

Integrative Psychotherapy Model Course Syllabus

Course Title (Credits)	Systematic Treatment Selection (STS): Evidence-Based 8 Principles into Supervision Training
Primary Instructor	
Instructor	Larry E. Beutler, Ph.D. ABPP, Founder of STS
E-mail address	larrybeutler@yahoo.com
Office hours	Monday 15:00-17:00 and Wednesday 15:00-17:00, and by appt.
Supporting Instructor	
Instructor	Satoko Kimpara, Ph.D. (PSY 24749)
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Technical Support	
Instructor	Dennis Heller, Board Chairman
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Course Description:
<p>There frequently is a disconnect between what is taught in classes by research faculty and what is taught in clinical practica by practice-oriented supervisors. This online course will present a research-based method for teaching the clinical and scientific principles and practices that underlie effective change in supervision. It is organized around 8 evidence-based principles that include both common and specific factors that produce change. These principles are applicable to all models of psychotherapy and encourage students and practitioners to use their unique models and interventions in ways that can be applied in clinical supervisions to tailor treatment based on client factors. It will also provide information on how to utilize a cloud-based assessment (www.innerlife.com) to ensure training fidelity and optimize skill development. Finally it will teach participants in the use of client qualities to identify differential treatment application that have been shown in research to improve both student skill and client outcomes.</p>
Course Goals/Objectives:
<ul style="list-style-type: none"> • Understand and describe with your own words about 8 basic cross-cutting principles of effective psychotherapy that can be taught reliably to students in supervision. • Apply a systematic model of assessment and supervision based on these principles and that is effective in improving student performance with their patients. • Utilize the Systematic Treatment Selection system and associated rating sheets to conduct supervision and assess both fidelity and change in supervision training. • Construct a treatment-oriented case formulation that is cross-cutting and effective in guiding treatment and implement the principles in clinical case gradually.

Tentative Course Schedule		
Day	Topic	Content/Activities
Unit One: History and Foundation of STS 8 Principles		
1	Course Overview History of Psychotherapy Research & Introduction of Systematic Treatment Selection (STS)	We will learn the meaning of the Dodo Bird Verdict in training psychotherapists and what Systematic Treatment Selection (STS) can offer to supervision.
2	8 STS Core Principles	We will become acquainted with 8 research-based cross cutting principles of psychotherapy and be introduced to online problem, called innerlife.com.
3	Principle 1: Functional Impairment & Readiness for Change	We will learn how to assess functional impairment (severity, chronicity/complexity, & social support) and how to implement Principle 1 (functional impairment) when therapists have clients with moderate-high levels of functional impairment.
4	Principle 2-4: Relationship Principles (Working Alliance, Core-Relationship, & Repairing a Rupture)	We will learn how to implement principles 2-3 *relationship* in order to intimate and maintain psychotherapy and also learn how to implement principle 4 to repair a rupture in the relationship.
5	Principle 5: Resistance	We will learn impact of patient resistance and how to implement Principle 5 (addressing resistance) when working with clients who have moderate-high levels of resistance.
6	Principle 6 & 7: Coping Style (Externalizing Coping Styles & Internalizing Coping Styles) and Principle 8: Readiness for Change	We will learn how to implement principles 6-7 (responding to coping styles) to tailor treatment to particular clients and how to work with patients who have different levels of readiness for change.
Unit Two: Case Formulation & STS Assessment		
7	STS Assessment (Innerlife.com & Therapist Process Rating Scale) & Therapist Worksheet	We will learn how to sequentially implement the 8 evidence-based principles in real time supervision: the supervision program uses both client outcome/process/treatment

		planning assessment and therapist process assessment and worksheet.
8	Case Formulation 1	We will learn how to formulate a clinical case using these 8 evidence-based principles.
Unit Three: Summary and Review		
9	Case Formulation 2	We will review/learn how to formulate clinical case using additional case using STS assessment, innerlife.com and implement them into their clinical case gradually.
10	Summary of 8 STS Evidence-Based Principles	We will review all materials which you have learned through a summary of STS principles application for supervision training or STS: impairment level-principles 1, relationship principles-principle 2-4, resistance principle-principle 5, coping style preference-principle 6 & 7, and readiness for change-principle 8.
Required Materials:		
<ul style="list-style-type: none"> All materials will be provided in electric formats. Any teaching slides/handouts that will be located on a website of It requires computer, <i>ipad</i>, or <i>iphone</i> to access the materials. 		
Course Policies (Attendance, etc.)		
<ul style="list-style-type: none"> The course will be available anytime due to online training systems. The online training of Systematic Treatment Selection (STS): Evidence-Based 8 Principles into Supervision Training is available on a website of _____ and handouts (Procedure, Therapist Worksheet, & Therapist Process Rating Scale) are available on a website of _____. If you need any consultation services, please contact larrybeutler@yahoo.com. The consultation fee will be per hour. 		
Notes:		

