



Course: working with your patients' values to increase change in psychotherapy

Address: <https://asadis.net/en/course/working-with-values-to-increase-change-in-psychotherapy/>

Duration: 5h

Type of course: Continuing education

Location: Online course

Individual price: \$200.00

Overview:

Symptom reduction contains a paradox: clients who identify and act on personal values often experience greater relief than those who focus primarily on eliminating distress. Values work addresses what matters most while simultaneously reducing what troubles most. But values remain largely tacit, easily overlooked, and frequently in conflict with environmental demands or relational patterns. In this course, you will learn to integrate values-based interventions into your therapeutic practice, regardless of your theoretical orientation. You will work with evidence-based assessment tools and activation strategies drawn from ACT, humanistic psychology, and social psychology research. You will learn to use five validated assessment instruments to help clients identify core values. You will discover how to activate values through three distinct pathways: rational elaboration, inspirational emotion, and automatic priming. You will implement strategies to address values conflicts in workplace settings, bicultural identity, and intimate relationships. You will apply values work to reduce anxiety, counter rumination, and move clients from avoidance to meaningful action. The course presents clinical strategies through case examples addressing common therapeutic challenges. You will see how affirming values buffers stress responses during difficult life circumstances. You will learn how person-environment fit explains workplace dissatisfaction and guides intervention choices. You will discover how mapping partner values using the Schwartz circumplex reduces relationship conflict without requiring value change. You will explore how increasing values-consistent behavior precedes symptom reduction in generalized anxiety disorder. You will leave equipped to recognize when values work serves your clients best. You will hold concrete tools for clarifying what clients prize most. You will understand how to help clients act on values even when emotion, cognition, or context create obstacles. The framework applies equally to individual therapy, couples work, and your own professional grounding when working with challenging clients.

Learning objectives:

1. Understand values and their value in therapy
2. Know the clinical benefits of values work
3. Identify a range of tools that are useful for assessing values and values-congruence
4. Implement research-based strategies to help clients live in congruence with values

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 training is intended for mental health professionals.

The expert

Prof. Marilyn Fitzpatrick is Professor Emerita at McGill University, where she directed the Counselling Psychology Program and established an influential research program on therapeutic processes, with particular focus on the role of values in psychotherapy outcomes.

With over 30 years of clinical practice as a registered psychologist, Prof. Fitzpatrick has specialized in helping clients use values clarification and values-based action to address anxiety disorders, depression, and relationship difficulties. Her research has contributed to the evidence base demonstrating how values work reduces psychological distress and increases life satisfaction across diverse clinical populations.

Prof. Fitzpatrick's work bridges academic rigor and clinical application. She has trained numerous counselling psychology graduates in integrating values-based interventions into practice, and her research on values as therapeutic mechanisms has informed treatment protocols for generalized anxiety disorder and relationship conflict. Her current writing projects focus on making values-based approaches accessible to both clinicians and the general public, translating complex research findings into practical strategies for creating lives of meaning and purpose.

She brings both empirical expertise and extensive clinical experience to teaching professionals how to implement values work effectively across theoretical orientations and clinical presentations.

Syllabus

PowerPoint

Introduction

Objectives

A therapy-relevant definition of values

The definition of values

Why focus on values in psychotherapy

Why focus on values in psychotherapy

Presenting the Acceptance & Commitment Therapy (ACT)

The case of Shauna: using values to cope with adversity

The case of Shauna

Tools to identify values

Naming and affirming values

Person-environment fit

Values and anxiety

The case of Jarret: using reason and inspiration to promote values congruent behaviour

The case of Jarret

Identifying domains for action

Using reasoning in values

Accessing the inspirational qualities of values

Conclusions on the Jarret case

The case of Anya and Lucas: using values to reduce conflict in relationships

The case of Anya and Lucas

Value cards and the circumplex

Recognizing the worth of values

Values instantiations

Values conflicts

The case of Eden: developing under-used caring values

The case of Eden

Self-transcendent values and well-being

Value priming

Finding meaning

Caring values in social media

The -normal- heroes

Summary of processes for working with values in psychotherapy & troubleshooting values block

Conclusion

Bibliography

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).

Accessibility support: This training is offered as a pre-recorded video format, without subtitles. If you have a disability, we can provide an adapted alternative (technical assistance for viewing or individual supervision). For any request, please contact our disability coordinator at the following address: contact@asadis.net

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