



Therapeutic Effectiveness: Strategies for optimising outcomes within our current approaches.

Exploring a practical model of reflection to enhance our work with clients.

How good is your therapeutic effectiveness? We know that not one type of therapy stands out (Muhlhauser 2016) in terms of overall effectiveness, however, individual therapists (Counsellors, Psychologists, Psychotherapists etc.) clearly do. Within given approaches, research shows very significant variation between individual therapists. The evidence suggests that the abilities of individual therapists may be a more significant factor in determining outcome than therapeutic orientation. Research based on Hubble et al 1999 shows that the effectiveness of therapy does not depend on the level of training or experience of the therapist or on the type of mode/framework the being applied, however; the effectiveness of therapy does depend on the skills of the therapist.

This one-day workshop will provide you with an opportunity to unpack and critically reflect on the elements of therapeutic effectiveness. You will self-assess your own optimal therapeutic potential using H. Chochinov et al (2013) model. Dr Harvey Chochinov is the author of Dignity Therapy, a psychological intervention, designed specifically to address many of the psychological, existential, and spiritual challenges that clients and their families face as they grapple with the reality of life drawing to a close. Three key areas of therapeutic approaches; therapeutic approaches, creation of a safe space,

personal growth and self-care will be discussed and applied to your own practice including also areas of therapeutic humility, pacing and presence.

Bringing ourselves to the encounter is an essential precondition for all that follows in therapy. Empathic attunement, validation and undistracted agendas open this space for change.

This training will offer you an opportunity to review and reflect upon your therapeutic effectiveness and to see how you can improve it and how to continue to stay effective. At the end of the day you will have developed a personalized action plan that will enhance and strengthen your own therapeutic effectiveness skills.

Learning objectives of this training:

1. Learn and explore Chochinov's Therapeutic Model of Effectiveness and other current related research.
2. Apply a reflective practice model to one's current therapeutic approach and explore strategies to achieve optimal presence.
3. Develop strategies and an action plan that that works with current skills to improve existing therapeutic approaches
4. Implement Chochinov's three domains and themes of therapeutic practice: Therapeutic approaches; Creation of a safe space; Personal growth and self-care.



Beate Steller brings over 30 years of experience in a variety of sectors and industries to her role as a principal Training and Development Consultant. Beate also currently works as a Spiritual Wellbeing Co-ordinator in aged and palliative care and has worked with people from Indigenous and culturally diverse backgrounds.. She has been an adult educator since 1992, for the Centre for Community Welfare Training, the Australian College of Applied Psychology and Lifeline Sydney. For over a decade Beate has specialised in grief and loss education/counselling and transition counselling and has been on the Board of NALAG (National Association for Loss and Grief) since 2009. She had her first book published in 2017 called *Tech-connect – Staying Meaningfully Connected in Aged Care*. She has post-graduate qualifications in Adult Education, Social Work and Nursing, holds a Certificate IV in Assessment and Workplace Training and is currently completing her second Master Degree in Ageing and Pastoral studies at Charles Sturt University. Beate is a professional member of the AASW, the NSW Health Services Profession (as a Registered Nurse), and Spiritual Care Australia.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

MELBOURNE: TBA
MANTRA ON RUSSELL

SYDNEY: 3rd May 2018
UTS SHORT COURSE ROOMS

BRISBANE: 23rd February 2018
PARK REGIS NORTH QUAY



ACA: Members can accrue 14 CPD points.

AASW: Members can accrue 7 CPD hours.



ACWA: Members can accrue 7 CPD hours.

PACFA: Members can accrue 7 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 7 active hours.

Morning Session

9:15am – 12:45pm
(includes 15 minute morning tea break)

What is therapeutic effectiveness?

Why be concerned about your therapeutic effectiveness and what does the research say about it?

Review of principles of reflective practice

Chochinov's (2013) model of Therapeutic Effectiveness unpacked and applied: Therapeutic approaches; Creation of a safe space; Personal growth and self-care.

Afternoon Session

1:30pm – 4:30pm
(includes 15 minute afternoon tea break)

Chochinov's (2013) model of Therapeutic Effectiveness unpacked and applied continued: Therapeutic pacing; Therapeutics presence; Therapeutic humility.

Developing your own personalized action plan to improve and maintain your therapeutic presence.

Final reflection, evaluation and closing.

" Examining our therapeutic effectiveness as a counsellor/therapist is essential if we want to excel in our work and give our client's our best. After all, is the quality of our relationship with the client that carries the greatest weight of a counsellor's individual effectiveness. "

Beate Steller

How will you benefit from attending this training?

- Learn the latest research on what makes one counsellor/therapist more therapeutically effective than another and apply this knowledge to your practice.
- Take the opportunity to review and reflect on your therapeutic effectiveness and learn how you can improve and continue it to stay effective.
- The strategies provided will be of mutual benefits for the client and for the counsellor/therapist. Client satisfaction will improve and counsellor/therapist fulfilment at the same time.

Registration details:

Standard registration: **\$275**

A current PDP 'Student and New Graduate' discount code may be applied to this standard registration fee. (Apply online)

This seminar provides 7 hours for CPD points.

Morning tea, lunch and afternoon tea included.

We accept payment by Visa, Mastercard, Amex PayPal, cheque and EFT.

Register at www.PDPseminars.com.au or call us on 1300 887 622

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses and Psychiatrists.

Feedback form Beate's recent presentations:

"I found the seminar very informative interesting and relevant. I have learnt skills that I can carry through in counselling the elderly"

"Thankyou-you Beate! Great Course"

"Seminar was run well with variety of related topics, different techniques, skills etc explored opportunities for discussion and reflection."

"The seminar provided a well-rounded snapshot of an enormous, multi-layered topic. The sharing and stimulation of the participants stories was a highlight"

"Enlightening and lots of useful info to work with"

"An enjoyable day. Relevant to my work. Better understanding with connection with older people better understanding of building resilience in this stage of life with many patients in my work environment. Enjoyed the grief and loss and reminiscing.

"Interesting, engaging, informative and a wonderfully lively seminar, Thankyou Beate. The videos were excellent."

"Great workshop and very good venue.

"Model of spirituality is what I will take away for my work. i.e. ensure staff are assessing person holistically thru use of model."

"Very respectful and encouraged us to share our experiences in a safe and friendly environment. Loved her presenters' passion and the stories from her work that she shared with us. Thank you Beate. "