



THE WRIGHT INSTITUTE  
EDUCATING CLINICIANS TO SOCIETY

Continuing Education  
for Psychologists, LMFTs, LCSWs, LEPs, and LPCCs

## The Wright Institute and San Francisco Psychotherapy Research Group Present: Becoming a More Effective Therapist: A Unifying Theory of Psychotherapy



with Trevor Ahrendt, PsyD

Friday, January 31, 2020  
9:30 am-4:00 pm

### Location:

Tides Converge Complex  
1014 Torney Avenue, San Francisco, CA 94129 (Presidio) ATLANTIC CONF. ROOM

### To Register:

[https://www.sfprg.org/content.aspx?page\\_id=4002&club\\_id=209469&item\\_id=1119921](https://www.sfprg.org/content.aspx?page_id=4002&club_id=209469&item_id=1119921)

### Fees:

General Attendees: \$175  
SFPRG Members: \$135  
Early Career: \$95  
Students: \$50  
Wright Institute: No charge



**The San Francisco Psychotherapy Research Group (SFPRG) seeks to improve the practice of psychotherapy through the further development of Control-Mastery Theory, providing psychotherapy training and continuing education to mental health professionals, and conducting research on psychotherapy.**

### Workshop Description:

Therapists are overwhelmed by the ever increasing number of techniques and brands in the world of psychotherapy. Currently, there are over 400 therapy approaches, and more are being created regularly. Are any of these really more effective than previous iterations? Should therapists be concerned that their previous training is now obsolete and that new, "cutting-edge" treatments have brought increased efficacy? The answer according to psychotherapy research is unequivocally, no! Although no one therapeutic technique has been shown to be systematically more effective than any other (Wampold, 2015), there is clear evidence that some therapists are more effective than others.

How is it that therapists of vastly different temperaments, attitudes, therapeutic approaches and styles are able to achieve comparable results? There must be a thread that runs through effective treatment, independent of therapist personality style or therapeutic technique that promotes healing in patients – a thread that explains how and why psychotherapy works or fails to work.

The San Francisco Psychotherapy Research Group has been developing an empirical basis for how psychotherapy works, how to understand individual patient needs and treatment goals, and how to develop an idiosyncratic and truly patient centered formulation to guide treatment success. This approach is known as "Control-Mastery Theory" or "The Plan Formulation Method." In short, the theory is developed on the foundation that psychological safety is the key to allowing patients' defenses and old patterns to release so that they may develop new patterns in their life. As therapists, it is our job to decode a patient's unique

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psychological needs for safety and then to create a treatment atmosphere, through interventions, attitudes, and approach, that communicate that safety to the patient. This an empirically derived and eminently learnable skill that significantly improves one's efficacy as therapist across diagnoses and treatment modalities.

This course will provide a through introduction to the core concepts of the theory (how traumas shape patient's development of Pathogenic beliefs, how these are tested and disconfirmed in therapy, and how to decode each patient's unique plan for safety), as well as the multiple lines of evidence converging on the validity of the theory. Participants will leave with a grasp of the theory's basics and ability to begin applying it to current cases.

**This course will cover:**

- Empirical basis for CMT/PFM, including the multiple lines of research that provide a basis for its approach
- The CMT/PFM 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

**After completing this workshop, participants will be able to:**

- Describe the empirical basis for Control-Mastery, including the multiple lines of research that provide a basis for its approach
- Discuss the Control-Mastery case formulation method and how to use it in your cases
- Analyze their current cases using the Control-Mastery Approach
- Explain how a patient's experiences form pathogenic beliefs and how those beliefs shape a patient's plan for successful therapy.

**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.

**CE 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.

**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](mailto:cmt@sfprg.org).

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

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