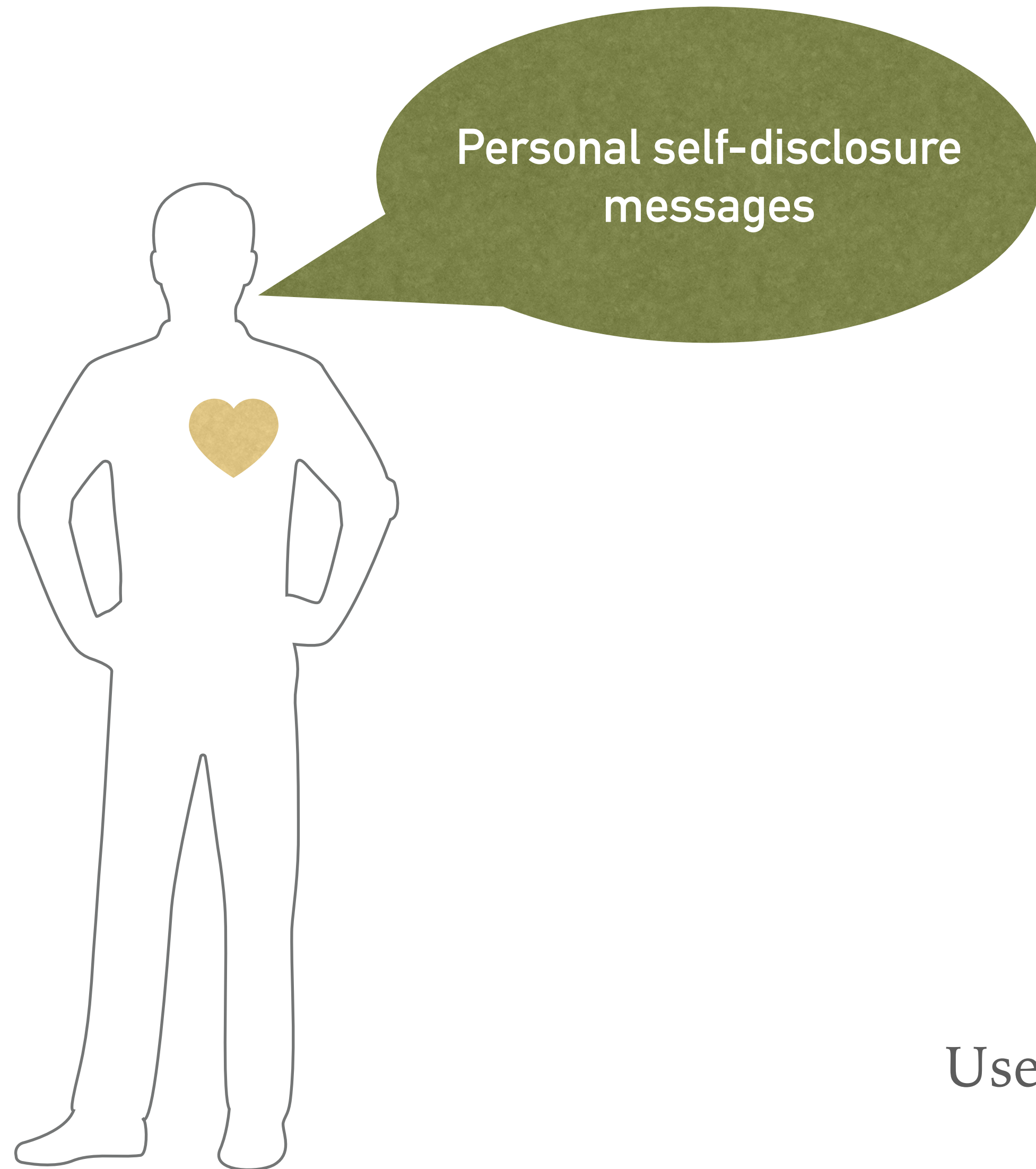
FUNCTION OF SELF-DISCLOSURE

Developing a therapeutic relationship with the client especially in the early stages of treatment

- Conveying the therapist's presence and empathy through transparency, attentiveness, and responsiveness to the client
- Engaging the client in meaningful therapeutic work
- Cross-cultural and cross-racial counseling to establish trust
- Creating a third space for conversations that provide mutual exchange and growth.

(Cooper & Granucci Lesser, 2022)

INTERSUBJECTIVE SELF-DISCLOSURE



Done for the client, purposefully

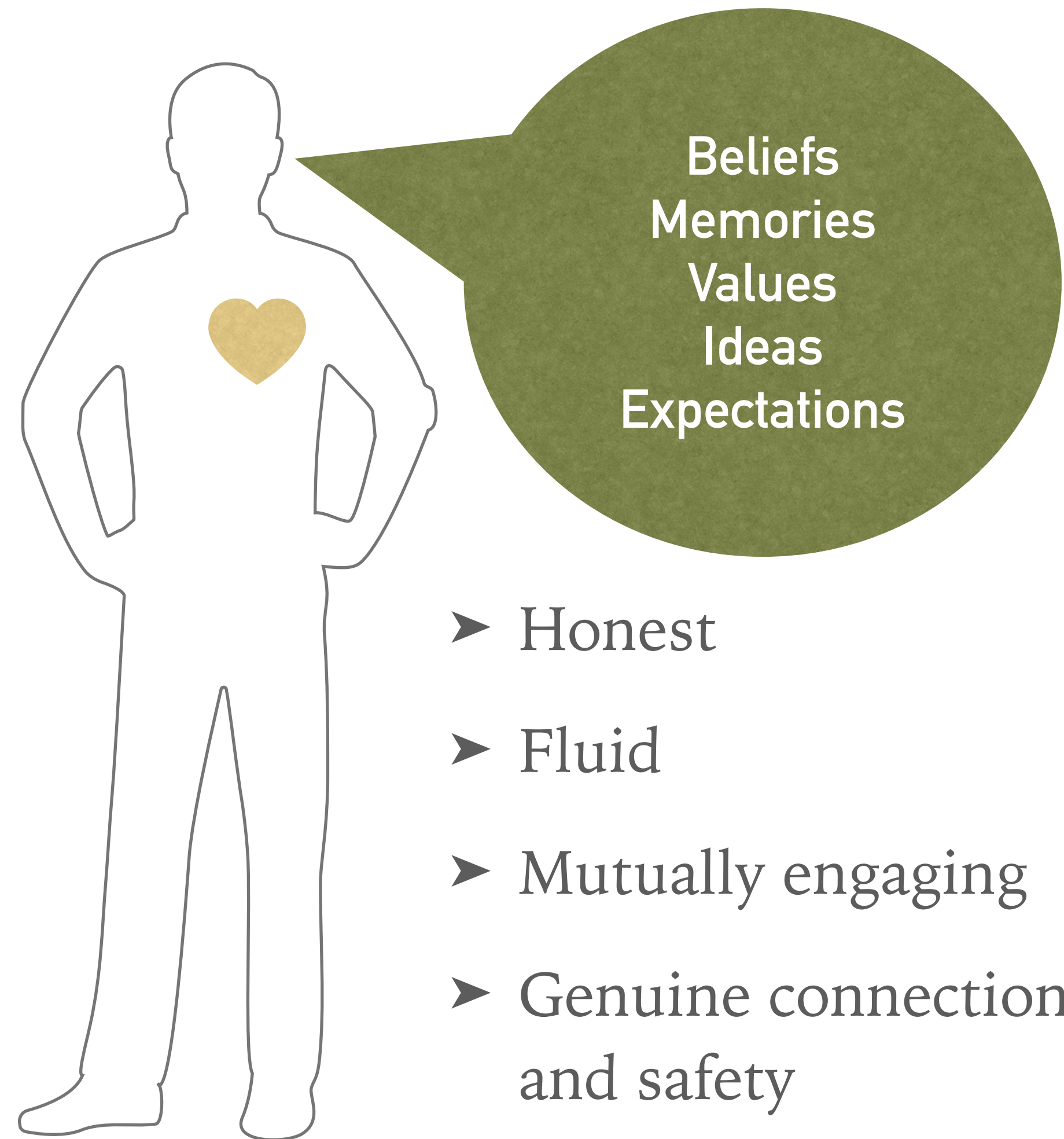
Enough details to provide connection and understanding, but limited

Focus on other forms to demonstrate authenticity, use sparingly

Use it judiciously to enhance the therapeutic relationship

(Cooper & Granucci Lesser, 2022)

INTERSUBJECTIVE SELF-DISCLOSURE



(Cooper & Granucci Lesser, 2022)

SOCIAL WORKERS DECISION TO SHARE PERCEPTIONS AND REACTIONS THEY BELIEVE WILL BE HELPFUL

- Requests for social worker's opinions, views, and feelings
- Disclosing personal past experiences
- Providing Feedback
- Experiencing discomfort in session
- Shareing feelings of frustration, anger, and hurt
- Responding to positive feedback
- Giving positive feedback
- Saying no and setting limits

(Hepworth, et al. 2022)

BRIEF RELATIONAL THEORY

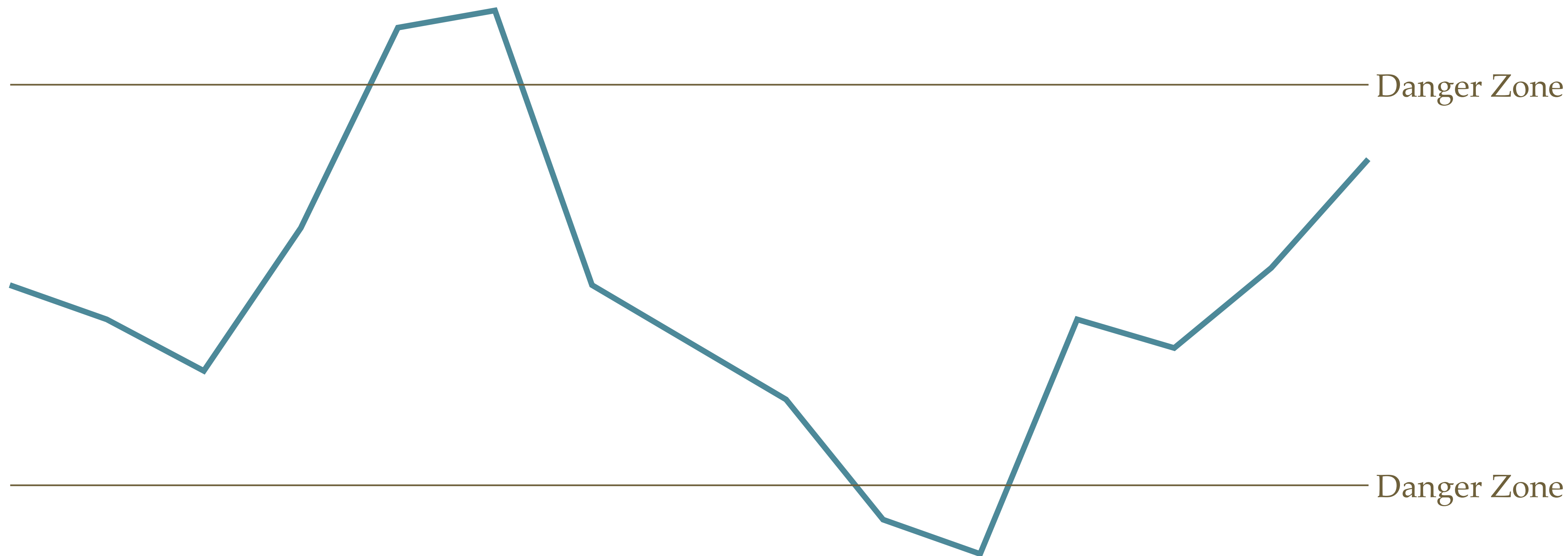
Countertransference and disclosure which facilitates exploration of third space

- Beginning collaboration with setting structure and identifying goals for treatment
- Developing a mutual rationale for treatment tasks
- Different exercises demonstrating mindfulness
- Clarifying goals and expectations

(Cooper & Granucci Lesser, 2022)

TIMES TO CONSIDER USING GROUNDING

Heightened Emotional State



Danger Zone

Danger Zone

Apathy

Grounding Techniques

- **Accessibility**
- **Broad**
- **Present focused**
- **Scaling**
- **Focused outward**
- **Stay neutral**
- **Not relaxation training**

BRIEF RELATIONAL THEORY

Countertransference and disclosure which facilitates exploration of third space

- Beginning collaboration with setting structure and identifying goals for treatment
- Developing a mutual rationale for treatment tasks
- **Different exercises demonstrating mindfulness**
- Clarifying goals and expectations

Work with a partner to demonstrate and teach them to use some of the mindfulness exercises, or grounding techniques.

(Cooper & Granucci Lesser, 2022)