

## The Wright Institute and SFPRG Present:



### **Intro to Control-Mastery Theory**

**September 29, 2018**

**10am-4pm**

***Course Level: Introductory***  
***Instructor: Trevor Ahrendt, PsyD***

#### **Fees:**

Gen Attendees: \$200

SFPRG Members: \$150

Early Career: \$100

Students: \$50

Wright Inst: no charge

**Instructor:** Trevor Ahrendt, Psy.D.

**Location:** San Francisco Psychotherapy Group, 9 Funston Ave., San Francisco, CA 94129

#### **To register:**

<https://www.eventbrite.com/e/introductionto-control-mastery-tickets-46667544883>

**Credits:** 5 CE hours. The Wright Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Wright Institute maintains responsibility for this program and its content.

#### **Workshop Description:**

Despite the claims of various promoters of new therapeutic techniques, there is no evidence supporting the superiority of one technique over another. However, there is ample research data showing that responsiveness to a patient's particular problems and goals is a strong predictor of effective therapy. In other words, understanding what the patient wants and how they want to use therapy to get it.

Over the past several decades, SFPRG has developed an empirically derived method of case formulation – the Plan Formulation Method (PFM) – that serves as a useful guide for decoding the patient's plan and offers coaching to the therapist as to how to be most effective.

The PFM provides a simple, reliable, and learnable framework for understanding a patient's conscious and unconscious goals, the pathogenic beliefs or schemas that prevent the patient from pursuing goals, traumatic experiences that contributed to the development of pathogenic beliefs, and how the therapist can optimize responsiveness to the patient's problems, needs, and goals. In short, it points you towards not just WHAT to do, but HOW to be as a particular person's therapist. There is research evidence suggesting that therapists who are trained in PFM and use the formulation to guide their interventions are more responsive to their patients and achieve superior therapeutic results.

*Please contact us in advance if you require special accommodations on the day of the event.*

## The Wright Institute and SFPRG Present:

### In this intro course we will cover:

- Empirical basis for Control-Mastery, including the multiple lines of research that provide a basis for its approach
- The Control-Mastery case formulation method and how to use it in your cases
- Case conference to apply case formulation to your cases, so you leave with applicable, case-relevant information for your current cases

### Instructor Bio:

Trevor M. Ahrendt, Psy.D. is a Licensed Clinical Psychologist (PSY26754) working in private practice in San Francisco where he sees adults, couples, and runs group therapy. He received his doctorate from The Wright Institute in Berkeley, CA. He serves on the board of the San Francisco Psychotherapy Research Group and served on the board of the Northern California Group Psychotherapy Association.

Dr. Ahrendt has provided trainings to organizations and clinicians on addiction and chemical dependency, the therapeutic relationship, and mindfulness in therapy.

He's provided trainings in varied settings and is a motivational speaker on issues related to personal growth and the importance of leading an examined life.

### After attending this workshop participants will be able to:

1. Discuss empirical basis for Control-Mastery, including the multiple lines of research that provide a basis for its approach
2. Apply the Control-Mastery case formulation method and how to use it in your cases
3. Case conference to apply case formulation to your cases, so you leave with applicable, case-relevant information for your current cases

### Cancellation Policy:

If you have paid for a workshop and are unable to attend, please email us at [julie@wi.edu](mailto:julie@wi.edu) with your mailing address and we will mail you a refund check for the full amount paid. Checks will be mailed within 30 days of notification.

### Commercial Support:

The Wright Institute Continuing Education Program does not receive any commercial support for any of our programs.

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