

Alliance-Focused Training: Research & Practice

A One-Day Science to Practice Workshop

Co-sponsored by

**The North American Chapter, Society for Psychotherapy Research
&
The New School Department of Psychology**

Saturday, November 7, 2015

***University Center
The New School
63 Fifth Avenue
New York, New York***

Co-Chairs: Jeremy D. Safran, J. Christopher Muran, & Catherine F. Eubanks

A half-century of psychotherapy research has demonstrated that the quality of the therapeutic alliance is one of the more robust predictors of treatment outcome across a range of therapeutic modalities. This one-day conference will explore cutting edge developments in the practice of training therapists to cultivate the skills of fostering the development of the alliance with "hard to reach" patients, and resolving alliance ruptures and therapeutic impasses when they occur. Panel discussions and workshops will focus on new developments in research, training and practice.

Invited speakers & workshop leaders:

Jacques Barber, Jeffrey Binder, Louis Castonguay, Doris Chang, Micki Friedlander, Catherine Eubanks, Marvin Goldfried, Robert Hatcher, Laurie Heatherington, Clara Hill, Stanley Messer, Chris Muran, Jeremy Safran, Lisa Samstag, Michael Westerman

Program

8:00- 9:00 Registration & Coffee

9:00- 10:30 Opening Plenary: Practice

Negotiating the Therapeutic Alliance: Practice

- *What I've learned over time as a clinician about engaging hard-to-reach patients, working with alliance ruptures, and dealing with therapeutic impasses: Formative experiences, both past & present.*

This session will focus on what panelists have learned over the past 2-3 decades about developing and maintaining an alliance with patients who are difficult to engage in the treatment process, and negotiating alliance ruptures, negative therapeutic process, and treatment impasses. They will also reflect on formative experiences in their own development as clinicians, key ways in which their own thinking and practice has changed over time, and ways in which research findings and/or their own experiences conducting research have influenced and been influenced by their clinical experience.

10:30-11:00 Coffee Break

11:00- 12:00 Morning Workshops: Conference participants will break into small groups facilitated by workshop leaders. Each group will identify and reflect on key themes that stood out for group members from the morning plenary.

12:00-1:30 Lunch

1:30-3:00 Plenary: Training

Supervising Clinicians When They're Stuck

- *How my approach to supervising clinicians who are struggling with alliance ruptures and/or therapeutic impasses has changed over time.*

This plenary will focus on the evolution over time of panelists' approaches to supervising trainees when they encounter therapeutic impasses or alliance ruptures. Panelists will be asked to identify factors that have led to changes in their approaches and specific experiences that have had an impact in this

respect. They will also reflect on whether specific research findings, theoretical developments, and/or the experience of training therapists in the context of research studies have contributed to changes in their supervisory styles.

3:00-3:15 Coffee Break

3:15- 4:15 Afternoon Workshops: Conference participants will break into small groups facilitated by workshop leaders. Group members will identify themes from the preceding panel that stood out for them and explore them in greater depth. Discussion will also center on identifying promising future avenues for integrating research with training approaches that facilitate the development of alliance-focused and relationally oriented clinical skills.

4:15-4:30 Coffee Break

4:30- 6:00 Closing Plenary: This panel will identify and review major themes and ideas that have emerged in the panels and breakout groups over the course of the day. Implications for the future of clinical practice, training, and research will be explored.

| **6:00- 8:00 p.m. Wine & Cheese Reception**