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: $60.00

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, 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
Whisful Thinking
PCOMS
ORS
Clinical vignette
How not to do the SRS
Clinical vignette
Hosting Therapeutic Conversation
Therapist Growth
Conclusion

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*