ASADIS FORMATION

Course: how to achieve the best outcomes: the core tasks of psychotherapy

Address:

https://asadis.net/en/course/how-to-achieve-the-best-treatment-outcomes-the-core-tasks-of-psychotherapy/

Duration: 2h30

Type of course: continuing education

Location: online course

Individual price: $100.00

Overview:

Research shows that approximately 25% of therapists achieve 50% better treatment outcomes - and experience 50% fewer dropouts - compared to their colleagues. These findings, replicated in multiple studies, suggest that some clinicians consistently excel at fostering positive client outcomes. How do they do it?

In this clinical workshop, Dr. Donald H. Meichenbaum will discuss and demonstrate the core tasks of therapy that these "expert" therapists deliberately practice, including:

- Establishing and monitoring a strong therapeutic alliance- The skillful use of sophisticated case conceptualization models to guide treatment decisions- A strengths-based treatment approach- The ability to spot 'hype' and stay grounded in evidence-based practice

The workshop will explore how these core tasks bolster client resilience, highlighting a trans-theoretical constructive narrative approach that can be integrated into any theoretical orientation. Clinicians from diverse backgrounds will benefit from learning these strategies to enhance client outcomes and reduce dropout rates in their own practices.

Learning objectives:

1. Understand and implement techniques and strategies used by the most successful clinicians

2. Effectively establish and monitor the quality of the therapeutic alliance

3. Design a sophisticated case conceptualization models to inform treatment decision making,

4. Develop an ability to spot HYPE in the field of psychotherapy

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 course is intended for mental health professionals.

The expert, **Dr. Don Meichenbaum**

Dr. Donald H. Meichenbaum is a Psychologist and Distinguished Professor Emeritus of Psychology at the University of Waterloo, Ontario. At the time of his retirement from the University of Waterloo in 1998, Dr. Meichenbaum was the most-cited psychology researcher at a Canadian university. Since his retirement from the University, he serves as research director of the Melissa Institute for Violence Prevention and Treatment at the University of Miami. As one of the founders of Cognitive Behavior Therapy, Dr. Meichenbaum is well-known for his research and publications on psychotherapy; a survey of members of the American Psychological Association voted him the tenth most influential psychotherapist of the 20th century. He has received a Lifetime Achievement Award from the Clinical Division of the American Psychological Association and was Honorary President of the Canadian Psychological Association. Dr Meichenbaum has presented in all 50 U.S. states and internationally and he has published extensively. His latest book is entitled "Treating individuals with addictive disorders".

Syllabus

PowerPoint

Introduction

Who Am I

Foundations of Effective Psychotherapy

The Core Components of Effective Psychotherapy

Generic Case Conceptualization Model- part 1

Generic Case Conceptualization Model- part 2

Key Techniques and Strategies

The Art of Questioning

Collaborative Goal Setting

Core Tasks of Expert Therapists

Engage in Relapse Prevention

Feedback Informed Treatment

To Do Checklist

Case Conceptualization 1

Case Conceptualization 2

Conclusion

Handouts

Bibliography