



## **Course: what makes a great therapist? master the factors that contribute to success in therapy**

**Address:** <https://asadis.net/en/course/what-makes-great-therapist/>

**Duration:** 3h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$120.00

### **Overview:**

Two clinicians using the same method can have vastly different outcomes, even when considering the variability in clients' presentations. What are the factors that most influence the result of psychotherapy? Sometimes, we are not meeting the defined objectives with a particular client, without having any idea of the reasons why. Dr. Barry Duncan has investigated therapeutic change to try and find which therapeutic strategies were associated with better outcomes.

After years of research and meticulous detective work, he has identified the factors that contribute to exceptional performance in therapy and designed the Partners for Change Outcome Management System (PCOMS) which offers a hands-on method to foster your growth as a therapist.

Beyond your mastery of the usuals models, this workshop will help you implement the common factors most closely associated with successful psychotherapy. In a dynamic presentation including visuals, pop quizzes and case studies, Barry will highlight what makes us great therapists. He will also introduce the Partners for Change Outcome Management System (PCOMS): "a systematic client feedback system that uses two four item scales to solicit client views of benefit from, and experience of rendered services". Through the PCOMS, you will thus receive the necessary feedback to develop a strong therapeutic alliance. Data from the scales are valuable indicators in anticipating potential dropouts.

More specifically in this training, you will gain insight into :

- How to foster your growth as a therapist and identify non-responding clients- Common factors accounting for

successful outcomes, specifically client factors and the alliance- How to find “the heroic client” through their stories and use them to reach their goals, illustrated by case studies- How the client’s theory of change can complement models and techniques- Prevent drop out of your at-risk clients and recapture them with data from Outcome Rating Scale (ORS) and Session Rating Scale (SRS)- Strategies to prevent burnout

In participating in this training, you will gain everything you need to master common factors and incorporate them into your clinical reflections!

**Learning objectives:**

1. Delineate the factors that account for change in therapy
2. Apply the research about the importance of client factors and the alliance to successful outcome
3. Elicit client feedback about the alliance and outcome to enable new directions in therapy and the recapturing of clients who would have otherwise not benefited
4. Monitor your development as a therapist and proactively learn from your non-responding clients

**Learning material:**

This workshop includes theory as well as clinical examples. It includes videos of 5 to 15 minutes each. The PowerPoint of the workshop can be downloaded.

**Audience:** This training is intended for mental health professionals.

**The expert, Dr. Barry L. Duncan**

Barry L. Duncan, Psy.D. is CEO of Better Outcomes Now and a psychologist, trainer, and researcher with over 17,000 hours of clinical experience. Dr. Duncan is the developer of the clinical process of the evidence-based practice, the Partners for Change Outcome Management System (PCOMS), and leader of the team responsible for PCOMS scientific credibility and evidence-based status. Barry has over one hundred fifty publications, including 18 books, most recently, An Integrated eLearning Manual for Everything PCOMS (Duncan & Sparks, 2019) and On Becoming a Better Therapist, 2nd ed. (Duncan, 2014). Because of his self-help books (the latest is What’s Right with You), he has appeared on "Oprah" and several other national TV programs. Drawing upon his extensive clinical experience and passion for the work as well as his now 19 years of PCOMS implementation, Barry’s trainings speak directly to both front line clinicians and administrators. He talks about what it means to do this work and how each of us can re-remember and achieve our original aspirations to make a difference in the lives of those we serve.

**Syllabus**

Presentation

How do we get better?

Introduction to What Makes a Great Therapist

Common Factors

Client factors and the therapeutic alliance

Casting the Client in Heroic Roles

Sam

The Soul of Change

Reliance on the Alliance

Molly

The Partners for Change Outcome Management System: An antidote to wishful thinking

When the Alliance is in Trouble

Clinical vignette

Wishful Thinking

PCOMS

ORS

Clinical vignette

How not to do the SRS

Clinical vignette

Hosting Therapeutic Conversation

Therapist Growth

Conclusion

Bibliography