

Prof. Bruce Wampold Suomessa

13.11.2021 klo 10-18

Paikka: Radisson Blu Royal Hotel, Runeberginkatu 2, HELSINKI

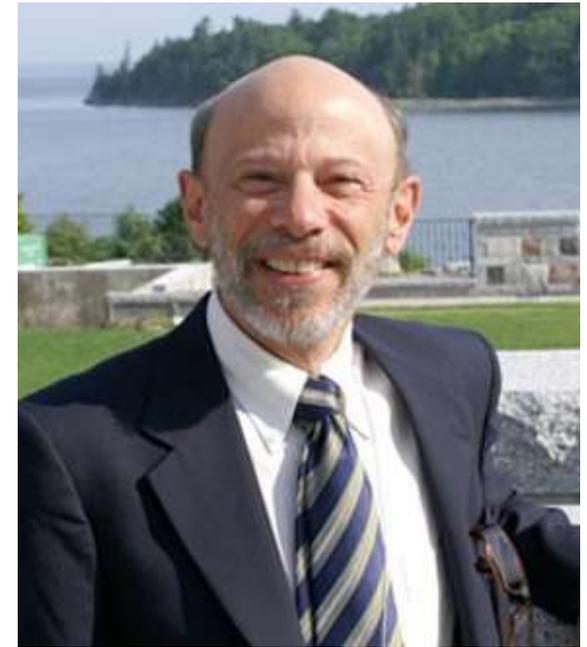
One day workshop in Helsinki, Finland:

Improving Psychotherapy Outcomes, One Therapist at a Time

To improve the quality of mental health services, we need to understand how psychotherapy works. The Contextual Model of Psychotherapy, based on social science research and medical research and theory, posits three pathways through which the benefits of psychotherapy are derived:

- **the real relationship**
 - **expectations created through explanation and treatment**
 - **the health benefits of specific actions.**

The research supporting each pathway is presented as well as clinical examples. A critical component in effective psychotherapy is the skill of the therapist delivering the treatment, regardless of the particular treatment provided. **To improve, therapists need to practice particular skills that have been shown to characterize effective therapists. Each skill is illustrated with clinical examples.**



HINTA: Yhdistyksen jäsenille 150 €, ei-jäsenille 230 €, sisältää ruokailun ja kahvitarjoilut



Biography

Bruce E. Wampold, who was trained in mathematics (BA, University of Washington) before earning his doctorate in Counseling Psychology (Ph.D., University of California, Santa Barbara), is Professor Emeritus of Counseling Psychology at the University of Wisconsin—Madison, Senior Researcher at the Research Institute at Modum Bad Psychiatric Center in Vikersund, Norway, and Chief Scientist of Theravue.com, an electronic platform for deliberate practice of therapist skills. He is a Fellow of the American Psychological Association (Divisions 12, 17, 29, 45) and Board Certified in Counseling Psychology of the American Board of Professional Psychology. Currently his work involves understanding counseling and psychotherapy from empirical, historical, and anthropological perspectives.

His analysis of empirical evidence, which has led to the development of a contextual model from which to understand the benefits of counseling and psychotherapy, is found in *The Great Psychotherapy Debate: The Evidence for How Psychotherapy Works* (with Z. Imel, 2015, Routledge). He is the author of over 200 books, chapters, and articles related to counseling, psychotherapy, statistics, and research methods, is the recipient of the 2007 Distinguished Professional Contributions to Applied Research Award from the American Psychological Association, the 2015 Distinguished Research Career Award from the Society for Psychotherapy Research, and the 2019 Gold Medal Award for Life Achievement in the Application of Psychology from the American Psychological Foundation.