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: $96.00

Overview:
Expert clinicians make hundreds of treatment decisions across any given case. Yet the conceptual frameworks guiding those decisions often remain unspoken, even to ourselves. What we notice, what we prioritize, and how we sequence clinical conversations profoundly shapes outcomes. Without systematic structure, critical patterns disappear into case notes. The alliance suffers under unexamined assumptions.

In this course, you will learn Dr. Donald Meichenbaum's comprehensive nine-component model for clinical case conceptualization. You will gain a structured approach to organizing your observations and translating assessment into collaborative dialogue. This framework will help you make treatment decisions more strategically and transparently.

You will deepen your ability to map client presentations across interconnected domains: background, functioning, comorbidity, stressors, treatment history, strengths, risk factors, outcomes, and barriers. You will implement specific feedback language that transforms one-way assessment into genuine partnership. You will learn to sequence clinical conversations strategically, building hope and identifying resources before addressing obstacles. You will strengthen the therapeutic alliance by making your clinical thinking explicit and inviting clients into treatment planning.

Dr. Meichenbaum will demonstrate how expert clinicians avoid common pitfalls. These include premature barrier discussion and becoming a "surrogate frontal lobe" for clients. You will receive detailed feedback sheets with precise language for each conceptualization component. You will learn a coding system that

enhances documentation and team communication.

The model integrates across theoretical orientations. It applies to any clinical population or treatment setting. You will leave with portable tools for gathering information, setting collaborative goals, and maintaining treatment focus. These practices will refine how you structure your clinical thinking and sustain productive therapeutic relationships.

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. 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
Additional Resources
Handouts

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).

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