

Why Are Some Psychotherapists More Effective than Others? Core Tasks of Psychology

Presented by Dr. Donald Meichenbaum

Friday, November 30, 2018

8:30AM – 4:30PM @ University Golf Club House
5185 University Blvd., Vancouver, BC V6T 1X5

Continuing Education Credits: 6

About the Workshop

Research on psychotherapeutic outcomes indicate that some therapists achieve better treatment outcomes and have fewer dropouts from therapy. This workshop will begin with a consideration of the “state of the art” of psychotherapy and then consider what distinguishes so-called “expert” psychotherapists from others. It enumerates the core tasks of psychotherapy and the nature of the feedback-informed deliberate practice required to achieve lasting changes in clients. A Case Conceptualization Model of risk and protective factors that informs both assessment and treatment decision-making will be offered. A Constructive narrative strengths-based perspective will be demonstrated using video cases. How to spot “hype” in the field of psychotherapy will also be presented.

Learning Objectives

1. Enumerate and implement the Core Tasks of Psychotherapy that “expert” therapists use
2. Employ a Case Conceptualization Model that informs both assessment and treatment decision-making
3. Spot “hype” in the field of psychotherapy and become a more critical consumer
4. Engage in deliberate practice in order to improve one’s level of psychotherapeutic expertise

**REGISTER EARLY TO
SAVE \$24!**

About the Presenter

Donald Meichenbaum, Ph.D. is Distinguished Professor Emeritus from the University of Waterloo, Ontario from which he took early retirement 22 years ago. He is presently Research Director of the Melissa Institute for Violence Prevention in Miami, Florida . (Please see www.melissainstitute.org). He is one of the founders of Cognitive behavior therapy and in a survey of clinicians he was voted “one of the ten most influential psychotherapists of the 20th century”. He has received many honors including being the Honorary President of the Canadian Psychological Association. He has presented in all of the Provinces in Canada and in all 50 U.S. States, as well as internationally. He has published extensively and his latest books are *Roadmap to Resilience* and *The Evolution of Cognitive Behavior Therapy: A personal and professional journey with Don Meichenbaum*.

His workshops are noted for the combination of critical-mindedness, practical clinical applicability, and humor. He will use video case presentations to demonstrate ways to implement the core tasks of psychotherapy. Attendees will receive a detailed handout of ways to conduct deliberate practice to improve their level of psychotherapeutic expertise.

How to register for these workshops:

- Mail this form to: BC Psychological Association
402 – 1177 West Broadway Vancouver, BC V6H 1G3
- Fax 604–730–0502 or Call 604–730–0501
- Go online: <http://psychologists.bc.ca>

Why Are Some Psychotherapists More Effective than Others?

Core Tasks of Psychology

Early Bird Registration (July 13 – Sept 15, 2018)

- Regular price \$246.75 (incl. GST)
- BCPA Members and Affiliates \$173.25 (incl. GST)
- Student Members \$129.94 (incl. GST)
- Student Non-Members \$185.06 (incl. GST)

Regular Registration (Sept 16 – Nov 26, 2018)

- Regular price \$270.90 (incl. GST)
- BCPA Members and Affiliates \$197.40 (incl. GST)
- Student Members \$148.05 (incl. GST)
- Student Non-Members \$203.18 (incl. GST)

Meal Requirements

- Regular meal
- Vegan meal
- Special needs or allergies (please include details below)

Workshop Materials

- I would like to receive a **paper** copy of the materials
- I would like to receive an **electronic** copy of the materials

Confirmation

- I will attend this workshop
- I agree to the **Cancellation Policy** (required)

Cancellations must be received in writing by November 26, 2018. A 20% administration fee will be deducted from all refunds. No refunds will be given after this date.



Name: _____

Phone: _____

Address: _____

Email: _____

City: _____ Postal Code: _____

GST # 899967350. All prices are in CDN funds.
Please include a cheque for the correct amount, not post-dated, and made payable to “BCPA” or “BC Psychological Association”. If you prefer paying by credit card, please register online. Workshop fee includes handouts, morning & afternoon coffee, and lunch. Free Parking is available. Participant information is protected under the BC Personal Information Act.