



MASSEY UNIVERSITY
CENTRE FOR PSYCHOLOGY

Using Self-Reflection to Improve the Therapeutic Relationship in CBT

Presenters: Dr Bev Haarhoff
Senior Lecturer and Clinical Psychologist, Massey University

Date: Thursday 17 March 2016
9:00am – 4:30pm

Venue: Centre for Psychology, Massey University
Dairy Flat Highway, Albany Village, Auckland

Overview of the training

The therapeutic relationship is recognised as making a significant contribution to the outcome of therapy, whether for good or ill, CBT training programs however can gloss over or neglect this important element. This workshop aims to address this situation by:

- Providing a rationale for the importance of reflecting on the therapeutic relationship in CBT
- Enhancing therapist self-awareness regarding the impact of therapist beliefs
- Presenting a number of conceptual models to structure therapist reflection on the therapeutic relationship
- Promoting therapist self-understanding to improve overall competency and metacompetency in delivering CBT

About the presenter

Dr Beverly Haarhoff, is a clinical psychologist and Senior Lecturer in the School of Psychology at Massey University, Auckland, New Zealand, where she was instrumental in setting up the first Postgraduate Diploma in CBT in the southern hemisphere. For the past 14 years she has trained and supervised both CBT and clinical psychology trainees. Her research, primarily in the CBT field has focused primarily on case conceptualisation and Self-Practice/Self-Reflection (SP/SR) as a mechanism to support and improve therapist skill acquisition in CBT therapists at all levels of development. She has several published papers and book chapters in the field and is a co-author of the first published SP/SR manual “Experiencing CBT from the inside out (Bennett-Levy, Thwaites, Haarhoff & Perry, 2015). Her second book “Reflection in CBT” (Haarhoff & Thwaites, 2016) considers reflection in CBT across a number of important areas for example training, supervision, self-care and the therapeutic relationship.

Cost

\$250 for professionals

\$125 for students

Morning tea, lunch and afternoon tea is provided and included in the fee. Certificates of attendance are provided to all attendees who complete the workshop.

Numbers are limited and places will be allocated in order of receipt of registration.

How to Register

Please complete the online registration form for each attendee as linked from our web pages. Secure credit card payment can be made for one or multiple attendees or contact Helen for alternative payment options:

Helen McMaster, Centre for Psychology, Massey University, Private Bag 102904, North Shore, Auckland

Phone : 09 441-8175

Email : H.McMaster@massey.ac.nz