

## The Wright Institute and SFPRG Present:



### ***MARCH 2019 ANNUAL WORKSHOP: Optimizing Psychotherapy for Each Patient***

***Thursday, 3/7 9:30AM- 4:30PM***

***Friday, 3/8 9:30AM-4:30PM***

***Saturday 3/9 9:30AM - 4:30PM***

#### **Fees:**

Gen Attendees: \$350

SFPRG Members: 250

Early Career/ Student: \$75

Wright Inst: no charge

**Instructors:** Francesco Gazzillo, PhD

George Silberschatz, PhD,

John Curtis, PhD

**Location:** JCCSF 3200 California St. SF

**To Register:** <https://www.eventbrite.com/e/sfprg-31st-annual-march-workshop-on-control-mastery-theory-tickets-53968943563>

**Credits:** 18 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:**

Psychotherapy research and training focus largely on the promotion and investigation of therapeutic techniques or brands: What techniques should be employed with patients diagnosed with a given disorder? Which technique or brand of therapy is most effective for a particular disorder? However, research shows that techniques are not predictive of outcomes and there is no evidence supporting the superiority of one technique over another.

In this workshop we will present an empirically validated method for identifying each patient's particular problems, needs, and adaptive goals. Participants will learn how to develop plan formulations and how to use the formulation to optimize therapy for each patient.

#### **In this workshop we will cover:**

- Introduction & Background – Evidence based psychotherapy models emphasize techniques even though there is no empirical evidence supporting them.
- How do effective clinicians practice? They tailor their approach to the patients needs but evidence based guidelines are rare.
- Control-Mastery theory: Model of psychopathology, theory of therapy, empirical research
- The plan formulation method: An empirically derived, case-specific approach

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

## The Wright Institute and SFPRG Present:

### **Instructors Bio:**

**Francesco Gazzillo, PhD** is a psychologist, educator, researcher and practicing psychoanalyst in Rome. He is on the psychology faculty of the Sapienza University of Rome and supervisor at the Clinical Psychology Specialization Program, Faculty of Medicine and Psychology, “Sapienza” University of Rome and in several post graduate psychoanalytic psychotherapy training programs. He has published extensively (in English as well as Italian) in the area of psychotherapy research, practice, and training.

**George Silberschatz, PhD** is a clinical professor in the Department of Psychiatry UCSF School of Medicine. He is the President of the San Francisco Psychotherapy Research Group, past president of the International Society for Psychotherapy Research, and past president of the North American Society for Psychotherapy Research. In addition to his teaching and research activities he maintains a private practice in San Francisco specializing in adult psychotherapy and therapy supervision

**John Curtis, PhD** is a clinical professor in the Department of Psychiatry UCSF School of Medicine. He has been involved in psychotherapy research for 40 years and published extensively on empirically based approaches to case formulation. . In addition to his teaching and research activities he maintains a private practice in San Francisco specializing in adult psychotherapy and therapy supervision

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

- Summarize the basic principles and hypotheses of CMT
- Describe the empirical evidence for Control-Mastery, including the multiple lines of research that provide a basis for its approach
- Recognize differences between prevailing technique-driven models of psychotherapy vs. case-specific, formulation driven models
- Apply the Control-Mastery case formulation method to sample cases provided by instructors
- Apply the case formulation method to their own cases
- Assess the extent to which interventions are consistent with the case formulation and facilitate the patient’s therapeutic goals
- Analyze their current cases using the Control-Mastery approach to explain therapeutic progress

**Cancellation Policy:** No refunds are issued for this workshop.

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

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