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 hides a clinical paradox. Clients who identify and act on personal values often experience deeper relief than those who focus on eliminating distress. Yet values remain largely tacit, easily overlooked, and frequently in tension with environmental demands or relational patterns. Naming what matters most is rarely straightforward, and acting on it even less so.

This training offers a structured, evidence-based framework for integrating values work into clinical practice, regardless of theoretical orientation. The approach draws on ACT, humanistic psychology, and social psychology research, translating empirical findings into concrete therapeutic moves.

The course clarifies a therapy-relevant definition of values and their mechanisms of change. It presents five validated assessment instruments, including the VIA Character Strengths, the Schwartz Values Survey, the Values Bull's Eye, and the Valued Living Questionnaire. You will discover three distinct pathways for activating values: rational elaboration, inspirational emotion, and automatic priming.

The training also addresses values conflicts across contexts, including workplace dissatisfaction, bicultural identity, and intimate relationships. Clinical case material illustrates how affirming values buffers stress responses, how person-environment fit guides intervention choices, and how mapping partner values using the Schwartz circumplex reduces couple conflict without requiring value change. You will explore how increasing values-consistent behavior precedes symptom reduction in generalized anxiety disorder.

The resulting framework applies to individual therapy, couples work, and therapist self-care with challenging

clients. It will equip your clinical practice with tools to clarify what clients prize most, and to sustain valued action even when emotion, cognition, or context create obstacles.

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 Jaret
Identifying domains for action
Using reasoning in values
Accessing the inspirational qualities of values
Conclusions on the Jaret 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

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*