



## **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:**

Robust research shows that approximately 25% of therapists achieve significantly better outcomes — with 50% greater treatment effects and half the dropout rates compared to their peers. These findings, replicated across multiple studies, point to a consistent set of clinical practices that foster better client progress. These are not just traits — they are competencies that can be studied, practiced, and refined.

In this clinical workshop, Dr. Donald H. Meichenbaum will examine the core therapeutic tasks that high-performing clinicians deliberately and consistently apply, regardless of theoretical orientation. You will be invited to reflect on your own practice while acquiring practical tools grounded in empirical evidence.

You will strengthen your ability to:

- Build and continuously monitor a strong therapeutic alliance using clear clinical indicators.
- Apply a structured and dynamic case conceptualization model to guide treatment decisions throughout the process.
- Adopt a strengths-based, resilience-focused approach that supports client change in meaningful ways.
- Recognize clinical “hype” and maintain a grounded, evidence-informed practice.

This training highlights a trans-theoretical, constructive narrative framework that can be adapted to a wide range of clinical approaches. It offers experienced clinicians a unique opportunity to refine their work in light of what research tells us about excellence in therapeutic outcomes.

**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 all mental health professionals.

**The expert, Dr. Don Meichenbaum**

Dr. Donald H. Meichenbaum, psychologist, is a 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

Bibliography

Additional Resources

Handouts