



## **Course: embracing the challenging moments of clinical work**

**Address:** <https://asadis.net/en/course/converting-crisis-into-opportunities-for-client-progress/>

**Duration:** 3h

**Type of course:** Continuing education

**Location:** Online course

**Individual price:** \$120.00

### **Overview:**

Experienced clinicians do not need reminders as to the basic theory and techniques in their clinical practice. What they need are tools for owning the toughest clinical moments with clients in order to capture nuanced opportunities for deepening the therapeutic alliance and increasing clarity and their clients' ability to change. In this course, Dr. Abblett focuses on mindfulness-based and Acceptance and Commitment Therapy-based methods for not only managing truly tough difficult moments in (or between) sessions, but harnessing them as intervention opportunities to enhance the therapeutic alliance, provide boundary-related learning opportunities for clients, and enhance clinicians' effective timing of using relevant interventions and techniques. You will learn to understand and make use of skillful intervention skills for assessing the most challenging clinical conversations and knowing when and how to intervene effectively. Dr. Abblett also delves into identifying the methods for defusing and effectively managing difficult therapeutic interactions and presents evidence-supported techniques for improving your psychological flexibility across all the clients in your caseload. Drawing from his lengthy experience in managing clients in a state of crisis, he will also teach you how to effectively handle crisis situations and implement skills for "moment ownership."

### **Learning objectives:**

1. Define and understand intervention skills for assessing the most challenging clinical conversations and knowing when and how to intervene effectively
2. Implement the methods for defusing and effectively managing difficult therapeutic interactions and model how to do so for others
3. Master evidence-supported techniques for improving your psychological clinician flexibility
4. Implement brain and systems-based methods for addressing difficult clinical interactions and crisis situations through the "moment ownership" skill

**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. Mitch Abblett, clinical psychologist, is a keynote speaker, author, and consultant. A clinician in the Boston area for over 20 years, he served as the Clinical Director of the Manville School at Harvard's Judge Baker Children's Center with at-risk kids, teens, and their families.

He also served as the Executive Director of the Institute for Meditation and Psychotherapy. He is the author of numerous books, including *The Heat of the Moment in Treatment: Mindful Management of Difficult Clients* (W.W. Norton), *Mindfulness for Teen Depression* (New Harbinger), *The Five Hurdles to Happiness and the Mindful Path to Overcoming Them* (Shambhala), *The Self-Compassion Deck and Growing Mindful*. His latest book, *Prizeworthy: How to Meaningfully Connect, Build Character, and Unlock the Potential of Every Child* (Shambhala) won a Gold Award in the 2021 Nautilus Book Awards. His work has appeared in numerous online and print media such as *Psychology Today*, *Mindful Magazine*, *The New York Times*, *Newsweek*, *Tricycle Magazine*, and *USA Today*.

**Syllabus**

PowerPoint

Introduction

Foundations of Momentology

Becoming a Momentologist

The Messing Up Part

Crisis vs. Emergency

The 11 Year Old Boy Story

Understanding and Owning Moments

We Have a Brain-Based -Ownership- Problem

Owning Moments

Compassion vs Empathy

Case Practice

Differentiating Pain and Suffering

Pain vs Suffering

What is a moment

When Empathy fails

Mindfulness and Self-Perception

Meditation Practice - Noticing

We Are More Than the Stories We Tell Ourselves

The Therapeutic Alliance

Equivalence of Experience

Practical Applications and Techniques

Own and Be With

The Momentology Process

T.E.A.R. Habit Loop

Role Play

Advanced Moment Management

Momentology Practices for Moment Management- Macro-Minding

The -Be With- Experiment

Conclusion

Bibliography

**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 as 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](mailto:contact@asadis.net)

**Questions?** Feel free to contact us at [contact@asadis.net](mailto:contact@asadis.net)