

The Wright Institute and San Francisco Psychotherapy Research Group Present:
Corrective Experiences and Transformative Relationships in Psychotherapy

with Trevor Ahrendt, PsyD, Victoria Beckner, PhD, John Bugas, PhD, John Curtis, PhD, Francesco Gazzillo, PhD, David Kealy, PhD, Cynthia Shilkret, PhD, George Silberschatz, PhD

3 DAY WORKSHOP

Thursday March 5, 2020 9:30am – 4:30pm

Friday March 6, 2020 9:30am – 4:30 pm

Saturday March 7, 2020 9:30 am – 4:30 pm

Location:

Tides Converge Complex
1012 Torney Avenue, San Francisco, CA 94129 (Presidio) PACIFIC CONFERENCE ROOM



To Register:

www.sfprg.org/march

Fees:

General Attendees: \$350
SFPRG Members: \$250
Early Career: \$75
Students: \$75
Wright Institute Students and Faculty: No charge

The SAN FRANCISCO PSYCHOTHERAPY RESEARCH GROUP (SFPRG) engages in scholarship, research, and education on how psychopathology develops and how psychotherapy works. We focus on how to tailor psychotherapy to patients' particular problems to optimize treatment. Psychotherapy that works for everyone is our goal.

Workshop Description:

Psychotherapy scholars, researchers, clinicians, and teachers talk about the importance of corrective experiences and the centrality of the therapeutic relationship. However, there is very little guidance on how a therapist can provide such experiences or relationships. Therapists cannot rely on traditional diagnostic assessments or preferred sets of techniques because patients' needs vary considerably even when they share the same diagnosis. Moreover, psychotherapy research has clearly shown that there is no correlation between specific therapeutic techniques and the quality of therapy relationships or treatment effectiveness.

Over the past several decades, SFPRG has developed and empirically tested a method for identifying a patient's specific problems and needs. The method allows therapists to determine how the patient is likely to work and the kind of therapeutic relationship and corrective experiences that will be particularly helpful to the patient. The approach does not privilege one particular technique over another and thus can be employed by a wide variety of clinicians. The focus is on how the therapist can optimize the relationship and therapy experiences to best help the patient.

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

This course will cover:

- Historical overview of the corrective emotional experience and how it is used in various psychotherapeutic approaches
- Illustration of how different experienced clinicians use the concept of corrective experiences in their work with patients
- How corrective experiences in therapy and in life are instrumental in overcoming shame
- The Plan Formulation Method as a clinically meaningful guide to psychotherapists for providing corrective experiences
- Similarities and differences between corrective experiences and patients' testing the therapist
- The therapist's attitude as an important component of providing a corrective experience
- How patients' coaching behaviors help therapists optimize corrective experiences during the course of psychotherapy
- A cognitive behavioral approach to facilitating corrective emotional experiences inside and outside the therapeutic relationship
- The development of self-organization and affect regulation through corrective experiences in psychotherapy
- How many and what type of corrective experiences are optimal – one big one or a steady stream?

After completing this workshop, participants will be able to:

- Describe how corrective experiences are instrumental in overcoming traumatic shame experiences
- Discuss the development of the corrective emotional experience concept
- Explain how patients' coaching behaviors help therapists optimize corrective experiences
- Describe similarities and differences between corrective experiences and the patient's testing of the therapist
- Discuss the plan formulation method and how it can be used as a guide for providing corrective experiences
- Explain how a patient's adverse experiences form pathogenic beliefs that can be disconfirmed or mitigated through corrective experiences
- Identify and utilize coaching behaviors to maximize corrective experiences
- Recognize aspects of the therapist's attitude that enhance the patient's feelings of safety and thereby facilitate a corrective experience
- Describe how a cognitive behavioral therapist might encourage a client to test out a belief with someone in their life as homework, in order to facilitate a corrective emotional experience outside the therapy
- List the advantages and disadvantages of inviting clients to test out beliefs rather than letting them initiate through a more unconscious process
- Understand how corrective experiences may foster the development of affect- and self-regulatory abilities.
- Discuss how plan formulation can enhance the specificity of corrective experiences in restoring mentalization, affect regulation, and self-organization.

Instructor Bios:

Trevor M. Ahrendt, Psy.D. is in private practice in San Francisco serves on the board of the San Francisco Psychotherapy Research Group

Victoria Beckner, PhD is in private practice in San Francisco (San Francisco Group for Evidence-Based Psychotherapy) and Associate Clinical Professor in the Department of Psychiatry at UCSF

John Bugas, PhD, is in private practice in Davis and serves on the board of the San Francisco Psychotherapy Research Group

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John Curtis, PhD is Clinical Professor in the Department of Psychiatry at UCSF. He is in private practice in San Francisco serves on the board of the San Francisco Psychotherapy Research Group

Francesco Gazzillo, PhD is an Associate Professor at Sapienza University, Rome and is in private practice in Rome. He is the founder of the Control-Mastery Theory Italian Group.

David Kealy, PhD is Assistant Professor, Department of Psychiatry, University of British Columbia and co-editor of the highly acclaimed book, *Contemporary Psychodynamic Psychotherapy: Evolving Clinical Practice*.

Cynthia Shilkret, PhD is in private practice in South Hadley, Massachusetts. She has been an active teacher and contributing member of the San Francisco Psychotherapy Research group since its inception over 45 years ago.

George Silberschatz, PhD is a past president of the International Society for Psychotherapy Research and is a Clinical Professor in the Department of Psychiatry at UCSF. He is the president of the San Francisco Psychotherapy Research Group and is in private practice in San Francisco.

CE Credits: 18 CE hours. (Must attend all 3 days in full to receive credit.) 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.

Cancellation Policy:

No refunds are provided for this workshop. If you have questions about your registration, please contact 415-561-6771 or cmt@sfprg.org.

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