



20th – Annual McMaster Muskoka Seminars 2016

Interactive Professional Development Program in the Psychotherapeutic Relationship

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Date: July 25th to 29th 2016

Time: 9:00 AM to 12:15 PM

Venue: Deerhurst Resort in Huntsville, Ontario

For more info: 416-229-2399 x 125 / 1-888-229-8088 x 125

All successful psychotherapy is grounded on a strong, authentic therapeutic relationship. The esteemed American therapist, Dr Carl Rogers, said: The helping relationship is the key aspect and core of successful therapy. Without the psychotherapist being skilled in this relationship, no mere technique is likely to be effective. So the *sine-qua-non* for successful therapy is the bond that exists between the therapist and the patient. This is not to be left to chance, but rather is something that the therapist can consciously help create by validating and affirming the patient. Not only concerning the patient's future potential and up-coming successes, but also for who they are right now (even if currently they are “stressed”, “depressed”, or even “oppressed”).

Without mastering the art and science of building a therapeutic relationship with your patient, psychotherapy will not be very effective. Ideally, a patient will feel understood and respected by the therapist on a ongoing basis in the therapy process. Creating a safe relationship is crucial, since it takes courage for patients to divulge possibly shameful, unappealing aspects of themselves that they do not usually openly express.

Advanced training and other conditionals – although quite useful – are not the full story of becoming a professional therapist. If you deny the vital importance of the helping relationship you will likely be unsuccessful. Rogers clearly articulated this point when he said, “*Intellectual training and the acquiring of information has, I believe many valuable results—but, becoming a psychotherapy is not one of those results (1957).*”

Another part of what makes psychotherapy “safe” is for the therapist to maintain a two-way, non-authoritarian, considerate attitude. If patients feel strongly that they know what is best for them, their views should usually be honored. Part of the collaborative nature of the psychotherapeutic relationship involves soliciting feedback from patients so as to determine if a session was helpful or not helpful for the patient. Much of the power of the therapy relationship comes from its “genuineness” — the ability of the patient and therapist to respond honestly and spontaneously in the moment. The therapist should be flexible enough to be fully present with the patient as the patient experiences a full range of emotions, thoughts, and feeling, etc. It is essential to be openly expressive and even laugh together, as well as engage in the sharing of some darker feelings (of course therapists need to be mindful of the appropriate limits of self-disclosure).

When the psychotherapist navigates this process successfully, a strong genuine professional relationship can evolve and strengthen. Much research has shown that, aside from inherent patient strengths, the quality of the psychotherapy relationship is the most powerful factor in predicting successful psychotherapy outcomes — much more so than any (mere) technique or even the theoretical orientation of the psychotherapist.

Course Overview	Monday July 25 th 2016	Tuesday July 26 th 2016	Wednesday July 27 th 2016	Thursday July 28 th 2016	Friday July 29 th 2016
<p>Additional Program Features:</p> <ul style="list-style-type: none"> • Practical and clinically relevant. • Dr. Paré is a popular speaker. • Sessions are very interactive and fast paced. • Dr. Paré is an award winning Educational Developer. He won the GPPA Theratree Award in 2013 and the W.T. Aikins Award, University of Toronto in 1995. • Dr. Pare has a Masters of Education (U of T) • Peer to peer collegially. • Excellent handouts of lecture notes and relevant journal articles. 	<p>9:00 to 10:30 AM</p> <p>Client-Directed Outcome-Focused Psychotherapy</p> <p><i>In Client-Directed Outcome-Focused Psychotherapy</i>, Dr. Scott D. Miller presents a meta-approach to talk therapy that is designed to help tailor the treatment to fit the client's particular therapeutic goals. Technique is deemphasized in favor of developing a strong therapeutic alliance and using the client's experience of the treatment as a guide for where treatment should go. This requires checking in with the client frequently to see whether therapy is working and using this formal feedback to guide treatment and evaluation.</p> <p>In this session, Dr. Miller works with a young woman diagnosed with bipolar disorder who, because of pregnancy, has been off of her medication and is wrestling with her depression. This video shows a typical first session.</p>	<p>9:00 to 10: 30 AM</p> <p>Helping Skills in Practice</p> <p><i>In Helping Skills in Practice: A Three-Stage Model</i>, Dr. Clara E. Hill demonstrates her three-stage model of helping clients. This three-stage approach involves exploration, insight, and action. The exploration stage is based on client-centered theory, and aims to help clients explore their thoughts and feelings. The insight stage, which is based on psychodynamic theory, involves helping clients understand the reasons for their thoughts and feelings. The action stage, based on behavioral theory, centers on helping clients make desired changes in their lives. This model emphasizes a number of themes, including empathy, collaboration with the client throughout therapy, cultural considerations, and a focus on what the individual client needs.</p>	<p>9:00 to 10: 30 AM</p> <p>Constructivist Therapy</p> <p><i>In Constructivist Therapy</i>, Dr. Robert A. Neimeyer demonstrates this client-centered, empathic form of therapy, showing how a psychotherapist might find the narrative threads that will help troubled individuals reweave the fabric of their lives. In this session, Dr. Neimeyer "leads from one step behind," helping a client whose son has died find a way to deal with the issues that she senses must be addressed. Watch the client invite Dr. Neimeyer to take the next necessary steps in allowing her to elaborate her relation to the problem, to articulate the deeply personal revelations that must find words and expression, and to look for hopeful possibilities.</p>	<p>9:00 to 10: 30 AM</p> <p>Qualities and Actions of Effective Therapists</p> <p><i>In Qualities and Actions of Effective Therapists</i>, Bruce E. Wampold discusses the essential aspects of effective therapy. Although evidence conclusively shows that psychotherapy is effective, evidence also shows that some therapists consistently achieve better outcomes than do others. Research has begun to identify the qualities that effective therapists have and the actions that they take to produce positive therapeutic outcomes.</p> <p>In this DVD, Bruce Wampold discusses the things therapists do and the ways that they conduct sessions to help improve outcome, including verbal fluency, affect modulation, empathy, and the ability to provide an explanation for the client's distress.</p> <p>Wampold illustrates each therapist characteristic or action with</p>	<p>9:00 to 10: 30 AM</p> <p>Relational Psychotherapy</p> <p><i>In Relational Psychotherapy</i>, Dr. Jeremy D. Safran demonstrates his integrative approach to therapy. Relational psychotherapy explores client relationship patterns, both inside and outside of the therapy room itself. The task of therapy is to work collaboratively to understand what is going on between the therapist and client and to look for the relational meaning in everything that arises in therapy, from responses to interventions to client-therapist interaction.</p> <p>In this session, Dr. Safran works with a woman in her 30s who separated from her husband but is considering giving her marriage another try. Dr. Safran and the client discuss her marriage and explore</p>

<p>In the afternoon and evening you are free to enjoy the many wonderful features of the Deerhurst Resort.</p>	<p>Learning Objectives:</p> <ul style="list-style-type: none"> • How is feedback used in Client-Directed Outcome-Focused Psychotherapy? • Learn about therapist/client boundary challenges. • Understand the differences between a therapeutic and a personal relationship. 	<p>Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the three-stage model of helping clients. • Help clients explore and understand their thoughts and feelings. • How to listen to clients actively and empathetically without judging. 	<p>Learning Objectives:</p> <ul style="list-style-type: none"> • Help clients explore and understand their thoughts and feelings. • The difference between empathy and sympathy. • How to build a relationship with the client. 	<p>demonstrations from actual therapy sessions, enabling viewers to observe compelling examples of skills that deepen and strengthen the therapeutic process.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Know how to set boundaries with patients. • Help clients make desired changes in their lives. • How to work together with the client. 	<p>past trauma that may continue to affect her current relationships.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Understand what forces help to shape clients. • How to accept the client so that the client can begin to accept him or herself. • How to provide a facilitative environment that will help client get unblocked and able to recognize and use their feelings?
<p>10:30 to 10:45 AM</p>	<p>Coffee Break</p>	<p>Coffee Break</p>	<p>Coffee Break</p>	<p>Coffee Break</p>	<p>Coffee Break</p>
<p>10:45 AM</p>	<p>Session continues and ends at 12:15 PM</p>	<p>Session continues and ends at 12:15 PM</p>	<p>Session continues and ends at 12:15 PM</p>	<p>Session continues and ends at 12:15 PM</p>	<p>Session continues and ends at 12:15 PM</p>



Dr. Michael Paré, B.Sc., M.Sc., M.Ed., M.D., General Physician Practicing Psychotherapy, Chair of the OMA Section on Primary Care Mental Health. He is coordinator the Medical Clinic for Person Centred Psychotherapy. Doctor Paré has several credentials in psychotherapy. He is a Certified Group Therapy, and is Certified in IPT Psychotherapy. He is a (Teaching) Mentor / Supervisor of both the General Practice Psychotherapy Association and the Collaborative Mental Health Care Network of the Ontario College of Family Physicians. One of Dr. Paré's central professional interests has been the provision of collaborative educational programs on GP-Psychotherapy along with Family Medicine and with Psychiatry. He has set up (with his GP and FP & Psychiatry Colleagues) several very successful programs. Dr. Paré is potentially available to come to your location and provide you with MainProC educational sessions. Presently he can teach one or more of several three hour MainProC Workshops (see list above). To enquire about this please email Dr. Paré at michaelpare@rogers.com or call him at (416) 229-2399 x ext 120 or (416) 723-1716.

Michael Paré