Core Tasks of Psychotherapy & Counseling: What "Expert" Therapists Do!

Friday, April 17, 2015  8:30 AM–4:15 PM  
WSU Nutter Center Berry Room, Dayton, OH

PRESENTER
Donald Meichenbaum, Ph.D. is one of the co-founders of Cognitive-Behavioral Therapy (CBT). He uses cognitive–behavioral therapy with a constructive-narrative perspective in which he looks at the stories clients tell about themselves and considers ways that the client could develop a different, more positive story. He was named as "one of the 10 most influential psychotherapists of the 20th century" in a survey by the American Psychologist. A distinguished Professor Emeritus of University of Waterloo, he is a founder and presently Research Director of the Melissa Institute for Violence Prevention and Treatment in Miami. He has received many accolades including a Lifetime Achievement Award from the Clinical Division of the American Psychological Association and he was Honorary President of the Canadian Psychological Association. He has presented throughout North America and internationally. He has published extensively including Cognitive-Behavior Modification: An Integrative Approach and his latest book is Roadmap to Resilience. His workshops are noted for combining scholarship, critical-mindedness, practicality and humor.

OVERVIEW
What makes for effective psychotherapy/counseling? Drawing from his extensive work as a renowned therapist, Dr. Meichenbaum delves into this question and provides a framework that all therapists/counselors can use with youth, adults and families. He will examine the debate between those who advocate for evidence-based manualized treatments versus those who advocate for relationship-focused interventions and propose a third alternative: a model of "expertise" in implementing the Core Tasks of Psychotherapy & Counseling. These core tasks include ways to establish and monitor the quality of the counseling/therapy relationship, conduct psycho-education, nurture hope, teach coping skills employing generalization guidelines, addressing the impact of traumatic victimizing experiences and ways to bolster resilience. He will also provide a detailed, practical discussion of "what works" in counseling/therapy and a demonstration of how therapists/counselors, who obtain the most effective results, conduct integrative treatments with challenging clients who present comorbid disorders. A specific focus will be on ways to treat individuals with multiple psychiatric disorders such as PTSD, substance abuse and depression integratively as opposed to a sequential or parallel fashion. Dr. Meichenbaum will additionally cover: predicting violence towards others and toward oneself; improving cultural competence as a therapist/counselor; integrating spirituality and psychotherapy/counseling; and how to use client feedback to improve treatment effectiveness. A Self-Assessment Psychotherapist's Checklist and a detailed handout will be provided.
LEARNING OBJECTIVES
This workshop will provide participants the opportunity to learn:

1) What the Core Tasks of Psychotherapy & Counseling are and how to implement them to obtain better treatment outcomes.
2) How to use client feedback to improve treatment effectiveness.
3) How to conduct risk assessments of a client's potential threat toward others or oneself.
4) How to conduct integrative interventions with challenging clients with co-morbid psychiatric and substance abuse disorders.
5) How to tailor treatment in a culturally competent fashion and how to integrate spirituality and psychotherapy/counseling.

AGENDA
8:00a -- 8:30a Registration/Check-in
8:30a -- 8:45a Welcome/Introductions
8:45a -- Noon Morning Session (/w 15 minute break)
Noon -- 12:45p Lunch Break
12:45p -- 4:00p Afternoon Session (/w 15 minute break)
4:00p -- 4:15p Wrap-up/Evaluations

REGISTRATION
The workshop fee is $125.00, with discounts extended only to full-time faculty, alumni, current supervisors/clinical faculty & students/interns of WSU DHS & SOPP with documentation. Registration priority and reduced fee will be extended only if registered by April 1st. Registration is required for all workshop participants. Lunch and morning/afternoon refreshments are included; please designate your lunch preference upon registration. Persons with ADA requests or other special accommodation requirements should call 937\775-2075 immediately upon registration, but at least two weeks prior to the workshop. Priority space is limited, so register early. The full day workshop will be held at the http://www.nuttercenter.com/WSU Nutter Center, Berry Room 3640 Colonel Glenn Hwy., Dayton, OH 45435. Free parking is available in Lot #1.

For additional information, call: 937\775-4308 (SOPP) or 937\775-2075 (DHS). All registrations and payments must be completed online. Registration will not be accepted without payment. A $25.00 late registration fee will be incurred for all registrants after April 10th. No refunds after Friday, April 10th. For technical assistance, grievances, or other assistance, please call: 937\775-4308. Click to review: WSU-SOPP CE Program Policies and Procedures.

Register now at: Meichenbaum Registration

CONTINUING EDUCATION
Six (6) CE credits (clock hours) are approved for Ohio Licensed Professional Counselors, Ohio Licensed Professional Clinical Counselors, National Certified Counselors, Certified Rehabilitation Counselors, Ohio Chemical Dependency Professionals, and Psychologists. Full attendance is required for CE credits. A certificate of attendance will be extended to all others.
Ohio Licensed Professional Counselors & Ohio Licensed Professional Clinical Counselors:
Wright State University College of Education and Human Services' Division of Professional Development is an approved provider of continuing education for "counselors only" (Counselor Provider #RCX128811) by the State of Ohio Counselor, Social Worker, and Marriage & Family Therapist Board.

National Certified Counselors:
Wright State University is a National Board for Certified Counselors (NBCC)-Approved Continuing Education Provider (ACEP) (Provider #4191) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

Ohio Chemical Dependency Professionals:
Wright State University Department of Human Services has been approved for Recognized Clock Hours (RCHs) by the State of Ohio Chemical Dependency Professionals Board.

Certified Rehabilitation Counselors:
Wright State University Department of Human Services has been approved for continuing education hours by the Commission on Rehabilitation Counselor Certification.

Psychologists:
WSU-SOPP is approved by the American Psychological Association and by the Ohio Psychological Association-Mandatory Continuing Education program (Provider #310732831). Wright State University School of Professional Psychology maintains responsibility for the program and its content.

Wright State University School of Professional Psychology & CEHS Department of Human Services maintain responsibility for the program and its content.

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