



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:

Empirical data strongly indicates that perceiving your life has meaning not only makes it happier but also prolongs it. Furthermore, it has been shown that values-congruent living relates to a range of positive outcomes, including reduced depression and anxiety, as well as increased overall happiness.

However, traditional psychotherapy techniques frequently overlook the importance of identifying and committing to values.

In this course, Dr. Marilyn Fitzpatrick, Professor Emerita, draws on insights across psychological disciplines to help you integrate values work in psychotherapy.

Values clarification and committing to values-based living have a long history in humanistic theory and in philosophy. In the research realm, values have been extensively studied by social psychologists, by organizational psychologists and by vocational psychologists. They are becoming more prominent in psychotherapy research. Notably, commitment to values-based action is a core element of ACT (Acceptance & Commitment Therapy).

This course presents a therapy-relevant definition of values and highlights the importance of helping clients find workable personal values. Using case material as a base, Marilyn introduces a range of instruments to assess values and shows how to use them therapeutically to clarify the values clients prize most. Relevant research illuminates the case material. Marilyn highlights a range of clinical strategies that will help you integrate values work into your practice regardless of your theoretical orientation.

Common clinical dilemmas are also addressed:

- How to help clients recognize situations where values can be key to change?- How to inspire clients to draw on values as the foundation for action?- How to help clients recognize and address values conflicts?- What strategies are effective for motivating clients to consult their values instead of ruminating on decisions?- Marilyn will answer all these questions and more. Special emphasis will be placed on the unique role of intrinsic or caring values in enhancing client well-being.

You will leave the course with an evidence-based understanding of values work and a range of strategies to use to help clients reduce distress and live more meaningful lives.

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

Prof Marilyn Fitzpatrick is a Professor Emerita, McGill University, where she was the Director of the Counselling Psychology Program for many years. Her research focused on establishing an evidence-base for therapeutic processes, including the role of values. In her work as a psychologist for more than 30 years, she has helped clients to use their values to improve mental health and recover from many common clinical conditions like anxiety, depression, and relationship problems. She is passionately committed to helping others create lives of meaning and purpose. Prof. Fitzpatrick has launched a social media initiative named @hero_nextdoor on Instagram and YouTube. The account showcases caring values in everyday people and offers easy to understand suggestions about living according to values. She is currently writing a popular book on how to identify and live in congruence with values.

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