

Course: become your personal best in psychotherapy

Address: <https://asadis.net/en/course/become-your-personnal-best-in-psychotherapy/>

Duration: 3h

Type of course: Continuing education

Location: Online course

Individual price: \$120.00

Overview:

Gleaning from studies conducted about feedback informed treatment (FIT) and on highly effective psychotherapists, this workshop focuses on helping practitioners develop a personalized system to as much as double the effectiveness of treatment while simultaneously reducing costs, drop-out rates and client deterioration. In this hands-on workshop with Dr. Chow, participants will learn about progress monitoring and feedback informed treatments. They will also learn to adopt three systematic steps to improve outcomes of their intervention work, identify cases at risk of dropping out of treatment or experiencing a negative or null outcome, and identify and improve areas of weakness in their clinical work.

Learning objectives:

1. Adopt three systematic steps to improve outcomes of their clinical work.
2. Identify cases at risk of dropping out of treatment or experiencing a negative or null outcome.
3. Identify and improve areas of weakness in their clinical work.

Learning material:

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

Audience: This training is intended for mental health professionals.

The expert

Dr. Daryl Chow, clinical psychologist, work as senior psychologist with the Mt. Elizabeth Hospital Institute of

Mental Health, the Woodbridge Hospital and the Early Psychosis Intervention Program (EPIP), Singapore. For many years and still to this day, he provides outpatient and inpatient psychological services, clinical supervision, psychotherapy research, clinical training and workshops, in addition to teaching in university settings. As a clinical researcher, he has spearheaded and collaborated in clinical studies involving psychotherapy outcomes, and the effects of training clinicians in Difficult Conversations in Therapy. Dr. Chow is also a senior associate and certified trainer of the International Center for Clinical Excellence (ICCE), which is a world-wide consortium of clinicians, researchers, and educators dedicated to promoting excellence in behavioral health services. Dr. Daryl Chow has authored many books, including the well-known Better Results: Using Deliberate Practice to Improve Therapeutic Outcomes (APA, 2021), the Field Guide to Better Results (APA, 2023), and Creating Impact (2022). He is also co-author of many articles and co-editor and contributing author of The Write to Recovery: Personal Stories & Lessons about Recovery from Mental Health Concerns, as well as the author of The First Kiss: Undoing the Intake Model and Igniting First Sessions in Psychotherapy. Dr. Chow conducts trainings and workshops based on his research on highly effective psychotherapists, and maintains a private practice in Perth, Western Australia.

Syllabus

Introduction

Quickstart Quick Wins

Performing vs Learning

Why Measure

The Pill Model vs Continuous Calibration Model

Outcome Rating Scale (ORS)

Session Rating Scale (SRS)

Milestone 1

The Hidden Side of Psychotherapy Outcomes

The Hidden Side of Psychotherapy Outcomes- Know Thy Base Rates

The Hidden Side of Psychotherapy Outcomes- The Self-Assessment Bias and Impact of Clinical Experience

Actual Clinical Use of the ORS (w blurred)

Actual Clinical Use of the SRS (w blurred)

Advanced Clinical Tips in Using the ORS

Advanced Clinical Tips in Using the SRS

Milestone 2

FIT to Deliberate Practice- Step 1 Figure Out Where You Are At

Step 2 Figure Out the What to Work On Before the How

What Areas Have High Impact on Improving Outcomes

FIT to Deliberate Practice- Step 3 Design a Learning System

Conclusion

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to

measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis has the legal right to diffuse it (typically 10 years).

Accessibility support: This training is offered as a pre-recorded video format, without subtitles. If you have a disability, we can provide an adapted alternative (technical assistance for viewing or individual supervision). For any request, please contact our disability coordinator at the following address: contact@asadis.net

Questions? Feel free to contact us at contact@asadis.net